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**THERE IS A
HELP
FOR THE STRONG
WILLED
CHILD**

**GETTING
INVOLVED
IN YOUR
CHILD'S
EDUCATION**

**THE HOMEWORK
BATTLE**

**BACK-TO-SCHOOL
WITH A HEALTHY
LUNCH BOX**

Nurtured by:
babyshop
mom's little secret

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THE MIDDLE EAST'S MOST WIDELY READ PARENTING MAGAZINE

**Getting involved in your
Child's Education**

Parent involvement in a child's education is crucial. It doesn't have to be about homework or going in to listen to your child read. **40**

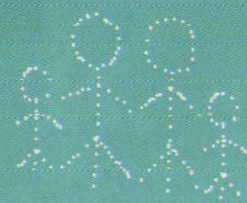
The homework battale

Homework is designed to help students reinforce key concepts, process and solidify new information, provide time for extra practice of skills, and reflect on how much they've learned **46**

**Back-to-school with a
healthy Lunch Box.**

Summer is flying by so fast and soon another academic year is about to start. With school coming up, parents got to be ready, making sure that your kids will be focused and ready for the long days ahead. **52**

**SPECIAL FEATURE
BACK TO SCHOOL**



TWEEN & TEEN

**The Signs of Puberty
in Tweens**

At some point during the tween years, a girl will begin to experience the stages of puberty. Knowing what to look for can ease your mind, and help your tween through these enormous physical and emotional changes.

32

PREGNANCY AND CONCEPTION

Massage Your Bump

A woman's body goes through tremendous changes during pregnancy and the rapid weight gain and other changes in her body can make her uncomfortable with her bump. **14**

Mis-Conception

Many women mistake an implantation bleeding to be their monthly period... **18**

BABY & TODDLER

**Containerized Infants:
How Products are
Affecting Our Babies**

Infants are spending upward of 60 waking hours a week in things - high chairs, carriers, car seats, and the like - resulting in serious consequences for their motor and cognitive development.

20

GROWING YEARS

**There Is Help for the
Strong willed Child**

The fact is that strong willed children need a different approach than the average child. Every child is individual and it is important to cater for these unique differences in some small way. **28**



**PARENTAL GUIDANCE
10 Family Guidelines for
Living with a Hyperactive
Child**

Parents should not expect to eliminate the hyperactivity but just keep it under reasonable control. Hyperactivity is not intentional. Any undue criticism or attempts to change your child into a quiet child or 'model child' will cause more harm than good. **36**





special feature

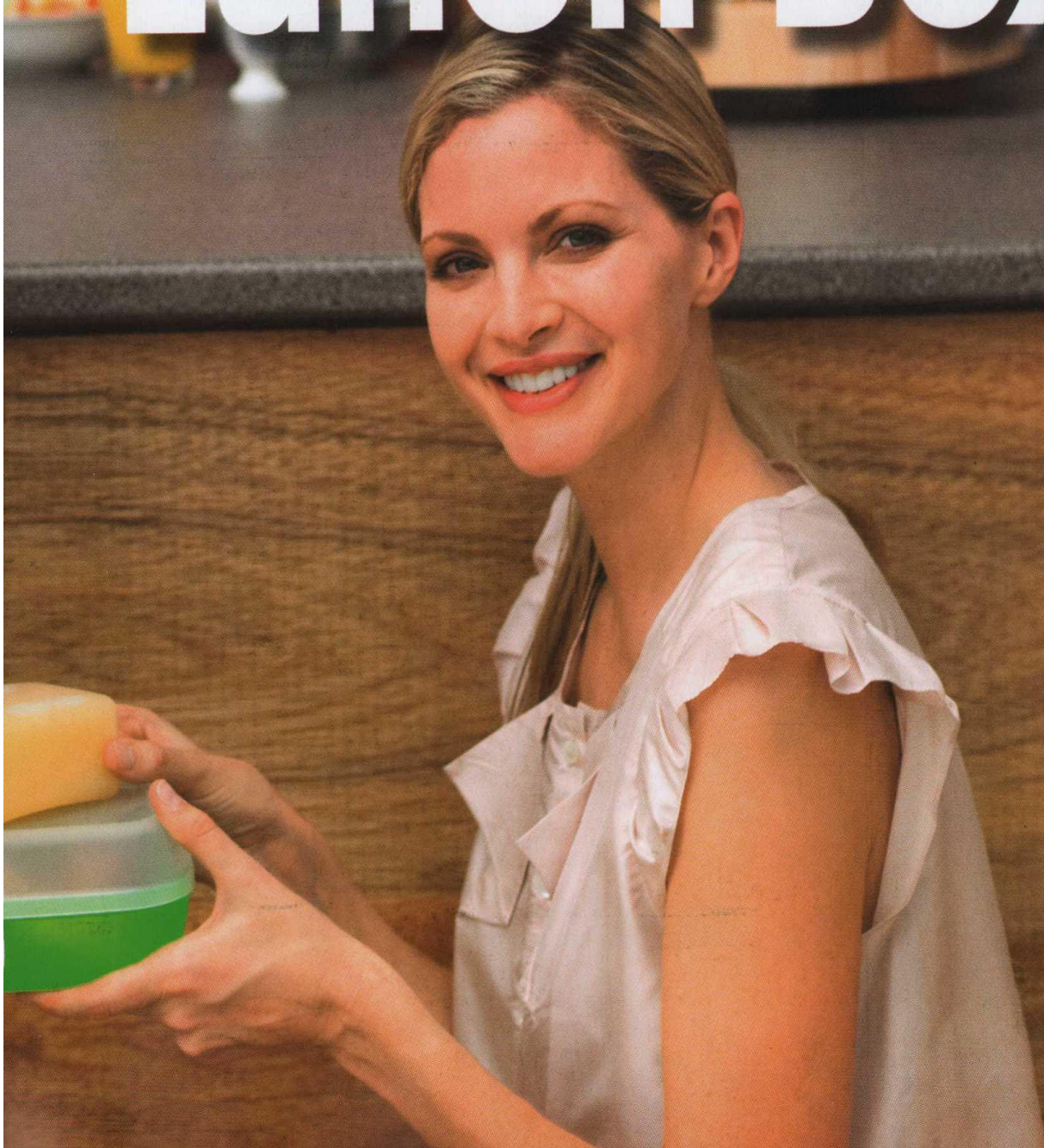


Hala Abu Taha,
Dietitian, The American Surgecenter

special feature



Back-to-school with a healthy Lunch Box





SUMMER is flying by so fast and soon another academic year is about to start. With school coming up, parents got to be ready, making sure that your kids will be focused and ready for the long days ahead. When they aren't sitting in class, it is a must that our school kids are eating healthy and energizing themselves. Children may not always make nutritious choices so it is necessary for a responsible guardian to make sure the kids are prepped and ready to concentrate. This is when a home-prepared healthy lunchbox comes in most handy!

The checklist for a healthy lunchbox should go as follows:

a fruit or vegetable, protein, dairy, starch, and juice or water.

Here are some suggestions to help you prepare a healthier – and definitely yummy – lunchbox:

Fruits or Vegetables

You should leave dried fruits and fruit "sticks" out of the lunchbox because they are very high in sugar. Try replacing them with a small container of fresh fruits or mixed vegetables such as cherry tomatoes and cucumbers.

Dairy

Put some crackers in a small container. Small cups of yogurt can be bought at any convenience stores and would be a healthy addition

to a lunchbox. In order to avoid bad yogurt, freeze the yogurt in advance. By the time the kids get to their lunch, the yogurt will have thawed out. Another option is a small carton of milk.

Protein

Instead of a cheese or peanut butter sandwich, put a slice of turkey or roast beef in the sandwich. Protein doesn't always have to be in the shape of meat – you can package a hardboiled egg or baked bean.

Starch

If you are making a sandwich, try out some brown bread or pita bread. Try baking your own muffins and include fruits or vegetables, such as zucchini and apples. Cereal and breakfast bars can also be



added as long as they are not high in sugar.

Drinks

A bottle of water is always the best option. Juices that are high in sugars should be avoided but can be added twice a week. Fresh juice such as freshly squeezed orange juice can be put in a water bottle.

Pack it well

While the food is important, part of a healthy lunchbox is making sure it is well packaged and hygienic for the school lunch. Choose an insulated lunchbox or put in a frozen water pack to keep the lunchbox cool. If the lunches are prepared the night before, store in the fridge or freezer.

Perishable foods such as dairy products, eggs and sliced meats should be kept cool and eaten within about four hours of preparation. Precautions like this can ensure a delicious and safe lunch. Whether it is a sandwich or baked beans, make sure the lunchbox is filled with options that will leave kids energized and ready for the day ahead. We often overestimate the capabilities of kids and need to understand that certain measures need to be taken in order to have them reach their full potential. Try making the lunchbox together and change the food options in order to make the experience more enjoyable!

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