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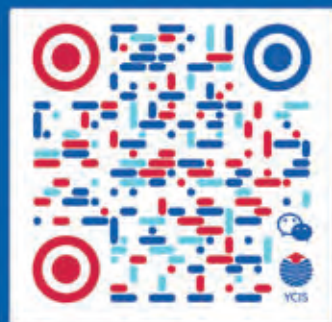


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Spring

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Dear Readers,

At **Parents&Kids and Shanghai Family** want to provide you with the best content possible, so we've created a survey to help us understand your interests and needs. Please take two minutes to fill out our survey and enter for a chance to WIN a hotel stay, dinner and afternoon tea at Xijiao Hotel worth ¥5,000. We appreciate your time and hope we can continue to provide you with the most relevant and up-to-date family-friendly content in Shanghai.



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In Alphabetic order

editor's note



Back to school is just around the corner. For most of us, the last academic year has been a strange one. For parents putting their children into education for the first time, this year is even more daunting than usual. With this in mind this issue of Parents&Kids focuses on education.

The decisions you make for early years education will impact your child for the rest of their lives. We turned to Anabela Mok and asked her to shed some light on how to choose the right kindergarten for your child (10).

We spoke to Concordia and got some insight into their successful start program. Aimed at nurturing our youngest learners and guiding them towards loving learning from a young age (28).

For a little lighter relief we also diving into the wonderful world on Songjiang (it's worth the metro ride I promise) (20) and scoured Shanghai for the cities best 'scoop' (18). Yep, we mean ice cream, excuse the pun!

behind the cover



A big thank you goes to our models, Cuba and Clementine, and Ahanaa Puri for the cover illustrations.

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Let Them Play

Why Playing is the Key to Your Child's Academic Success

By Anabela Mok

Planning for your child's education takes a lot of time and research. As a mum, I'm in the process of deciding on the best programme for my 2-year-old daughter. With so many superb international schools, the decision can be tough. How do you find the right early education programme for your child? Can these programmes provide both a fun environment while focusing on the development skills? When is it too early to begin planning their formative years of development? What should you look for when it comes to selecting the early years' education program, and how important is play-based learning?



We sat down with some of Shanghai's top schools to learn about the philosophies they use to help build the first steps to your child's formative education. Find out what is used to bring out your child's potential.

Why Play Engagement is Crucial to Learning

One education curriculum that is gaining momentum in the early years is play-based learning. This approach encourages learning in a playful manner. Children can explore, experiment, discover, and solve problems in their own way. This all creates a learning environment where the child initiates learning, and teachers play a supportive role.

What is play-based learning?

Play-based early years programmes focus on open-ended free play. Both have benefits for children's learning. To capitalise on these benefits, an optimum play-based programme will provide opportunities for both free play and guided play. Sensory activities develop motor skills, and opportunities to play freely with other children sets the basic foundation for social development.

Playing supports positive attitudes to learning. These include the development of imagination, curiosity, enthusiasm, and persistence. The skills fostered in play cannot be replicated through traditional learning. Research in the field of early childhood has shown that play-based learning holds a higher efficacy in primary school programs.



What is the interaction between student and teacher?

Learning from playing encourages the child to explore and discover. This motivates the child to gain mastery over their environment, promoting focus and concentration. It also enables the child to adapt to different surroundings and people.

Although the child has the freedom to play with the activities and toys preselected by the teacher, the teacher can pose questions that encourage problem-solving, prediction, and hypothesising. The teacher's role brings the child's awareness towards mathematics, science, and literacy concepts, allowing them to engage with such concepts through hands-exportation.

How does play translate to secondary learning?

Play-based programs are helpful in building important literacy skills. Quality play helps a child understand the complexity of language and learning process. In a private curriculum, such as Montessori, students choose which activities piques their interests. They are allowed to move at a pace that fits their own learning preferences. Reggio Emilia's open play and learning by inquiry allows students to discover and draw conclusions based on their hands-on activities.

Even in a state curriculum, quality play is essential to the Early Years Foundation Stage (EYFS) and Early Learning Goals (ELG), curriculums developed by the United Kingdom allowing children to develop the necessary socialization skills for confidence building.



Understanding the Montessori Philosophy

Montessori is a method of education that is based on self-directed activity where children are encouraged to learn by touching, feeling, and doing. Montessori children are encouraged to move around the classroom and engage with a wide variety of activities available. They choose the activity they are interested in, bring it to a table or mat, explore the materials, and make discoveries.

The Montessori School in Shanghai believe that their early education approach can hold many benefits for their students. They have said that, "children who have been exposed to a Montessori environment will become confident leaders by expressing their own ideas with respect.

And they can understand and accept other opinions as we always encourage children to express how they feel. They have learnt how to resolve the conflict on a regular basis. They know how to find out the similarities and differences, eventually, they will find a compromise for themselves. They understand that sometimes something is beyond our preferences but accept the reasons. They are wonderful team players."

Montessori Environment

A Montessori classroom is characterized by providing a prepared environment that is tidy and modest. This prepared environment offers the child opportunities to commit to interesting and freely chosen work, which brings out long periods of concentration that should not be interrupted.

The classroom also integrates children of mixed ages that are grouped in periods of 3 years. This promotes socialization, respect, and solidarity among them. Montessori follows this philosophy and believes that learning in a multi-age classroom offers children the chance to not be labelled in accordance to their ability, and are instead able to learn at their own pace. With learning experiences tailored to them as individuals, they are able to take charge of their learning. This self-direction helps set the foundation for lifelong learning. In this environment, children make creative choices in their learning, while the classroom and the highly trained teacher offer age-appropriate activities to guide the process.



The Reggio Emilia Approach

The Reggio Emilia philosophy is an innovative and inspiring approach to early childhood education, which values the child as strong, capable, and resilient. This philosophy believes children are naturally curious, and utilises this to help them understand the world they live in.

Children in Reggio settings are active constructors of knowledge, who are encouraged to be 'researchers'. Most of the educational experiences within Reggio take the form of projects, where children have opportunities to actively participate, explore, and question.

There is a very strong emphasis on the social development of children as part of the community and their relationships to other children, their families, and teachers.

The Reggio Environment

A Reggio-inspired environment is open and free-flowing. It allows undisturbed exploration, play, and learning. Outdoor spaces are valued just as highly educational as formal classrooms, and the design of the space should allow children to move freely between the two.

Children have access to learning toys

and games, as play is an important element in their development. Also, the open space is conducive to group projects, where the students can work where they are observed by teachers and are allowed to question the topic of interest.

Shanghai American School's Reggio inspired program is built upon "an 'Emergent Curriculum', a way of teaching and learning that requires teachers to observe and listen to the children. Teachers ask questions and listen for the children's ideas, hypotheses, and theories. After observing children in action, the teachers compare, discuss, and interpret their observations. Teachers plan activities, studies, and long-term projects in the classroom based on their observations. Teachers partner with children and the exchange of theories are referred to as the 'Cycle of Inquiry'. Teachers use their interpretations, intentions, and goals (social, emotional, and academic) to make choices that they share with children."



Discover EYFS

UK Bound? Discover EYFS.

EYFS is an early education program that begins from birth until the child is 5 years of age. The EYFS education framework not only pays attention to the development of children in basic fields, such as communication and language, physical, social, and emotional development, but also focuses on the development of children's specific learning fields, such as literacy, maths, and expressive art.

For parents who are planning on repatriating back to the UK, having a school that follows the UK national curriculum will create familiarity for long term goals.

EYFS prepares its students for the UK national curriculum. In Shanghai, LUC (Little Urban Centre) integrates EYFS' "play-based learning", Montessori's "cultivating children's independence", Reggio's "learning and development in exploration" educational concept, combined with the characteristics of Chinese children's bilingual learning, all for an enriched teaching system.

LUC's "long-term accomplishment development plan" aims to cultivate and promote children's development in basic fields, such as daily life, learning habits, emotional development, social interaction, collective adaptation, language development, literacy, mathematics, nature and science, so as to prepare children for the next stage of learning.



Going to the US?

For families who are looking to establish their child's education in the United States, their early years education focuses on a combination of academics and motor skills, to create a holistic development for the child. Schools such as Shanghai American School (SAS) and Concordia use play to allow the child to explore their own surroundings, using a mix of teacher-guided and child-guided methods.

SAS' program is inspired by the Reggio Emilia philosophy of education, designed to meet the culture, location, and perspective of children and families in Shanghai.

Their program builds upon the natural curiosity of children, observing what children know, and what challenges them to developmentally appropriate ways to help children expand their academic and social potentials. By understanding each student's individual learning needs at a deep level, teachers in the later elementary grades are prepared to continue to support and shape an educational program unique for each student."

Concordia follows an American early childhood education programme philosophy and utilizes many ELGs developed by the United States to ensure children are learning at their greatest potential.

Concordia follows many up-to-date research practices in utilizing "Music & Movement to help children develop skills that assist in brain architecture and development. Opportunities in art allow children to explore different media, and learn how to engage in imaginative creativity, individually, or with a group of friends. High-quality play that invites learning and exploration of skills that will stay with them as they continue their learning adventures."

Kindergarten students still engage in a style of play that invites learning, but also participate in class times that focus on math, literacy, reading, science, social studies, and other curricular areas typically found in an American-style education. Hands-on approaches serve the needs and interests of these young learners well.

How important is early years education?

Our team of experts weigh in.
Why are the early years crucial to prepare a child for primary education?

“Studies have shown the values and foundations established in early childhood remain in people as they move from primary to middle school, secondary, and even adulthood. Education begins at birth and continues throughout life. Dr Montessori said, “Education is an aid for life, everything we do is to assist children to live under any circumstances. Montessori teachers also put it into our practice. For example, we talk about manners such as greetings and saying please and thank you and apologizing to others if needed. When we talk about geography and science, we can help children to have a better understanding of the world and let them understand their own culture and geography. This will help them to establish their own identities and how they are different from others. When we talk about science and even conduct science experiments, we continue to inspire them, let them be curious, and explore nature.”

- Montessori School of Shanghai

“Children's social and emotional development in the early stage of education can help children understand how to cooperate and communicate with each other in a group, laying the foundation for lifelong learning activities; making good choices and following expected behaviour in early stages also helps children adapt to the learning life in higher grades. In early stages, children's cognitive development in the fields such as language, literacy, mathematics, and nature also prepares children to learn more knowledge in higher grades.”

- LUC

“Self-Regulation (SR), Executive Functions (EF), and Social-Emotional Intelligence are foundational in promoting wellbeing across one's lifespan and are recognized as key areas of early childhood development, even before academics. SR can be considered an ‘umbrella term’, under which executive functions fall. SR and

EF are ‘married’ to Social-Emotional Intelligence. The ability to regulate thoughts, feelings, and actions promotes resilience in the face of adversity. Experiences with parents, caregivers, siblings, and peers ‘wire the brain's architecture’, laying the foundation for what is yet to come in a child's life.”

- Concordia International School Shanghai

“Young children are naturally social and curious about the world around them. In order to channel and facilitate a child's curiosity early on, it is important to have trained professionals in the lives of young children who understand their unique social, emotional, and academic needs. An early childhood programme provides this structure which can then develop a child's love of learning that will last into their primary and secondary education.”

- Shanghai American School

Getting Your Kid Ready for School

The school year is finally about to start, and that means many new parents are faced with the prospect of sending their child off to their first day of school. This can be a daunting task for many reasons, not the least of which is that every parent wants to make sure their child is well-equipped to face this new environment. Thankfully, your paediatrician is here to help every step of the way.

Nutrition

Breakfast is one of the most important meals of the day and a good nutritious breakfast will help your child concentrate at school. Developing a good morning routine will allow time for a substantial unrushed meal before school. At this age, children are becoming more independent and love making small decisions, so encourage good eating



habits by offering some limited choices and allowing your child time to feed themselves.

School Readiness

‘School readiness’ refers to the knowledge skills and behaviours that will help a child participate and succeed at school. Sometimes parents may think that school readiness involves being able to read or write or do basic math before starting school, but it’s really about the development of the whole child. It refers to their social and emotional skills, physical skills, communication skills, and cognitive skills. Children are more likely to thrive at school if they have already developed skills, such as getting along with others, following instructions, and communicating their needs. These skills are often referred to as developmental milestones.

One way to view developmental milestones is to look at a certain age and review the expected skills that most children at that age have achieved. For example, at 2 months, most babies can lift their heads, follow an object with their eyes through 180 degrees, make cooing sounds, and smile socially.

Another way to consider milestones is to focus on one skill and look at the age range at which that skill is usually acquired. For example, walking without support is usually achieved between 9 and 15 months.

Either way, it’s important to remember that every child is different and delays with isolated skills may not necessarily indicate a problem with development. There is



significant individual variability in attaining milestones and there is a broad normal age range during which certain skills are mastered. Sometimes these individual differences may relate to a lack of opportunity or practice. For example, different cultural ideas and expectations may lead to differences in ages at which feeding independently, or toileting independently are achieved.

Your paediatrician can talk to you about these developmental milestones and how to help your child develop skills and behaviours that will help them when they start school.

Some examples of ‘school readiness’ skills include:

- Play and Social skills: Being able to play independently as well as with other children.
- Emotional maturity: Being able to manage their emotions, separate easily from parents or caregivers, focus on tasks, follow direction, and understand rules.
- Communication skills: Being able to talk with and listen to others, speak clearly, communicate needs, understand stories, and begin to identify letters.
- Learning skills: Developing basic number sense, problem-solving, planning, and sequencing.
- Physical abilities and coordination: For example, being able to grip a pencil, use scissors, confidently run, climb, and play ball.
- Independence: Development of basic skills such as going to the toilet, dressing, and eating lunch independently.

How can I help my child be better prepared for school?

You may also ask your paediatrician about specific ways to help your child get ready for starting school. Some general tips include the following:

- Create regular opportunities to have play dates with other children.
- Let your child practice drawing with a range of different materials.
- Encourage your child to dress and undress themselves and use the toilet independently.
- Have lots of interesting conversations with your child, giving them a chance to express what they think and feel.
- Read with your child as often as possible.

Encourage creative and pretend play. Play is very important, it’s how children at this age learn and develop social, emotional, and problem-solving skills. Creative play, including unstructured playtime, can help with social skills and language, as well as motor skills. Play games together which will help them practice turn-taking, waiting, and coping with not winning.

Once your child has started school, it may be worth checking in with your paediatrician for a more comprehensive developmental and physical evaluation if their teachers have observed any of the following:

- Ⓜ He/she gets easily frustrated.
 - Ⓜ Struggles to follow instructions.
 - Ⓜ Struggles to focus for as long as their peers.
 - Ⓜ Has possible receptive or expressive language difficulties.
 - Ⓜ Does not interact as expected with peers either in or out of the classroom.
 - Ⓜ Has limited play skills, or difficulty transitioning from one activity to another.
- Keeping track of developmental milestones also allows your paediatrician to look for patterns which may provide helpful information about your child's development. For example, many children with atypical development (for example autism) may reach all milestones on time, but in a different or disordered way. For other children who might have behavioural, social, or attentional difficulties, a professional's observation and judgment can often be more important than a skills-based checklist.

What should I do if I think my child isn't developing as expected?

If you or your doctor still has concerns at this point, referral to a child development specialist is recommended. A child development specialist may be a developmental behavioural paediatrician, neurologist, child and adolescent psychiatrist, psychologist, speech therapist, occupational therapist, or physiotherapist. Depending on the developmental concerns, referral for further assessment by one or more of these specialists may be advised.

Any child with possible developmental concerns can benefit from an assessment by professionals with expertise in child development. Early expert evaluation of 'red flags' ensures appropriate intervention can be commenced during the critical early period of brain development, and have the most impact in helping your child reach their developmental potential. Early intervention has a positive influence on developmental outcomes.

Monitoring developmental milestones are important, as early intervention can make a big difference to a child's life, including:

- Ⓜ Increased ability to learn.
- Ⓜ Increased independence.
- Ⓜ Improved social skills.
- Ⓜ Improved motor skills.
- Ⓜ Increased ability to communicate.

As a parent, you have some big choices ahead of you in regard to your child's education. You can read every article, book, or blog on the subject but at the end of the day, you know your child best. Remember to trust yourself.



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In The City

family dining



Before Shanghai
There Was

Songjiang

The district that just keeps giving...

By Michael Zee





This heavenly Shanghai suburb has more to offer than you might think. From space age botanical architecture, to replicas of entire English towns, I've always found Songjiang rather alluring but mostly misunderstood.

Schlepping out there requires some planning, what are you going to see, where will you eat and most importantly, where can you find good coffee?

Taking Line 9 to and getting off somewhere between Sheshan or Zuibaichi Park takes about 50-60 minutes, but with the right conversation or podcast that time flies by. To write this article I went on four separate occasions and it's hardly 'mafan'.

Starting the journey at the furthest point and working your way back to the city, we start at Zuibaichi Park, the second to last stop on Line 9.

On exiting the station I hopped on the nearest HelloBike and cycled for 10 minutes in an easterly direction until I came across a sparkly redevelopment. The jewel in the crown of the Yunjian Granary is the Beer Lady. The site is enormous, with 23 factory buildings under works, three of them will be Beer Lady premises, give it another year and they're hoping for the Found 158 of Songjiang. As you enter, turn immediately left. The expansive hall, stocked with almost 4,000 types of beer, can cater to almost any preference, with some other booze available for the beer haters. The food menu is pan-Chinese, as if someone has created a highlights from Sichuan, Shanghai and Guangzhou, with emphasis on salty and spicy that make perfect bedfellows with beer. There is minimal offering in the way of pizza, chicken nuggets and fries for fussy eaters. I can easily see myself here with a group of friends.

Moving three stops closer to town, we find ourselves at Songjiang University Town, arguably the main hub of the district with its many hundreds of thousands of students (explains why the Beer Lady set up camp). Exit the station and cross the bridge to find C-Sir coffee on the piazza, for each of my visits this was a necessary pit stop after the long metro ride before exploring further depths. They do everything your favourite local does, like cold brews, Oatly and so on.

From here you can head to Thames Town, built when China was Europe obsessed. It has now become a go to wedding photo venue. Brits in Shanghai will recognise slivers of Oxford, Reading and London in the architecture. Thames Town is not just a random curio, people actually live here - perhaps they see the irony in it. There isn't much in the way of food here, though the one bar does sell a limited edition Thames Town beer.

Once you're finished at Thames Town do what most Brits do and head for a ruby murray (aka a curry) at Grill Master. Although the building it's in looks a little worse for wear, and the all red interior is very Stanley Kubrick, and the father and son operation is perhaps some of the best Indian cooking in Shanghai. The menu is broad with Maharashtrian, Punjabi and some Gujrati dishes. I started with the best onion bhajia I've had in years, scraggy bits of onion with infinite crunchy edges rather than the sad compacted balls most places produce, served with a green chilli and coriander chutney that was bright and herbaceous. I also ordered a side of the Samosa Chaat, a dish of samosas split open and topped with yoghurt, tamarind and sev - divine!

I decided to work off my lunch and take another bike to the nearby Guang Fu Lin, an enormous outdoor museum that charts the entire history of human settlement in the Shanghai area. Before there was Shanghai, there was Songjiang. Guang Fu Lin is perfect for families or those who want to learn more about the history of Shanghai. Huge expansive outdoor areas, temples, Buddhas and futuristic architecture. Head inside the Culture Exhibition Hall and find enormous dioramas of each key period of Shanghai right up to present day. Whilst none of the explanatory text is in English, it still kept me occupied for hours. Find the Duoyun Bookshop for a quick break and another coffee, ice cream or gift to take home.

After my visit to the park I took a tiny detour back to the metro and discovered RENOWN, a very chic little coffee shop that is well stocked with some of the most current art, fashion and travel lifestyle magazines for you to browse whilst you sip your last coffee before heading home.

Alternatively, bordering Guang Fu Lin is the Chenshan



Botanical Garden, with its trio of space age glasshouses, covering arid desert, tropical and temperate climatic zones, your child is likely to end up wanting to be a botanist, architect or astronaut after their visit. Again the food offering inside the Botanical Gardens isn't great, so you're best heading out sharpish if you start to get peckish.

Moving metro stations, our last stop of Sheshan before Line 9 takes a near right angle turn into central Shanghai gravitates around a small hill where in the 1860s a group of Catholics built Sheshan Basilica. On my last visit, the Basilica was closed because of COVID-19 but the walk up was a Rocky-esque climb with some lovely views over Songjiang (you can clearly see the botanical greenhouses).

For families with a dog, take your canine companion to Shanghai Sculpture Park (remember to bring along your identification for your furry friend). Sit around a picturesque lake, its Shanghai's answer to Storm King or Yorkshire Sculpture Park that will give your social media some serious content. They have space for picnics if you prefer to

bring your own food, as well as a small kids play area and an impressive tree house.

After a long day walking and cycling, nearby is Su Bei Tu Zao Tai, that serves di guo ji in a fixed wok in the middle of the table with a real wood fire underneath. It's a delicacy from Jiangsu and takes some time to setup. Whilst you wait you can munch on some starters and swig a beer. What starts off as a rather ordinary looking chicken stew is then adorned with fresh, thick and juicy dumpling skins around the edge and left to steam for 5 or so minutes. The result is all the right textures, a crisp and slightly chewy dough on one end, with a luscious sponge on the other. It's the true embodiment of 'ugly, yet delicious'. When you're finished with this day, I certainly hope that you are number one on your WeRun!

Songjiang might have a bit of a bad rep, as it's far and a little disparate, but it also has the space we are so desperate for in Xuhui or Jing'an. It might take a while to get there and the key locations are a little spread out, but it truly is the district that just keeps giving.

Address & Tickets

Beer Lady

Yuanjin Granary, 10053 Songjin Gong Road, near East Songhui Road 松金公路10053号云间粮仓, 近松汇东路
Everyday 10.00 – 02.00
No reservations, no phone
Beers around 40-70RMB
Pushchair friendly
Nearest metro: Zuibaichi Park

C-Sir Coffee

1661-1 South Jiasong Road 嘉松南路1661-1号
Everyday 07.00 – 22.30
No reservations, no phone
Coffee 12-25RMB
Pushchair friendly
Nearest metro: Songjiang University Town

Thames Town 泰晤士小镇

230, Lane 900 North Sanxin Road, 三新北路900弄230号
Pushchair friendly
Nearest metro: Songjiang Xincheng/Songjiang Sports Centre

Grill Master

Above Happy Lemon, Lane 1028 Wenhui Road 文汇路1028弄(快乐柠檬楼上)
Everyday: 11.00 – 20.30
Phone: 18221576817
Not pushchair friendly
Nearest metro: Songjiang University Town

Guangfu Lin

Lane 3260 Guangfulin Road, near Longyuan Road 广富林文化遗址 广富林路3260弄, 近龙源路
Phone: 5780 0000
Everyday 09.00 – 17.00 (Last entry 16.30)
Adult tickets, 50RMB weekends, 40RMB weekdays, half price children and seniors
Mostly pushchair friendly (there are some bridges but mostly flat)
Nearest metro: Songjiang University Town

RENEW

1047 Longteng Road (near Guangfulin Road) 龙腾路1047号, 近广富林路
Tuesday – Thursday 10.00 – 18.00, Friday – Sunday 12.00 – 20.30, Monday closed
Phone: 13472445147
Coffee 12-25RMB
Pushchair friendly
Nearest metro: Songjiang University Town

Chenshan Botanical Garden

3888 Chenshan Road, near Chenta Road 辰花路3888号, 近辰塔路
Everyday 08.00 – 17.00 (Last entry 16.30)
Adults tickets are 60RMB
No phone
Pushchair friendly
Nearest Metro: Dongjing

Sheshan Basilica

near Sheshan Observatory 外青松公路西佘山公园内, 近西佘山顶
Not pushchair friendly, many stairs
Free entry
Nearest metro: Sheshan

Shanghai Sculpture Park 上海月湖雕塑公园

158 Linyin New Road 余山镇林荫新路158号
Everyday 09.00 – 17.00 (Last entry 16.30)
Adult tickets 100RMB (deals available through Dianping)
Pushchair friendly, some stairs
Nearest metro: Sheshan

Su Bei Tu Zao Tai

Sheshan Tiandi Leisure Plaza, 104 Lane 188, Taoyuan Road, Happy Valley, Sheshan 佘山欢乐谷桃源路188弄104号 佘山天地休闲广场一楼
Everyday: 10.00 – 14.00 & 16.00 – 24.00
Phone: 021-57651116
Pushchair friendly
150-200RMB each
Nearest metro: Sheshan





A Wonderful Weekend in Wuyuan

Explore ancient villages and swim in waterfalls all whilst sipping a gin and tonic

By **Claire Lily Squire**

A few weeks ago, I was invited to celebrate the birthday of my friends' baby, Mei. She turned the grand old age of six months. Now, I'm well aware that this isn't an age that's typically celebrated but, we felt with everything going on in the world you need to celebrate every possible moment.

Instead of having a lazy brunch in Shanghai we decided to be daring and head out on an adventure. We planned a long weekend in Wuyuan and it was an absolutely perfect way to spend time away from the hustle and bustle of the city.

We headed out from Shanghai on a high-speed train on Friday evening. It's a three-and-a-half-hour journey, so we all wrapped up work a little early so we could get there with plenty of time to enjoy a gin and tonic at the hotel bar before bedtime.

Top tip for all of you guys traveling by train, if you have a baby you're going to need to hold for the journey, lots of luggage or you're feeling especially decadent, splash out and travel business class. It's outrageously comfortable and totally worth the cost. Each passenger has a little pod of their own and



plenty of space around them and you're offered more food and drinks than you could possibly consume on the journey.

We hopped off the train feeling amazing, business class is the way to live... but it could have also been something to do with the chilled bottle of sauvignon blanc we brought with us from Shanghai. We had a driver, arranged by the hotel, waiting for us at the train station.

We travelled along windy roads in the dark for about 30 minutes before arriving at our destination - tiny little village nestled between Wuyuan city and the mountains.

We were staying at a small boutique hotel called Skywells. It's not at all what

you would expect in a tiny, and very remote feeling village. It's a beautiful 300-year-old courtyard mansion that was bought by a Chinese woman (Selina) and her British husband (Ed). They have tastefully renovated it, keeping all of the incredible bones of this ancient building, but making it warm, cosy and inviting at the same time. The balance between the grandeur and authenticity of this building and the convenient comfort make it one of the most incredible places I have ever stayed in China.

After having the much dreamed of gin and tonic at the bar we all headed to our respective rooms. There were eight of us on the trip, so between us we had a mixture of single rooms, twins and a family room. We had a good nosey around in each other spaces and each



room was unique, beautiful and very cosy. It would have been very easy to spend the entire weekend at the hotel.

The first morning we all woke up, some of us slightly fuzzy headed (thank you, white wine and gin) and headed for breakfast, a delicious Chinese buffet served with (thank goodness) exceptionally good coffee.

We then headed up to the roof of the hotel. Part of the roof is open to the elements, another part is enclosed and air conditioned. With temperatures over 35 degrees this was much needed. The view from the roof was stunning, distant mountains punctuated with tiny little white walled villages with peaked roofs.

The village Skywells is situated in is distinctly untouristy. It has a 'real China' feel. For this reason alone, you should add Wuyuan to the top of your travel list. The village is all rambling laneways and locals hanging out in the square trying to catch some of the afternoon breeze.

We then trotted to the neighbouring village, about a ten-minute walk along a small irrigation canal that cuts through fields. The neighbouring village Si Xi is more 'set-up' for tourism. You need to buy a ticket to enter as a guest. We were greeted by an enthusiastic local who took us for a tour before kindly leading us to her house/restaurant (one and the same) for lunch.

The village was once a grand place, boasting an old bank, and richly decorated buildings with old carvings. Now, the bank is someone's living room. They cheerily waved us in to take a look at the old cashier's windows and proudly showed us massive stone vessels that caught rain water, 'in case of fire' they said.

The social hub of the village was a small wooden bridge that stretches across the lazy river running through the centre of town. The small breeze cooled the otherwise furnace like air. The locals hung out on the bridge and offered us the inside scoop on where's good to eat, and whose 'living rooms' has the most beautiful carving inside.

We dined at the hotel that evening, the food was traditional Jiangxi style and absolutely delicious!

The following day we hired a driver through the hotel and headed up into the mountains, after a 40-minute drive we arrived at a large river. We 'hiked' (baby strapped to her Dad) up the mountain. Like a lot of hiking in China, it was a paved and very easy going.

The path we followed led to a series of waterfalls. Each waterfall fell into a crystal-clear pool, perfect for swimming. The water was cool and crisp after the hot and sweaty walk, even baby Mei took a dip!

We ambled back to the hotel slowly for a slice of Mei's half-birthday cake and relaxed for the rest of the day. A few of the more ambitious among the group borrowed bicycles and headed off to explore the surrounding areas, while the more sensible among us napped and freshened up for dinner and drinks.

Setting off back to Shanghai the following morning felt a little sad. Leaving the sleepy countryside and warm homely feeling of Skywells was difficult. Ed and Selina our hosts were helpful, friendly and flexible when it came to our needs, and most importantly the needs of baby Mei. It's a trip I would highly recommend for people with babies or young families that are looking for an easy and fun weekend getaway.

Traveller Info

- Skywells Double room: 1080 RMB
- Airport/train station transfer arranged by the hotel for small additional fee
- Free bikes available at the hotel to explore surrounding areas.
- Train: second class tickets 193-269 RMB, business class 695-840 RMB, from Shanghai Hongqiao station to Wuyuan.

We Got the Scoop!

By Ahanaa Puri and Henie Zhang



At Parents&Kids we like to do the heavy lifting for you. We know that you're all on the hunt for the perfect ice cream so two of our intrepid editors headed out and scoured the city for it's best icy treats.

We checked to make sure the stores are pushchair friendly, rated the generosity of their scoops and have given you a carefully selected editors pick! Be sure to treat yourself, and your family to a scoop (or four) of these mind bogglingly good ice creams! ▶

Editor's pick: Wuxie matcha parfait

Most popular ice cream

dessert: Milky Uji cone

Price range: 20-40 RMB

Size of scoop (1-5): 4-5

Cup or cone: cone, glass, or bowl

Pushchair friendly: Yes!

Addresses: LG, 899

Pudong South Road Lujia-

zui Centre

(Other locations include

Songhu Road, Nanjing

West Road, Hunan Road,

Nanjing East Road, Shibei

Avenue, Kunming Road,

Xianxia West Road, and

more)



Venchi

Venchi is a 142-year-old, award-winning gelateria hailing all the way from Turin, a small village in northwestern Italy. While you're there, make sure you check out their collection of gourmet chocolates and gift boxes along with the dreamy gelato and sorbet.

Highlight: Venchi has an in-store, chocolate tap that they dip their cones in before coating it with a delicious layer of crushed, dried berries.

Editor's pick: Pistachio and coconut

Most popular flavour: Pistachio

Price range: 55-350 RMB, depending on the

number of scoops

Size of scoop (1-5): 3

Cup or cone: both

Pushchair friendly: Yes!

Addresses: 1F, 25 Taicang Road 333

LG1, 999 Huaihai Middle Road Huanmao Plaza

B1, 1378 Huamu Road Kerry Centre

Wuxie

Meaning "no malice" in Chinese, this matcha-focused dessert shop blew up all over China after its opening in Nanjing in 2014. From creamy matcha tiramisu to lusciously layered matcha parfaits—and duh, a mouthwatering array of matcha-inspired ice creams and floats—is a must-visit for any matcha lover spending the summer in the city.

Highlight: One of Wuxie's specialties is the 30cm-tall matcha ice cream in a cone—perfect for sharing (and practising your balance)!



Azabuya

While most come to Azabuya for its homey Japanese noodles, the restaurant's selection of gelato is also a well-loved, decadent highlight. Enjoy the gelato on its own or as a creamy dessert after a hearty bowl of mazemen.

Highlight: Azabuya makes its own cookies for its cookies 'n cream ice cream!

Editor's pick: Rum raisin
Most popular flavour: Matcha
Price range: 25-34 RMB
Size of scoop (1-5): 4 **Cup or cone:** cup
Pushchair friendly: Yes!
Address: 2F, 1378 Huamu Road Kerry Centre



Grom

Originating in Turino, with branches all over the world, Grom brings a classic Italian flair to West Nanjing Road. Featuring all well-known Italian flavours, from chocolate to fruit sorbets, they know their gelato. While some may like their seasonal fruit flavours, most of which are not commonly available in Shanghai, you can't go wrong with any flavour here. For the convenience of you and your tastebuds, they offer a selection of flavours available in pint form for you to take home and enjoy.

Highlight: the sheer range of flavour options

Editor's pick: Gianduia (translation: chocolate hazelnut)
Most Popular Flavour: Pistachio / Staraciattella
Price range: 40 RMB and up
Size of scoop: 3
Cone/ cup available, single or double scoop
Pushchair friendly: yes, but they have a second floor (seating only) accessible via stairs
Address: 772 West Nanjing Road, opposite Starbucks Reserve Roastery



Gracie's

A longtime favourite of most expats in Shanghai, Gracie's ice cream ticks all possible boxes when it comes to flavours, taste and scoop sizes. From the classics to the seasonals, we had the pleasure of taste-testing every flavour currently on their menu and can confidently report that Gracie's hits the nail right on the head. Like Grom, all their flavours are available in pint form or even single servings to take home with you. Enjoy their ice cream after a hearty meal at Al's



Luneurs

Known for their Salted Caramel flavour, Luneurs offers a limited but certified delicious selection of flavours. With a seasonal structure to their offerings, be sure to check out their original, claim-to-fame salted caramel, summer special lemon sorbet or even the classic dark chocolate. We guarantee there's something for everyone. With locations in the heart of Puxi, be sure to pop in for a coffee, ice cream, or freshly baked goods. We visited the Huashan Road outlet, and found that it is a lovely, quiet place to meet friends, or even have some ice cream whilst working. With both indoor and outdoor seating, Luneurs is also dog friendly.

Highlight: The Salted Caramel

Editor's pick: The. Salted. Caramel.
Most popular flavour: Salted Caramel
Price Range: 30-45 RMB
Size of Scoop: 5
Cup/ Cone available, with option of Single or Double scoops
Pushchair friendly: There are 5 steps up to the entrance. (You can do it but you would need help)
Address: 888 Huashan Road (Other locations: IAMP mall (kiosk only), 381 Panyu Road)

Diner, or as a great way to beat the heat. Look out for their new Apple Pie flavour this fall!

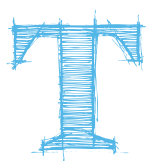
Highlight: You can ask for any ice cream flavour(s) to be turned into a milkshake!

Editor's pick: uhh... Malt & Seasalt, Rum with pineapple and cherry. Mint Chocolate Chip, oh and the Banana Speculos tastes like banana bread with cinnamon in ice cream form.
Most popular flavour: Currently the raspberry lychee sorbet.
Price Range: 30 RMB and up
Size of scoop (1-5): 4 Cones, cups and available as a single, double or triple (only cup)
Address: 204 Xinle Road, 174 South Xiangyang Road
Pushchair Friendly: pushchairs would have to be folded.



New School New Education

SUIS doesn't only have a new campus, but also innovative education



The Shanghai United International School (SUIS) Pudong Academy (PDA) is the eighth campus to be established within Shanghai. Excitingly, this is a school with a difference.

This SUIS campus is integrated into the Sanlin community in Pudong. This was an incredible opportunity to build a school that is totally unique. They have been able to break away from traditional campus designs to create something much more open plan. The motivation behind this design innovation is to maintain close interactions with the surrounding communities.

Not only does the brand-new campus include standard classrooms for learning, it also provides laboratories for science courses, an auditorium for music and arts, and specialised learning centres. To give students ample opportunity to partake in physical action, there are courts for basketball and tennis, a dance room, and an indoor gymnasium.

For students that have finished with their secondary education and are moving onto pursue higher education abroad, SUIS has developed an education programme that acknowledges that students learning needs are different and will change over time. SUIS allows for academic students to really focus on their strengths, whilst allowing other students to focus on their strengths.





♦ Bridge Curriculum

The 'Bridge Curriculum' is based on IGCSE course, designed for students of 14 to 16 years that are shifting from the domestic education to international curriculum system. The course is specialised to understand the learning background of secondary students within the domestic system. Connecting students to the entry standard of the A-level courses in grade 11, English speaking and learning is heavily focused throughout. Other courses also include Chinese social research, career planning, co-curricular activity programme, and a tutoring system.

♦ IGCSE Curriculum

The most widely implemented international course for students ages 14 to 16, the curriculum is recognised in the United Kingdom, the United States, Canada, Australia, and New Zealand. Many universities in the world would require students to achieve grades 75 percent or above in their five courses in order to be accepted.

♦ A-level Curriculum

Officially certified by the Cambridge Assessment International Education, the A-level curriculum is a pre-college preparatory course for students ages 16 to 19 years. The A-level certificate is recognised in 195 countries, including the UK, the

US, Europe, Australia, Canada, and New Zealand.

♦ AP Curriculum

Based on the framework of the American high school education, with the inclusion of Chinese senior high school compulsory courses, this curriculum cultivates students' academic ability, communication skills, and learning methods. For graduates of the AP Curriculum programme, diplomas from SUI S PDA and the associated US school Kokomo High School of Indiana, US will be awarded. Conditions are to be met for this achievement:

- 1) Throughout the student's studies in China, and in accordance to the curriculum arrangement, the student has completed all of the credits for the required subjects and passed examination.
- 2) Student must complete the required credit courses within the exchange semester at Kokomo High School and pass the local State Council examination.



The problem with some traditional school systems is they are unable to realise the limitations that are difficult for certain students to break through. SUI S PDA is an innovative response to this difficulty as it has collected years of international educational experience and resources to provide a unique learning opportunity for students 15 to 18 years.



A top-down view of three children sitting on a blue carpeted floor, drawing on a large white sheet of paper. The child on the left is wearing a white shirt with red polka dots and is drawing a girl with long hair. The child on the right is wearing a white shirt with black polka dots and is drawing a girl with a large eye. The child in the middle is wearing a white shirt with red polka dots and is drawing a girl with a large eye. The paper has several drawings of children and a girl with a large eye. The background is a blue wall with a white flower-like pattern.

Caring for the Little Ones

Starting school for the first time can be scary. Here's how you can ease the way for your little one.



Starting school for the first time can be an overwhelming experience for young children. If you have small children that began school in the last few years you will remember the nervousness that preceded their first week. For those of you with children beginning school in September you can begin working on easing their (and your) anxiety now.

1 Arranging play dates with their peers. If you know other families who will be sending children to the same school as you, you can reach out and organise play dates. This will mean your child has a friendly face to seek out on the first day. You can also reach out to your school and ask to join a parents email chain or group chat if you're in need of an introduction. Remember, everyone is in the same position.

2 Begin easing your children into their school routine. This means early bed-times, and picking out their clothing for the next day. Try arranging morning activities so you need to be out of the house by a fixed time. This will help them get used to time pressure in the mornings.

3 Acknowledge their concerns. Let your child know that being nervous about attending school is completely normal, and other children feel the same way. Reassure



them that they will make friends easily and love school in no time!

Most schools have a programme for new children to help them settle in quickly and easily. We sat down with teachers from Concordia International School Shanghai and asked them to explain their Successful Start programme.

Students attending Concordia International School Shanghai begin the school year with a safe, low-stress transition to the classroom. As a collaboration between the early childhood division and the school's admissions office, Successful Start is designed to easily acclimate young students to their new environment. It allows them to visit classrooms, meet teachers and interact with classmates in a way that relieves anxiety and fosters social learning that benefits children, families, and teachers.

Because social-emotional intelligence is so important for young children, they need enough time to establish trust with caregivers and develop social competence with their peers. During the first three days of school, small groups of six preschool students take part in 90-minute class-



room periods, where they can engage with the teacher and classmates at a pace that is developmentally appropriate. The following week, students attend three half-day sessions with their entire class before starting their full-day sessions which they will continue for the rest of the school year.

For the majority of incoming preschool students, the transition begins the spring before their August start,



when Concordia's admissions office sponsors events for newly accepted preschool students. These “mini-school day” events, complete with playtime, story and snack time, and a ride on the school bus, are meant to familiarise incoming families with the campus and help decrease the stress of attending school for the first time. Incoming students are also invited to join current students at the elementary school spring carnival and track/field fun day. Parents will also have the opportunity to connect with current members of the school community.

Parents of young children often have unique questions and seek guidance or reassurance from their child's school. Successful Start provides an opportunity for teachers and administrators to address questions from new Concordia parents and alleviate their concerns. During the first few days of school while students explore their new classrooms with their teachers and classmates, parents attend information sessions on ways they can partner with Concordia to cultivate a positive school experience for their children. At these sessions, parents also learn strategies they can use at home to support their children as they gain confidence and strengthen self-regulatory skills.

Helping young students feel comfortable and confident in their new surroundings benefits early childhood teachers as well. By minimizing the anxiety of new students and slowly integrating them into the new school environment, teachers are able to focus on keeping their classrooms running smoothly. At the same time, teachers are fostering deeper relationships with parents, allowing for earlier and stronger parent-teacher partnerships.

While there is no way to alleviate all the tears and worries associated with attending school for the first time, programmes like Concordia's Successful Start certainly make it easier for children, parents and teachers to start off the school year in the best way possible.





2019-2020 Parents & Kids

To acknowledge the heroic efforts of the nation's healthcare warriors, we asked students across Shanghai to share their creative talents in a special 'Go Wuhan, Go China' contest. Here are the contenders for ages 3-10.



DTD Kindergarten, Jingan
Sarah Pre-Kindergarten



Dulwich College Shanghai Pudong
Sophia Nie G4



Living Word Shanghai
Jingyuan Xu G4



Vanke Kindergarten, Minhang
Yi Gao Preschool



Sarnath Kindergarten
Yuhao Zhang 4 Years Old



The Second Foreign Language School Affiliated to Shanghai Normal University
Xi Chen G2

Art & Writing Competition

2019-2020 未来之星艺术大赛

Shanghai
Family

Parents & Kids
SHANGHAI

虎媽牛娃
HUMAN TUVVA



Zhongshan Kindergarten
Xinchu Li Middle Class



Soong Ching Ling Kindergarten
Henry 5 Years Old



Shanghai Liaoyuan Bilingual School (LYBS)
Jinyu Li G1



Shanghai Pinghe School
Yiming Tang G4



Shanghai Liaoyuan Bilingual School (LYBS)
Yiteng Wang G1



Shanghai United International School Shangyin Campus
Xinyi Bao G1



Living Word Shanghai
Chloe G3



Shanghai Singapore International School (SSIS)
Joanna G4



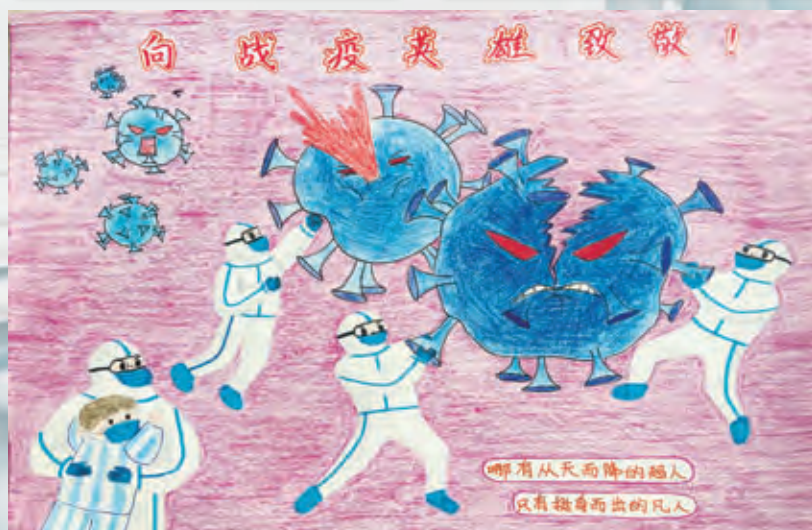
The Little Bridge
Nuo Chen G3



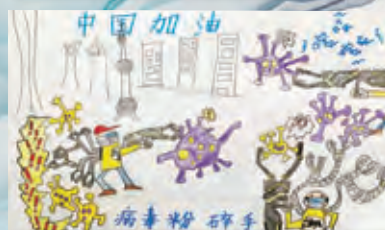
Shanghai Pinghe School
Chenwen Xu G2



Shanghai Singapore International School (SSIS)
TANGYI FAN G1



Shanghai Pinghe School
Yuxiu Yao G4



The Little Bridge
Qianhang Wan G2



The Little Bridge
Jingcheng Mao G2

Art & Writing Competition

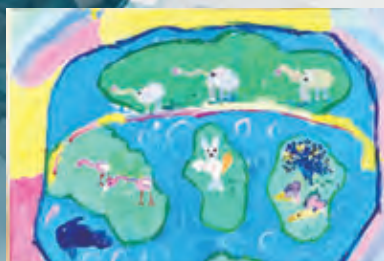
2019-2020 未来之星艺术大赛

We are proud to announce the nominees of our Shanghai Family and Parents&Kids 'Eco Future' Art & Writing Competition, for the age group 3 to 10.

This year, students had to sketch, paint or sculpt a piece of art depicting how they envision a greener, more sustainable future. Here are the contenders!



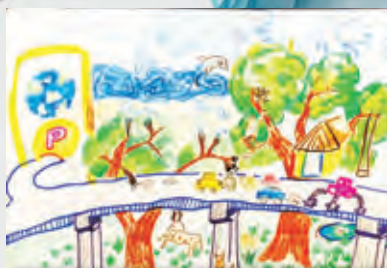
Minhangqu Qibao Mingqiang Dier Xiaoxue
Yichen Cai G2



Kids 'R' Kids Learning Academies
Wanting Cui Senior Class



Harrow International School Shanghai
Bella G3



The Second Foreign Language School Affiliated to Shanghai Normal University
Jiayao Li G4



Shanghai Jincui Experimental Primary School
Erin Zhang 7 Years Old



Dulwich College Shanghai Pudong
Carla Croppo 9 Years Old



SHANGHAISHIPUTUOQULUZHOUYOUERYUAN
Xuanlin Wang Senior Class



Shanghai United International School Pudong Campus
Elizabeth G3



Vanke Kindergarten, Pudong
Shihan Ye Pre-Kindergarten



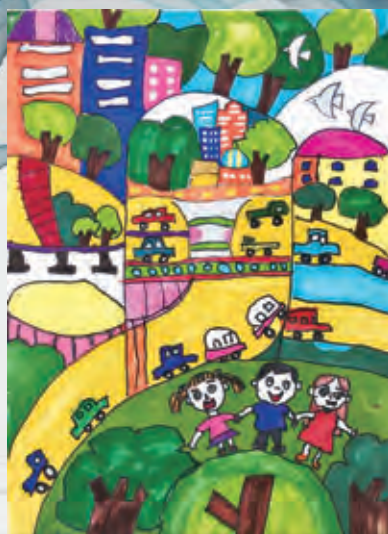
Shanghai Hong Qiao International School (HQIS)
Jerry G3



Shanghai United International School, Hongqiao Campus
Isabel G3



Concordia International School Shanghai
Tammy 10 Years Old



The Kindergarten Affiliated to Shanghai Gold Apple School
Banyan Wang Middle Class



Shanghai Hong Qiao International School (HQIS)
Zhiqi Chen G3



Vanke Kindergarten, Pudong
Yichen Han Preschool



Shanghai United International School Pudong Campus
Cynthia G1



The Kindergarten Affiliated to Shanghai Gold Apple School
Tommy Middle Class



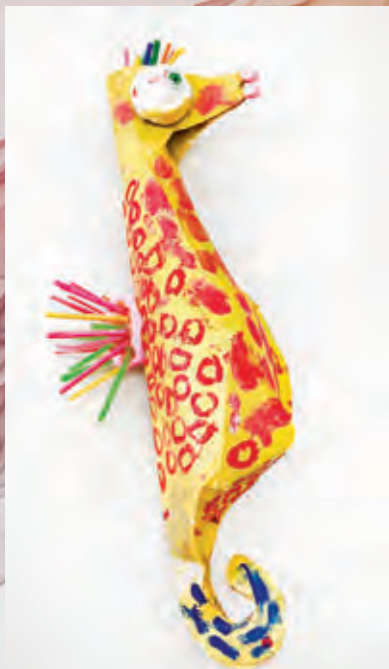
The Kindergarten Affiliated to Shanghai Gold Apple School
Zimo Chen Junior Class



Shanghai United International School, Hongqiao Campus
Cheryl Chen K1

Art & Writing Competition

2019-2020 未来之星艺术大赛



Concordia International School Shanghai
Molly Hu 6 Years Old



Concordia International School Shanghai
Erick QIU 7 Years Old



Vanke Kindergarten, Pudong
Zixin Xu Preschool



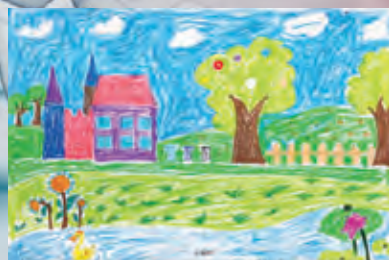
Julia Gabriel Centre, Xuhui Campus
Jiaxin Shi, Zijie Yan, Ruoyan Cui, Qianran Shen, Zijian Wang KI



Julia Gabriel Centre, Qiantan Campus
Adele



Wellington College International Hangzhou
Coco Jin 7 Years Old



Vanke Kindergarten, Pudong
Hanyu Shen Nursery Class



Wellington College International Hangzhou
Audrey Ling 8 Years Old

'Eye' Don't Know What's Wrong

Ophthalmologist Dr Sung from **Essence Eye Shanghai** discusses how to protect and maintain healthy eyes in a digital age



A ccording to the US CDC (US Centres for Disease Control and Prevention), children between the ages of eight and ten spend an average of six hours per day (91.25 days a year) looking at digital screens, and other studies have shown that children under the age of five spend close to four hours a day.

No matter your stance on the use of digital devices, there is no escaping them. Computers, smartphones, and tablets now play a crucial part in

everything from communicating to grocery shopping and beyond. This has been especially unavoidable during COVID-19... #onlinelearning.

It begs the question, just what impact is this heavy reliance on screen time having on the health of our children's eyes?

To help you separate fact from fiction, here are some answers to today's most pressing eye-related queries.

Q What problems can arise in the long-term from increased screen time?

A Research has shown that myopia (short-sightedness) is the most direct eye problem caused by prolonged screen time as well as dry eyes and burning. In more severe cases, children can experience difficulty in opening their eyes, headaches, blurred vision, and acute pain. These symptoms are sometimes referred to as Computer Vision Syndrome.

Q How does too much screen time cause Computer Vision Syndrome?

A To maintain healthy eyes, they should be well lubricated and not be overstrained. This is naturally occurring through the eye's blink response due to your eyelids spreading moisture across exposed areas. On average, a person will blink 20 times a minute. However, when looking at a digital device this blink frequency can reduce to four-five times per minute, causing the eye to become too dry.

Q Considering how common myopia is, what do parents need to know?

A Although myopia is irreversible, it varies in intensity and ways to manage it. Low myopia sits between 100 to 300 degrees, medium is from 300 to 600, and high and riskiest is anything above 600. High myopia elongates the eyeball, creating a greater risk of eye-related diseases like macular haemorrhage, retinal detachment, and blindness. If your child is diagnosed with myopia, wearing glasses is necessary to prevent myopia acceleration. Be sure to have your children's eyes checked regularly.

Q What symptoms should parents be aware of?

A If you notice your child squinting, moving closer to screens, or expressing eye pain, book an appointment with an ophthalmologist immediately.



Q Considering that screens cannot be avoided, how can parents help protect their children's eyes?

A - Try to use devices with larger screens as they cause less damage to your eyes.

- Choose a device with a high resolution and then adjust the screen brightness to a comfortable level.

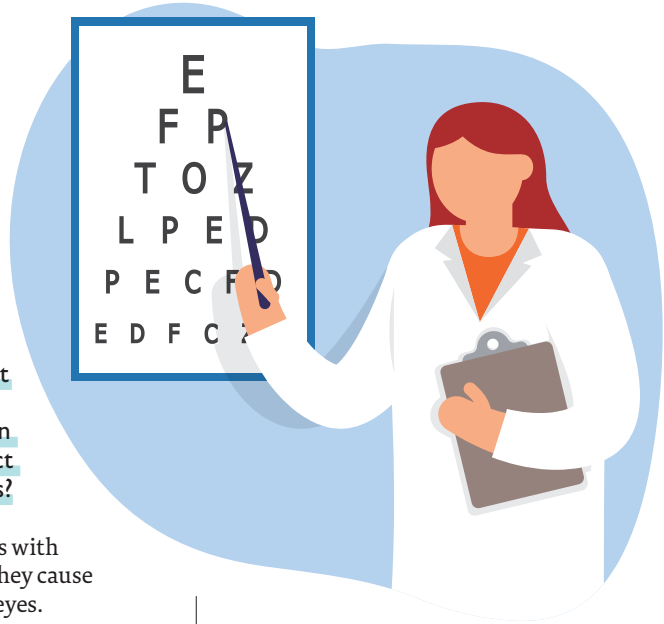
- Remember to follow the '20-20-20' rule. The eyes should be given a rest every 20 minutes by looking away from a screen to something else 20 feet (6 metres) away for at least 20 seconds.

- As online learning is inevitable, encourage your children to spend as much time as they can doing offline activities - particularly outdoors. Spending time outside can deepen their depth of field, while stimulating dopamine production and promoting normal development of the eyeball.

- If your children are not required to take online classes, try to reduce additional screen time to one hour a day.

Q Are there any home remedies that can help maintain good eye health?

A Avoid giving your children sweets. Along with its many impacts to general health, such as diabetes, and



the depletion of vital vitamins, too much sugar can cause muscle fatigue. This causes a disruption of the muscle in the eye preventing you from focusing on items within your field of vision.

- Foods that are naturally high in vitamins like salmon, avocados, blueberries, spinach etc., are good for maintaining healthy eyes.

- Warm compresses can help relieve eye fatigue, dryness, increase blood circulation and provide relaxation.



Dr Sung

Essence EyeCare Clinic, Landseed Hospital (18939896079). Doctor of Optometry, PCO, USA. Visiting Professor of ZhongShan University. Director of Eslite EyeCare Association. Dr. Sung has over 30 years of clinical practical experience and specialises in the treatment of myopia, hyperopia, amblyopia and presby.



Vital Vitamins & Must Minerals

Dr Chen from **Renai Hospital International Department** shares the 'must-knows' when it comes to vitamins and minerals for kids.

What are the most important vitamins and minerals for a child under the age of six, and why?

Children are sensitive to their nutritional environment, and the lack of vital resources can endanger their physiological development. For children under the age of six, the most important minerals that they need are calcium (vitamin D), iron (vitamin B) and zinc (vitamin C).

Between the ages of three to six, calcium plays an essential role in a child's growth. Parents should be well noted that if their child lacks calcium in a certain degree, the damage to their child's health could be irreversible.

Iron is an essential element for the human body, as it is critical component to the structure of red-blood cells. An iron deficiency in a child could put crucial growth systems, such as the body, the immunity, and intelligence, at risk.

Foods such as meat, seafood, and various cereals are enriched with zinc. The element plays a role in strengthening a child's immune system. If a child doesn't have enough zinc, then open wounds could be at risk of either recovering slowly or threatened by bacterial infection.

What are the most common deficiencies?

The most common deficiencies found in children are the lack of iron and vitamins A and D. These vitamins and mineral deficiencies have been defined as a common disease for children.



What symptoms can a parent recognise in order to know if their child has a vitamin/mineral deficiency?

Many parents assume vitamin and mineral deficiencies is a result of their children having insufficient amount of vegetables and fruits in their diet, but that may not be the

case. Below is a list deficiencies and their corresponding symptoms.

Lack of Vitamin A	Symptoms include dry and rough skin, the formation of pimples, nails become brittle, and hair begins to thin.
Lack of Vitamin B	Symptoms include the loss of appetite, a drop in weight, decreased growth, and indigestion.
Lack of Vitamin C	Symptoms include anaemia (lack of red-blood cells), bleeding of the gums and teeth, and sudden occurrence of learning difficulty.
Lack of Vitamin D	Children may begin developing rickets (softening of bones), and symptoms include such as hyperhidrosis (excessive sweating), restlessness, and alopecia (hair loss).
Lack of Vitamin E	Symptoms include rough and cracked skin, and loss of energy.
Lack of Calcium	Symptoms include night sweats, night terrors, delayed teething and tooth replacement, poor dentin development, and decreased anticaries ability (tooth decay).
Lack of Iron	Anaemia (lack of red-blood cells) can develop. Symptoms of anaemia include pale skin, dizziness, black eyes, and tinnitus (ringing in ears).
Lack of Zinc	Symptoms include poor growth and development, a short stature, lack of weight gain, weak immunity, and recurrence of colds, diarrhoea, or oral ulcers.

Which foods are naturally enriched in these principal nutrients, and how much should be consumed?

For children over eight months, vitamins and minerals should be supplemented in various kinds of milk and vegetables. If parents are unaware of what meats and vegetable to feed their children, then they should consult with a doctor. Doctors can provide a list of foods that are suitable for the child's condition. Do not take any vitamins and minerals that exceed the daily dose required for their age, especially vitamins A, D, E, and K. An over consumption of vitamins can be harmful. Taking too much vitamin

C during a cold can lead to headaches, diarrhoea, pain, and nausea.

Correspond to below in order to know a child's daily intake:

Children 1 to 6 years	Calcium: 600 to 800 mg Iron: 12 mg Zinc: 9 to 12 mg
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Are supplements for vitamins and minerals valuable?

From my perspective, supplements for vitamin D is valuable for children as it can help in the absorption of calcium. Parents should be aware that it's common for a lot of children to lack vitamin D.



Dr Chen Demei

Head of Paediatrics, Chief Physician, Shanghai Renai Hospital Dr Chen graduated from Medical School, Tong Ji Medical University in 1982 and has worked for over 30 years in Third Class A Level Women and Children's Hospital. She has rich medical theoretical knowledge and clinical experience.

Education at Home

Engaging your kids in
their space

By Rebecca Shah-Harvey

Children have a natural curiosity about the environment around them. They have an insatiable thirst to learn and will do so on their own by interaction. Not a lot will go unnoticed by them, and even the smallest sentence, experience or event can impact their development. Throughout COVID-19, our children have been spending time at home with their families, resulting in decreased outward stimulation. Here are some ways to help them develop in the comforts of their home.

Young children respond well to routine. Providing them with a sense of comfort, safety and familiarity, their minds can run free. This routine can include sleep patterns, meals, screen time, baths etc.

Get Talking

Supporting your child is best done through keeping an open line of communication with them. Starting this at an early age ensures that they understand parents don't exist solely to remind them to turn off the iPad, but also to be a helpful, comforting presence - a friend. Listen to them, offer them open-ended questions to help them think. Some handy examples are: 'What are you thinking?', 'Can you explain...?' or 'Tell me about...'

Don't be afraid to use advanced vocabulary with your child. Increasing the number of words and phrases they know will help articulate their thoughts, ideas and feelings. Ultimately, this can only benefit your communication, providing you with a more detailed insight into their minds. One of the easiest ways to



do this is reading regularly with them and using questions to discuss the plotline, characters, and their thoughts.

✿ **Make-believe**

Encouraging a vivid imagination is best done through make-believe play. A few 'taobaoed' costumes, props or even recycled cardboard boxes can create a new world tailored to your children's desires. A corner of the living room can easily be turned into a world without constraints of reality, be it a veterinary clinic, fire station or even a land of unicorns. Don't be afraid to join in the play, as showing them you believe in their world will only strengthen the bond between you.



✿ **Cooking**

Bringing your children into the kitchen may seem like a daunting task, but there are plenty of child-friendly recipes that will help introduce them to a key life-skill and a potential future passion. Try introducing them to the kitchen by showing them how their favourite food is made. Plus, the promise of being able to eat whatever food they're helping to create is motivation in itself. Help them understand the process from grocery shopping to eating and cleaning up after. You may just find yourself a sous chef in the near future.

✿ **Household Routine**

There's no reason why children shouldn't be involved in the routine household tasks. Talk to your child about what needs doing in the home, whether it's doing the dishes, or folding the laundry. Providing them with



little jobs, such as passing you items to fold, develops a sense of responsibility and inclusivity, and helps them understand their role in the home. Spending time with your child doing this is an easy way to start a meaningful conversation as well.

✿ **Arts & Crafts**

Getting crafty is a great way to foster creativity and push the limits of your kid's imagination. Being crafty not only keeps their hands busy, it also helps their problem solving skills, like understanding what to do when something goes wrong rather than just giving up. These art and craft skills can also be used to create props, costumes, etc. or even portraits of their imaginary world. Say hello to your latest, uber-professional, one of a kind painting created by your very own maestro.



✿ **Health and Wellbeing**

According to the US CDC, young children should be active for a minimum of 60 minutes daily. It's best if this is outdoors, as they can enjoy some fresh air as well. A walk in the park, climbing frames or cycling are great ways for your child to develop gross-motor skills. Whilst indoors, a game of hide-and-seek, obstacle course made of sofa cushions, or a dance-off are fun ways to stay active. Building social skills is vital to your child's development and can be done by staying active with friends or siblings, as they'll feed off each other's energy and fun.



Parents know their children well, often better than they know themselves, and can nurture their children in a manner that works best for both parent and child. If you find they naturally respond better to shorter activities, keep experiences short and sweet to maintain active engagement and learning. If your child needs longer to process and explore, allow them the time and freedom to delve deeply into an activity. Most importantly, let them enjoy themselves.

Books to Inspire Your Budding Feminist

By **Claire Lily Squire**



A bedtime story in the evening was the perfect punctuation to my wild childhood days. I would snuggle up with my Mum and she would read to me for what felt like hours.

We dived into fairy tale classics like Snow White and Cinderella, stories that shaped my views of the world as a child and left me feeling that my gender wasn't quite adequate.

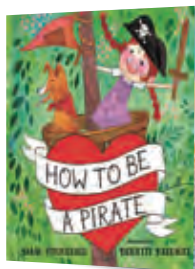
In hindsight I find this sad, as reading with my mum is a treasured memory.

Fortunately, the world we live in now, is one with much more diverse and inclusive stories for young children. I have put together a collection of books that I wish I had been read as a child. ➡



How To Be A Pirate

CeCe dreams of being a pirate. The neighbourhood boys tell her that she can't be one, but still, it's all she wants. Luckily, she suspects her grandpa must know something about being a pirate - why else would he have all those tattoos?



Julián is A Mermaid

While riding the subway home from the pool with his abuela one day, Julián notices three women spectacularly dressed up. Their hair billows in brilliant hues, their dresses end in fishtails, and their joy fills the train car. When Julián gets home, daydreaming of the magic he's seen, all he can think about is dressing up just like the ladies did, in his own fabulous mermaid costume. But what will Abuela think about the mess he makes - and even more importantly, what will she think about how Julián sees himself?

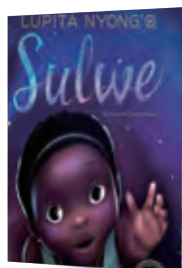


Sulwe

Sulwe has skin the colour of midnight. She is darker than everyone in her family. She is darker than anyone in her school. Sulwe just wants to be beautiful and bright, like her mother and sister. She will take on a magical journey across the night sky, that will open her eyes and change

everything she knows.

In this stunning debut picture book, actress Lupita Nyong'o creates a whimsical and heart-warming story that inspires children to see their own unique beauty.



It Feels Good to Be Yourself

Some people are boys. Some people are girls. Some people are both, neither, or somewhere in between. This sweet, straightforward exploration of gender identity will give children a fuller understanding of themselves and others. With child-friendly language and vibrant art, It Feels Good to Be Yourself provides young readers and parents alike with the vocabulary to discuss this important topic with sensitivity.



Maiden & Princess

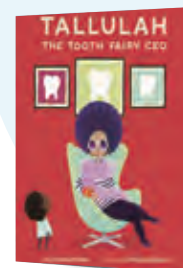
Once in a faraway kingdom, a strong, brave maiden is invited to attend the prince's royal ball, but she's not as excited to go as everyone else. After her mother convinces her to make an appearance, the maiden makes a huge impression on everyone present, from the villagers to the king and queen. The maiden will end up finding her true love, but in the most surprising of places. This

book is published in partnership with GLAAD, to help accelerate LGBTQ inclusivity and acceptance.



Tallulah: The Tooth Fairy CEO

Meet Tallulah. She's the Tooth Fairy CEO. Tallulah knows practically everything about being a tooth fairy. How to collect teeth. Dispensing money. Train other fairies. And it's all in the Teeth Titans Incorporated Employee Manual. But when something happens that's not covered in the manual, what's a fairy to do?



The Smallest Girl in the Smallest Grade

Sally notices everything—from the twenty-seven keys on the janitor's ring to the bullying happening on the playground. One day, Sally has had enough and decides to make herself heard. And when she takes a chance and stands up to the bullies, she finds that one small girl can make a big difference.



It's All About Kindness

By Sal Haque



O kay, I know this sounds lame, but kids are the future. While that's definitely a cliché, it's never less true. Now, what if every kid grew up to be an awesome, kind, reasonable person? Would the future not be a better place? Imagine a world, where everyone we interacted with was just awesome.

I believe it's possible. It's not easy, and it will take time, but it certainly is possible.

Teaching our kids empathy, compassion, humility, emotional management, and perspective is all to help them grow into better people. It gives them a greater understanding of the human condition, and awareness that there's more to the world than just their 'wants'. With kindness, our children can also begin to develop their philosophy on life, incorporating concepts such as optimism and positivity, a 'look on the brighter side

of life' approach. But that mindset is very much a learned process, and we as parents need to guide them through it. Ultimately, we're curating a perspective for our children, an outlook on life that enriches them as individuals. By teaching them to positively interact with the world around them, and to help enrich the world.

Empathy is straightforward. Imagine how they feel. How would it make you feel? It's a good step towards compassion. Humility is a bit tougher. Kids often see apology as a response to failure. It's important that our kids learn to take responsibility for their mistakes, and know that admitting fault isn't weakness, it is a chance to show humility and make amends.

Helping our children to assess their conflicts, deal with them reasonably, and resolve them positively is a teachable process. It requires time and development. It can guide the way our kids interact with people, and it lays the foundation for a positive outlook.

What's the goal? Are kids not allowed to be upset? When your child doesn't have candy, but their friend does, how should they react? Can they feel sad? Your child can feel disappointed, and they should have the cumulative perspective to understand that disappointment isn't a problem. There's no need to be angry. Your child would understand that they aren't the only kid without candy, there are many other kids without candy. Your kid can be happy for their friend. They can say, "Hey Timmy, that lollypop looks delicious, enjoy it". That's the goal.

When our kids become adults, and are faced with conflict, hopefully they'll have the perspective to turn a negative situation into something positive.



Sal Haque is a TV producer, DJ and single Dad living in Shanghai.

Things they can't teach on Zoom

By **Angeline Ruston**

After spending five months doing home-based learning during lockdown, I have become quite the expert on the early years curriculum. More specifically, an expert on the bare minimum required to progress to the next year.

During these testing, brain-wracking and occasionally fun e-learning months, I realised that if your five to seven year old can read an age appropriate book, answer a few random questions about it, do some very basic arithmetic and write something half legible (without the threat of an iPad ban for life), educating them can be considered done. Unfortunately this isn't enough to make them civilized, functioning human beings.

For instance, the ability to greet a human being, especially adults, seems to have vanished. It is, in most cultures, considered polite to say 'hello' and perhaps even introduce yourself, when meeting a 'grown up'. For our five year old, Isabella, this seems to have regressed to greeting Granny on Zoom with something completely absurd like "Hello potato-head mushroom! How's your battery?", no doubt picked up during what we thought was an adults-only conversation which mentioned that Granny looked tired

last time we saw her. Another tragic example of this was ignoring all semblance of personal space by running up to the headmistress in school, and cuddling her bosom.

This is when one realises a lesson or two in what is considered appropriate behaviour is needed. Thanks to the pandemic, the responsibility to teach the nuances of civility has been transferred to the parents. I can only imagine the staff room gossip about which Mum or Dad has excelled at the parenting thing during lockdown by noting the number of obnoxious burps, laugh-out-loud farts and wide open mouths full of chewed dumpling per child they will see at lunch!

No matter how much you teach or practice table manners at home, things often fall apart when going out. As lockdown restrictions eased and restaurants began to open, we were all excited to book a family dinner out. Starved of the formality of restaurants, the theatrical art of placing their own orders and the promise of SPRITE made our two older girls giddy with anticipation. My husband and I were just as excited although for us it was the prospect of a relaxed adult

drink and no washing up after.

But parenting is relentless and is always filled with a constant stream of incessant instructions and lessons. "Isabella, Please use your fork...don't play with your food" as a lamb chop is tossed between sisters. "Watch your glass, WATCH YOUR GLASS, Watch your ... Oops". The waitress runs over with a wad of 10 serviettes..

Then it's "That's it! Our work here is done, let's get the bill". As dinner ends with a unceremonious face plant in the chocolate ice-cream and a fit of giggles. I wholeheartedly believe that it's time for school to take back its share of the authentic parenting experience.

Angeline Ruston
South African writer
living in Shanghai.



In the City

Sports Force is a joint venture-ship that specialises in offering professional sports coaching for international/bilingual schools as well as individual students. Their mission is to provide safe, fun and diverse activities for children helping them grow with an active lifestyle to become healthy and balanced adults. They currently work with multiple SISAC schools and private companies delivering hundreds of hours of coaching in various sports such as: Basketball, Volleyball, Cross-Country Running, Tracks & Field, Outdoor Tag & Running Games, and Yoga. Contact ProTeam@SportsForce-China.com; Tel.: 186 1690 8035; WeChat ID: Runfast2day

Sam's Club is a paid membership store with over 800 clubs and 50 million members worldwide, offering members high-quality and high-value products selected from the top origins in the world. Each and every item stocked on Sam's Club shelves are quality assured, but only those that undergo the most stringent supply chain and origin source quality standards earn the Member's Mark - Sam's private brand. Members can also access to its quality products and premium services anywhere, anytime with the Club's bilingual App and convenient 1-hour delivery. Life is Better in the Club! Shanghai Qingpu Club: Junction of Jiaosong Middle Rd. and Yejin Rd., Qingpu District. Line 9 SheShan Shanghai Pudong Club: 2110 Gaoke West Rd., Pudong New Area District. Line 7 Jinxiu Rd. To sign up membership and download Sam's App, follow the instruction: <http://wal-martchina.com/english/news/2020/20200806.htm> To join Sam's WeChat community groups, send an email to: SamsClubExpat@walmart.com Customer Service (#2): 400 633 6868

The Genius Workshop The Genius Workshop offering technology related classes for ages 3-14. Topics include Lego Engineering, Robotics, Animation, Video Game design. After school, weekend and holiday programs available. Pudong Centre Unit 105, 1F, 1099 Meihua Road, Pudong District, 5033 3053. Hongmei Centre Unit 504, 5F, 3211 Hongmei Road, Minhang District, 6446 6766. SML Centre Unit 38-40, 3rd floor, 618 Xujiahui Road., Huangpu District, 6126 6526. Huashan Centre Unit C, 6th floor, 9 Zhenning Road, Changning District, 021 6228 8522. Call now to book a free trial class. www.g-workshop.com.cn

LUC Party Master (Party Planner) LUC Party Master plans your children's birthday party, corporate or family event from vision to finish! They use their expertise and experience in design, planning, and party organising to help you with every step. Services include event image design, decoration and room set up, catering, entertainment

and performance, music and video production; photographing and much more. www.partymaster.cn party@thelittleurbancentre.com

Silver Cloud specialises in corporate and also family photography. It is an International Shanghai mainstay off Nanjing West Road Studio provides classic photos and also seasonal styles. We have a range of costumes and make up is provided at our studio..Call: 13795220923 2nd floor, 14 Nanhui Road next to West Nanjing Road 静安区南汇路 14 号 2 楼 (白云照相)

Wellington Academy Programme The Wellington Academy Programme is open to all children, and held both after school hours and on weekends. The Academy provides a wide range of activities including swimming, football, tennis, English, fashion design, debating, singing, dancing and acting. Coaches and teachers are all experts in their chosen fields. For more information, please visit: www.wellingtoncollege.cn/academy or telephone us on 5185-3872

Schools

Schools: K-12

The British International School Shanghai Established in Shanghai in 2002, the school has two campuses at either side of the city. Both schools follow the English National Curriculum and offer excellence in pre-university education through the International Baccalaureate (IB). Our High Performance Learning model offers a unique approach to learning, ensuring all children achieve highly and have the will to succeed further. admissions@bisspxi.com www.bisspxi.com

Concordia International School is a co-educational day school located on a 10-acre campus in the Biyun community of Jinqiao offering a rigorous and holistic American education to students aged 3 to 18. Concordia is accredited by WASC and recognised for its dedication to academic excellence and for providing well-developed sports, arts, service and applied learning programs. www.concordiashanghai.org admissions@concordiashanghai.org

Dulwich College Shanghai Pudong 上海德威外籍人员子女学校 (浦东) Housed in facilities rivaling many universities, this private school offers a curriculum based on the British system. With a bounty of extracurricular activities, the school develops well-rounded students in a nurturing environment. admissions@dulwich-shanghai.cn dulwich@dulwich.org WeChat: [dulwichcollegeshanghaipudong](https://www.dulwichcollegeshanghaipudong.org)

Dulwich College Shanghai Puxi 上海德威外籍人员子女学校 (浦西) Set upon 40,000 square metres of green space, natural courtyard settings,

roof top gardens and an Olympic sized 50m pool, the newest campus of the Dulwich International group, Dulwich College Shanghai Puxi is considered to be one of the most beautiful schools in Puxi. Academically, Dulwich international colleges follow the English National Curriculum, enhanced with a brilliant Mandarin programme and are well known for achieving some of the highest IB scores in the region. admissions@dulwich-shanghai.cn, shanghai-puxi.dulwich.org, WeChat ID: [dulwichpuxi](https://www.dulwichcollegeshanghaipudong.org), (021) 3329-9310 (021) 3329-9399

HARROW INTERNATIONAL SCHOOL SHANGHAI 上海哈罗外籍人员子女学校 Harrow International School Shanghai is a co-educational day school for pupils aged 18 months to 18 years old. The teaching is based upon the English National Curriculum, culminating in IGCSEs for Year 10 and 11, and A Levels at Sixth Form (Year 12 and 13). Harrow has a state-of-the-art campus, located within the innovative Sunland project, a designated 'green space' for Shanghai. Harrow runs an inspirational and wide ranging extra-curricular activities and has a number of unique Harrow traditions. Founded in 2016 as part of the Harrow Family of Schools, Harrow Shanghai is connected to 450 years of global excellence via the unique Harrow genetics which bind our schools together. A Harrow Shanghai education is based on the same ethos and identity that has characterised a Harrow education in the UK for centuries and here you will find a school where the best of Western and Eastern traditions, history and heritage are seamlessly fused. 588 Gaoxi Road, Pudong, Shanghai admissions@harrowshanghai.cn 021 6881 8282*210/212; www.harrowshanghai.cn

Living Word Shanghai 上海美高学校 Living Word Shanghai founded in 2014, offers international quality education for grades 1-12. The aim of the school is to teach teenagers aged 6-18 and to create high-quality bilingual students with an international perspective. To support students going off to university the school has its own College Application Centre. Tel.: 021 6296 8877; Email: admissions@lwchina.org; Website: <http://lw-school.org>; Address: 688 Jiyu Road, Huacao Town, Minhang District, Shanghai

Nord Anglia International School Shanghai, Pudong Established in 2002, NAIS Pudong follows the English National Curriculum and International Primary Curriculum, and offers the International Baccalaureate Diploma Programme for students in Years 12 and 13. NAIS Pudong's bespoke performing arts programme has been developed in collaboration with The Juilliard School, and the school runs more

than 130 afterschool activities. The school caters for students from 12 months to 18 years. admissions@naispudong.com; www.naispudong.com

Nord Anglia Chinese International School Shanghai (NACIS) 上海诺德安达双语学校 Nord Anglia Chinese International School (NACIS) Shanghai caters to students from age 6 to 18 years. It follows the progressive blend of core elements of the Shanghai National Curriculum with other renowned international curriculum taught through the medium of Mandarin Chinese and English. We draw on the best of Chinese and International learning styles and the experience of leading educators to provide a distinctive education programme for students. Telephone: 021 5226 0539 Email: apply@nacis.cn address: 1399 Jinhui Road, Minhang, Shanghai / 上海闵行区金辉路 1399 号 Website: www.nacis.cn / www.nacis-shanghai.com WeChat: NACIS_Shanghaio

Shanghai American School Independent, non-profit and non-denominational school provides Shanghai's expatriate families with a rich cultural and social learning environment, as well as an exemplary core American educational program for Pre-K through grade 12 in both Puxi and Pudong. IB and AP programs offered, participation in a diversity of activities and sports encouraged. Fully accredited by WASC. info@saschina.org www.saschina.org

Shanghai Community International School 上海长宁国际外籍人员子女学校 Founded in 1996, has been serving the expatriate community in Shanghai an international experience along with the authorisation as an International Baccalaureate (IB) World School, providing a continuum of education, consisting of PYP, MYP and IBDP for students aged 2-18. Shanghai Community International School (SCIS) has a diverse student community of 60+ nationalities, providing a truly international environment for students learning. Their rigorous IB programs and excellent co-curricular opportunities promote high achievement in their graduates who are accepted by many well-known universities around the world. Their Mission is to develop inquiring, knowledgeable and caring learners who contribute positively to their communities. Admission@scis-china.org www.scis-china.org Tel: +862162614338 (Hongqiao Campus), +862162951222 (Hongqiao ECE Campus) and +862158129888 (Pudong Campus) WeChat: scisishs.

Shanghai Singapore International School The school strives to ingrain in students a love of learning that will carry them through the rigorous curriculum and beyond. admission@sis.asia www.sis.asia

Shanghai United International School 上海协和双语学校 This international and independent school offers both day and boarding options for its students. With modern academic and recreation facilities, the school provides students with a great learning environment. suischool@gmail.com. www.suis.com.cn

Wellington College International Shanghai 上海惠灵顿外籍人员子女学校 Opened in August 2014 and located in the New Bund area, Wellington College International Shanghai is a fully co-educational day school with over 1,300 pupils, aged 3 to 18 years old. Consistent with the ethos of its prestigious partner in the UK, the College seeks to develop the 'Wellington Identity' in every child. Wellingtonians are encouraged to be Inspired, Intellectual, Independent, Individual and Inclusive. Boasting a state-of-the-art campus, Wellington has built a vibrant community where all pupils strive to achieve academic excellence and engage in a comprehensive range of opportunities in music, performing arts and sports. Annual Tuition: ¥242,000 - ¥328,000/year (2019-2020) Campus address: 1500 Yao Long Lu, Pudong District, Shanghai; Phone: (021) 5185 3866 #3885; **Early Years Centre** address: (Nursery and reception): 195 Tongwan Lu, Pudong District, Shanghai, 200124; Phone: (021) 3175 6687; admissions.shanghai@wellingtoncollege.cn; www.wellingtoncollege.cn/shanghai

Western International School of Shanghai Located 20 minutes outside of Gubei, this International Baccalaureate Organisation (IBO) MYP, PYP, DP Authorised, IBCP (Candidates School), authorised Western Association of Schools and colleges (WASC) offers a rigorous and comprehensive selection of courses and activities. admission@wiss.cn, www.wiss.cn

Yew Chung International School of Shanghai (YCIS) Yew Chung International School of Shanghai (YCIS) is renowned for offering one of the most progressive and globally-minded programmes of international education in China. Established in 1993 as the first international school officially recognised by, and registered with, the Chinese government, the school now has five campuses in prime locations in Puxi and Pudong. The school's unique multicultural and bilingual approach to education is known globally and is just one of the features that sets the school apart from others. In addition to its reputation for excellent academics, the school is also known for its sports, arts, and music programmes. With over 2,400 students, aged 2-18, from more than 50 countries, YCIS provides a

truly international education that develops caring, well-rounded, global citizens. www.ycis-sh.com Tel: 2226 7666

Schools: Pre-K

The Child Academy International Preschool and Kindergarten: Open since 2007, founded and managed by Canadian Educators and offer a progressive bilingual program at our two specifically designed and innovative campuses in Pudong. www.thechildacademy.com

EtonHouse International School Shanghai Headquartered in Singapore, EtonHouse International Education Group is a global organisation based across Asia and the Middle East for more than 20 years. EtonHouse International Pre-Schools Shanghai cater to expatriate and resident families alike from 18 months to 6 years of age. The two pre-schools offer the renowned EtonHouse Inquire - Think - Learn curriculum in English and Chinese, inspired by the Reggio Emilia philosophy from Northern Italy. The large outdoor areas have been designed specifically to ensure that children build deep relationships with the natural world and strengthen the concepts of sustainability. From 8am to 5pm. Lujiazui > 40 Pucheng Road, Lujiazui, Pudong, Shanghai (near DongChang Rd) 上海市浦东新区陆家嘴浦城路 40 号 (近东昌路) Pudong > 1570 South Pudong Road, Pudong, Shanghai (Near WeiFang Road) 上海市浦东新区浦东南路 1570 号近潍坊路. Tel: 5896-8686. enquiry-sh@etonhouse.com.cn <http://sh.etonhouse.com.cn>.

Fortune Kindergarten 海富幼儿园 This school believes in interactive learning for primary school preparation, and incorporates games and field-trips www.fkis.com.cn

Freesoul International Kindergarten Freesoul International Kindergarten is a Montessori Certified International School. They promote an environmental approach of education. In each of the Montessori classrooms, teachers are there to discover how each child is special. Their main duty is to passionately guide rather than traditional teaching. Beside a unique educational style they also offer children an amazing environment and space of 6000 square metres playground, science labs, swimming pools, theater and Montessori classrooms to help them to flourish and get the best of them to emerge. www.freesoul-school.com, 1988 Yunshan Road, 5588-8366

Happy Bridge Kindergarten They are a kindergarten that aims to offer a well-rounded and immersive education to all our students. They foster a multilingual environment coupled with a creative learning structure that helps students to develop all the necessary skills for early life, while encouraging them

to express their creativity and imagination. Their small class sizes and extensive facilities, including a theatre and art studio, give students a place to grow and explore while in a safe environment. 淮阴路 489 号 489 Huaiyin Road 6223 8870

Little Lions Childhood Development Centre 小狮幼儿发展中心

Little Lions is built on a legacy of over 450 years of experience, expertise and tradition, brought from Harrow UK. Children aged 2-6 years old, of all nationalities, are welcome to enroll. Little Lions blends the Early Years Foundation Stage Curriculum of England (EYFS) with a Chinese dimension, offering all children the very best of English education whilst retaining a strong Chinese perspective. Our curriculum ensures all children are inspired to develop creative thinking and teamwork through outstanding teaching and learning opportunities. Little Lions in Shanghai is now opened for admissions. For enquiry, please call 153-1792-5705 or check website: www.littlelions.cn Location: 3221, North Zhang Yang Road, Pudong New Area, Shanghai

LITTLE SCHOLAR ACADEMY LSA believe that early childhood years are amazing, foundational years for every child; and thus, must be shaped by solid learning opportunities, positive character development and creatively celebrating every child's unique strengths. Pudong Campus 1: 2777 East Jinxiu Road, Pudong District 浦东新区, 锦绣东路 2777 号 Pudong Campus 2: 588 Hongfeng Road, Pudong District 浦东新区, 红枫路 588 号 Tel: 02161799559 Email: info@scholaracademy.org

The Little Urban Centre The Little Urban Centre (LUC) is an international bilingual education institution, with a focus on early-years bilingual language immersion learning and whole-child development. With access to a wide range of international teaching resources and international teaching and academic research teams, LUC aims to nurture the core value of children so they will possess the qualities that will ensure their success in the globalized world in the 21st century. LUC is a member of the Council of British International Schools (COBIS) and its curriculum is based on the Early Years Foundation Stage (EYFS) criteria and is tailored to target international families in China or Chinese families with an international outlook. LUC provides a healthy and safe environment and a balanced bilingual learning experience where children can develop sound virtue and a global mindset. www.luc-china.com, Tel: 021-51872889 admission@luc-china.com, 230-233, 779 Fangdian Road, Pudong.

Montessori Academy

Montessori Academy enrolls students from 2 to 6 years of age. They have Montessori-certified teachers to ensure the best education for your child. The curriculum focuses on practical life, sensorial, language, mathematics, science, culture, arts and physical education. info@mais-china.com, www.mais-china.com, Tel: 400-820-6905.

Morgan Rothschild Academy

With a prestigious early childhood education program, the Morgan Rothschild Academy accepts children of ages 1.5 to 6 years. Morgan Rothschild teaches about 30 percent of its curriculum in Chinese and the remaining 70 percent in English. The teaching staff consists of state certified kindergarten teachers from the United States and China. The school provides a research-based curriculum developed by early childhood education experts from Harvard and Stanford Universities. www.morganrothschild.com PUXI Campus: 1358 Hu Qing Ping Highway (Kang Hong Garden), Bldg. 161. 沪青平公路 1358 号 161 栋 TEL: 6976-1000 PUDONG Campus: 1260 Dong Xiu Road (Near Pu Jian Road) 东绣路 1260 号 近浦建路 TEL: 5059-1971

Montessori School of Shanghai

上海私立蒙特梭利幼儿园 The Montessori School of Shanghai (MSS) offers an engaging bilingual Montessori curriculum that nurtures children to become inquisitive global citizens. Teachers create nurturing and beautifully designed classrooms to encourage exploratory learning and discovery for curious minds. The Montessori School of Shanghai (MSS) is the only Montessori school in Shanghai accredited by the American Montessori Society (AMS) and accredited by the Middle States Association of Colleges and Schools (MSA-CESS). MSS leads the way in quality and standards in China and School. West Hongqiao campus: 586 Gaojing Road (close to Hu Qing Ping Road), Qingpu District, Shanghai, China, 201702 Tel: (+8621) 5988 6688 Email: admission.whq@montessorisos.com Xuhui Campus: 21 Donghu Road Xuhui District, Shanghai, China, 200031 Tel: (+8621) 5403 7699 Email: admission.xuhui@montessorisos.com Jiading Campus: 1313 Xiwang Road Jiading District, Shanghai, China, 201801 Tel: (+8621) 5910 2208 Email: admission.jiading@montessorisos.com Minhang Campus: 3852 Duyuan Road Minhang District, Shanghai, China, 201108 Tel: (+8621) 3403 1000 Email: admission.minhang@montessorisos.com School Web: www.montessorisos.com QR Code: [mss2005shanghai](https://www.montessorisos.com)

Sino European International Preschool 中欧国际早教中心

This foreign-managed preschool offers a bilingual early childhood curriculum that includes European philosophies combined with

Chinese culture and language, preparing children for a multicultural and international education. info@seips-china.com. www.seips-china.com

Mandarin Learning

Mandarin House International quality accredited Chinese language programs. Whether at your office, home, or our conveniently-located schools; learn practical and modern Chinese with experienced teachers. info@mandarinhouse.com; www.mandarinhouse.com

Health Items

IQAir China Suite 1108, 399 West Nanjing Road, Huangpu District, 021-23563866; www.iqair.cn; info.cn@iqair.com

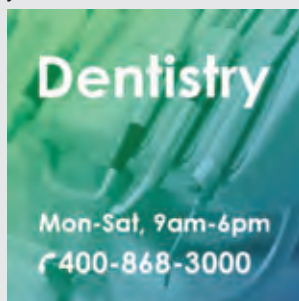
Renaud Air www.renaudair.cn or call us at 400 820 2791. Address: Suite 304-308, 710 Anyuan Road, Jing'an District, Shanghai China. Email: support@renaudair.cn

Medical

Dental Care

Alpha Dental
Alpha Dental is a Singaporean-managed private dentist established in Shanghai since 2004. They are committed to providing professional and high quality dental services through personalised and dedicated services, consultative and informed treatment options. Alpha Dental is a subsidiary of Q&M Dental Group listed in the Singapore Stock Exchange. Our specialties are: orthodontics, dental implant, oral surgery, children dentistry and cosmetic dentistry. Direct billing with most insurance companies is available. > 1737 Tianshan Road, SOHO Tianshan Plaza Tower 1 Unit 206 SOHO 天山广场 1 号楼 206 室, 6270-2875, open daily 10am-7pm except public holidays, 24hr emergency hotline 13918111319. www.alphadental.cn

Jiahui Health



Jiahui Health's experienced dentists provide dental health services for adults and children, including dental check-ups, fillings, prevention of tooth decay, painless dental pulp treatment, and treatment and protection against periodontal disease. Dentistry Department also carries out multi-

disciplinary collaboration in the hospital, such as working with dermatologists to offer inalign orthodontics and solutions to skin problems for beauty seekers; working with E.N.T. specialists to help adolescents with problems such as mouth breathing, adenoidal hypertrophy and allergic rhinitis; working with MSK to provide sports lovers a comprehensive range of preventive strategies on sports injury. Address: > Jiahui International Hospital: 689 Guiping Road, by Qinjiang Road > Jiahui Medical Centre (Yangpu), 1F/2F, Suite 3, 99 Jiangwancheng Road, by Yingao Dong Road > Jiahui Clinic (Jing'an), Suite 101, 88 Changshu Road, by Changle Road. Mon - Sat, 9am - 6pm. Website: www.jiahui.com/en; Telephone: 400-868-3000

New York Dental Clinic

New York Dental Clinic provides personalised dental services from their American dentists and orthodontists and other dental specialists with professionalism, reliability, and comfort. New York Dental Clinic offers direct billing to major insurance companies. Services include: family dentistry, pediatric dentistry, dental implants, esthetic dentistry, oral surgery, orthodontics, periodontics, and endodontics > Address: > (Puxi) 129 Fugui Dong Road Changning District > (Pudong) 228 Hongfeng Road > Telephone: 6278-1181. Mon-Sat 10am-7pm, closed on Sundays; Website: www.newyorkdentalchina.com; WeChat: NYDC-Shanghai

ParkwayHealth



With a comprehensive range of dental services provided by internationally qualified dentists, ParkwayHealth Dental Centres ensure you receive the very best level of dental care possible. Services Include: General Dentistry, Cosmetic Dentistry, Orthodontics, Pediatric Dentistry, Preventative Dentistry, Periodontics, Dental implants. Address: > Shanghai Centre Medical and Dental Centres Suite 203-204, West Plaza, Shanghai Centre, 1376 West Nanjing Road > Jinqiao Medical and Dental Centre 997 Biyun Lu Telephone: 24-hour appointment, 400-819-6622 Website: www.parkwaypantai.cn

Puresmile Orthodontics & Dentistry

PureSmile provides exemplary dental care and treatment in a comfortable, friendly environment.

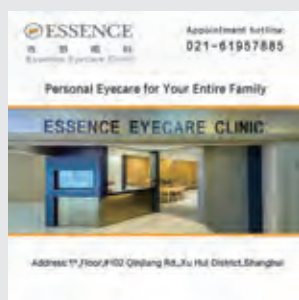
Combining the highest level of clinical training with the most advanced dental and orthodontic technology, they are committed to distinctive dentistry for you and your family, with most of their doctors trained in North America and Europe. Services Include: General dentistry, pediatric dentistry, restorative dentistry, cosmetic dentistry, orthodontics. Address: > Pudong: Lane 1-4, 650 Biyun Road Jinqiao > Changning: 2268 Hongqiao Road, 2nd Floor, Unit 2P > Minhang: 569 Yunle Road, Shop 111, Huacao Town > Jing'an: 818 West Nanjing Road, Room 1201, Jing'an. Telephone: Pudong, 6105-9400; Hongqiao, 6237-6969; Minhang, 3490-9068; Jing'an 6363-6388. Website: www.puresmile.com; Daily 10am-6pm

United Family Quankou Clinic

Internationally accredited dental clinic offering state-of-the-art facilities and comprehensive dental services utilising international sterilisation procedures. Open Mon-Fri 8:30am-6:30pm, Sat & every other Sun 9am-5pm. 8 Quankou Road, near Linquan Road; 2216 3909; www.ufh.com.cn

Eye Care

Essence Eyecare Clinic



An advanced Eyecare Clinic with international and local experienced doctors, we strive to provide comprehensive eye examination and comfy environment. We will check for the presence of any ocular condition that may prevent you from seeing clearly and efficiently. Services Include: Eye health examination, fundus disorder, medical optometry, myopia control, presbyopia solution, pre and post refractive lens implant management, amblyopia (Lazy eye), strabismus (close eye) treatment. Address: 1st floor, Landseed hospital, 102 Qinjiang Road., Xuhui District, Shanghai. Appointment Hotline: 6195-7885; Open Mon-Sat: 9am - 5pm; Wechat ID: zzyk61957885

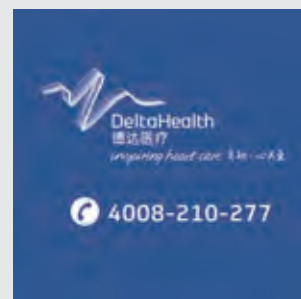
Health Clinics

Body & Soul Medical Clinics

Combining the best of both hemispheres, Body & Soul brings together the natural healing techniques of TCM with Western diagnostic and treatment science, in a comfortable multilingual, multidisciplinary environment,

with experts from all over the world in holistic disciplines. Services Include: Acupuncture, cupping, dermatology, functional medicine, gynecology, herbal medicine, infertility treatment, physiotherapy and rehabilitation, podiatry, psychology & family therapy, TCM and internal medicine, tuina massage, alternative healing, chiropractic, medical imaging, laboratory services, Western and Chinese pharmacies. Address: > Xintiandi, 14F, 760 South Xizang Road > Hongqiao, 211 Chengjiaqiao Zhi Road; Telephone: Xintiandi, 6345-5101; Pudong, 6162-0361; Hongqiao, 6461-6550; Jing'an, 6345-5101. Website: www.tcm-shanghai.com Call individual clinics for opening hours.

Deltahealth Hospital Shanghai And Deltahealth Clinic Hongqiao



DeltaHealth is a foreign-funded healthcare provider based in Shanghai. Operating in Qingpu and Changning, DeltaHealth provides a range of comprehensive healthcare services including 24/7 ER services, preventive health, general practice, emergency, internal medicine, surgery, orthopaedics, thoracic, gynecology, paediatrics, ophthalmology, rehabilitation, medical imaging, traditional Chinese medicine and more, to people living in East China and beyond. DeltaHealth hospital has also maintained a strategic collaboration with Columbia Heart Source, with a focus on cardiovascular care. DeltaHealth Hospital: Xule Road, Xujing Town, Qingpu District, Open 24/7. DeltaWest Clinic: 5th Floor, Building B, 2558 West Yan' An Road (Next to Grand Millennium Shanghai HongQiao, in Shanghai Workers' Sanatorium); Open Mon-Sat, 8:30am-6:00pm; www.deltahealth.com.cn; (400 821 0277)

LIH Olivia's Place Shanghai has served thousands of children and their families since 2010. They provide one-stop, international standardised high-quality developmental and behavioral services for children from birth to age 18. Our highly skilled team of international and Chinese clinicians work with families through evidence-based practice to support children's physical development,

well-being, independence, family life, learning, emotion and social interactions to fulfill their potential. Services Include: Developmental Behavior Pediatrics, Speech therapy, Occupational therapy, Physical therapy, Psychology support (including assessment and consultation), Learning and Behavior support, ABA, Social Skill Groups, Parents Education, Professional Education for teachers, doctors, therapists and other related professionals. Address: > 1868 Pudong Avenue, 3F, Oriental City Tower, Shanghai; > 35 Yongjia Road, 19th Floor (near Maoming Road), Huangpu District, Shanghai; Telephone: 021-6075-3100/021-5404-0058/59; Website: sh.changhedayun.com

Jiahui Health



Jiahui Health's integrated healthcare system covers all major areas of the city and consists of a comprehensive international hospital, a network of outpatient clinics and a wellness centre. Our experienced and multilingual physicians, of which 25% are from abroad, deliver leading global healthcare covering all major medical specialties. Through our state-of-the-art Emergency Unit at Jiahui International Hospital, we offer full-spectrum 24h medical services, including a fully equipped rabies clinic able to provide the pre and post-exposure rabies vaccines. Address: > Jiahui International Hospital: 689 Guiping Road, by Qinqiang Road Mon - Sun, 24h > Jiahui Medical Centre (Yangpu): 1st/2nd floor, Suite 3, 99 Jiangwancheng Road, by East Yingao Road. Mon - Sat, 9am - 6pm > Jiahui Clinic (Jing'an): Suite 101, 88 Changshu Road, by Changle Road. Mon - Sat, 9am - 6pm. Website: www.jiahui.com/en; Telephone: 400-868-3000

ParkwayHealth

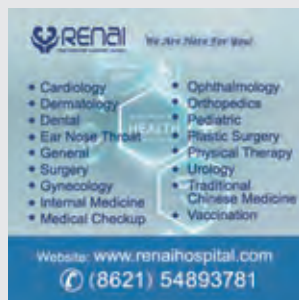
With more international doctors and a wider range of services than any other health care provider in Shanghai, ParkwayHealth provides premium medical and dental services for the whole family. Each clinic offers laboratory, radiology, and imaging services, with an onsite pharmacy. Services include: adult & family medicine, cardiology, chiropractic, dentistry, dermatology, ENT, hand & plastic surgery, gastroenterology, general surgery, nutrition, gynecology, ophthalmology, orthopedics & sports medicine, pediatrics, mental

health services, TCM, urology. >Address: Shanghai Centre Medical and Dental Centres Suite 203-204, West Plaza, Shanghai Centre, 1376 Nanjing Xi Road > Specialty and Inpatient Centre 3F, 170 Danshui Road > Gleneagles Medical and Surgical Centre 4F, Tomorrow Square, 389 Nanjing Xi Road > JinMao Tower Medical Centre J-LIFE, Gate 15, Jin Mao Tower, 88 Century Avenue > Jinqiao Medical and Dental Centre 997 Biyun Road > Hongqiao Medical Centre 505 Gubei Road. Telephone: 24-hour appointment, 400-819-6622 Website: www.parkwaypantai.cn

Shanghai East International Medical Centre SEIMC

is a joint venture general hospital in Shanghai. Since 2004, they have been providing quality 24-hour care to families from all over the world. Their international team of medical professionals provide a wide range of services that make them the healthcare provider of choice for expatriate and local communities. Services Include: 24-hour emergency, Anesthesiology, ENT, general practice, gynecology, inpatient facilities, internal medicine, medical imaging, medical laboratory, obstetrics, pediatrics, preventive medicine, rehabilitation, surgery, TCM, vaccinations, BLS, CPR and first aid courses in English and Chinese. >23F & 24F, Building B, 551 South Pudong Road, Shanghai; For 24 hour Service, call 5879-9999, or 150-0019-0899; Outpatient services, Mon-Fri 9am-7pm and Sat-Sun 9am-6pm; Medical and emergency services available 24 hours/7 days; www.seimc.com.cn

Shanghai Renai Hospital International Department



Renai is the first private hospital in Shanghai. It has over 20 clinical departments with outpatient and inpatient services. It is international throughout the East China region and enjoys a high reputation. It is located in the city centre with very convenient transportation. Free parking is available within the hospital compound. Services include: cardiology, family medicine, internal medicine, general surgery, gynecology, dental, dermatology, ENT, TCM, urology, pediatrics, orthopedics, ophthalmology, urology, cosmetic dermatology,

plastic surgery, vaccination and immunisation. Address: 127 Caoxi Road, Xuhui District.

Telephone: 8621-5489-3781.

Website: www.renaihospital.com
Mon-Sun 9am-5pm

Shanghai Yosemite Clinic

Yosemite Clinic is a full-service clinic providing convenient walk-in medical services in Central Pudong. Our team of experienced physicians and nurses are dedicated to practicing according to strict patient safety standards and evidence based medicine. Services Include: Family Medicine, Internal Medicine, General Surgery, Orthopedics (Sports Medicine), Dermatology & Medical Cosmetology, Dentistry, Gynecology, Ophthalmology, Pediatrics, ENT, Vaccination Service, Anesthesiology, Rehabilitation Medicine, Medical Imaging, Pharmacy, Laboratory, Psychiatry Address: > B1-1F, 1398 Fang Dian Road, Pudong District, Shanghai; Telephone: Appointment center, 4008 500 911 Website: www.yosemiteclinic.com; Open: Mon-Sat: 9am-9pm, Sun: 9am-5pm

United Family Healthcare (UFH)

United Family Healthcare (UFH) is an experienced, comprehensive, patient-centered caregiver that has been providing personalised, international-level healthcare in China since 1997. Supporting local and expat individuals and families in Shanghai since 2004 with a wide range of advanced medical services, United Family now has 2 full-service hospitals and 2 neighborhood clinics, conveniently located in both Puxi and Pudong. Our Shanghai medical facilities are operated by over 200 highly-experienced full-time doctors from over 25 different countries and regions, supported by more than 300 nurses. Visit our website (<http://shanghai.ufh.com.cn>) and scan the QR code to make appointments right on your WeChat through our new Patient Portal, or simply call our Shanghai-wide Appointment Center at 400 639 3900 to experience Shanghai's foremost medical care. Address: > Shanghai United Family Hospital, 1139 Xianxia Road, by Qingxi Road 上海和睦家医院: 仙霞路 1139 号, 近青溪路 (Open 24/7) > Shanghai United Family Pudong Hospital, 1598 New Jinqiao Road, by Donglu Road 上海和睦家新城医院: 新金桥路 1598 号, 近东陆路 (Open 24/7)

Dining

Bistro burger A family friendly restaurant that features signature gourmet burgers, crafted milkshakes and a small kids corner. They use fresh, tasty food made from scratch with no additives. The menu offers over a dozen gourmet burger varieties to choose from; complimented with an array of original appetisers, sides, pizza and various barbecue. Monday-Saturday 11am-11pm, Sun 11am-9pm 1st floor, 291 Fumin Road (opposite to

704 Changle Road) 富民路 291 号 1 楼 长乐路 704 号对面 Tel: 021-61701315 www.bistroburger.cn

Bella Napoli This Italian eatery features a new selection of pizzas and a leafy, intimate outdoor courtyard with 15 tables. They have installed an XJM air-filter to ensure lowest AQI levels inside their restaurants. They have free pizza making every Saturday and Sunday, while parents enjoy their lunch! Lane 946, Changle Road 长乐路 946 弄 4 号, 73 Nanhui Road 南汇路 73 号 www.bellanapoli-sh.com

Texas Roadhouse takes pride in everything it does from hand-cut steaks and fall-off-the-bone ribs, to some pretty sweet margaritas, to give your family a place to go for great food and good times. Texas Roadhouse launched its first Shanghai store in Century Link Mall this October, bringing the same great food, fun, and great value, that its known for in the other 540 restaurants worldwide. Come and try the authentic Texas style steaks, ribs, and seafood right here in Shanghai today! 5th floor, 1192 Century Avenue, Century Link Mall, near Century Avenue Station, Exit 8 世纪汇广场 1192 号 5 楼 010 单元, 近世纪大道站 8 号出口 021 5067 1759 www.texasroadhouse.com.cn WeChat: TexasRoadhouse 德州鲜切牛排

Spa & Wellness

DVA Boutique Spa A tranquil sancturary in the heart of Shanghai, DVA Boutique Spa reveals a world of utmost indulgence. Whether you go for a personalised deep cleansing facial, a whole-body wellness session, a wax/laser treatment, or a manicure to prepare for an evening out. DVA's environmentally friendly, vegan, gluten free products will leave you feeling fresh rejuvenated and revived. They have flexible membership and VIP packages to suit all budgets/needs and you can customise them for gifts or special occasions. Xuhui: Lane 11, 186 South Shaanxi Road; 021 5465 7007 > Songjiang: Lane 812, 900 North San Xin Road; 021 5761 8578; booking@dvabspa.com; www.dvabspa.com

Dragonfly Services include a variety of massage styles including traditional Chinese with or without oil, Japanese, foot massages, facials, nails and gentle waxing. Century Park: Retail L119, 1378 Huamu Road. 021 2025 2308, Jing'an: 193 Jiaozhou Road, (near Xinzha Road) 021 5213 5778. Middle Huaihai Road: 2nd floor, 559 Nanchang Road (near South Shaanxi Road) 021 5456 1318 Xuhui: 206 Xinle Road (near Donghu Road) 021 5403 6133. www.dragonfly.net.

Pure Yoga This high-end yoga studio has a wide range of yoga classes and multiple practice rooms that allow for specialised classes such as hot and wall yoga. IAPM mall, Middle Huaihai Road L6-615, 999 Middle Huaihai Road, (near Xiangyang Road) Tel: 021 5466 1266 www.pure-yoga.com.cn

For the first time in 23 years, Tiny Tots has had to cancel its Graduation Ceremony. The school activities, forging of friendships, and enriching events will leave lifelong memories to all of the students. It's with pride and joy to say goodbye to the children, all of whom have been admitted to their primary school of choice.



Hongwen Montessori Academy had hosted an online graduation for all students. The ceremony featured a lovely collection of student-led performances and heartwarming speeches from caring teachers.



Magnolia Kindergarten graduates achieved their first educational milestone with a ceremony, as loved ones had gathered to witness the students collect their diplomas. Parents and teachers shed tears as they watched the children leave for the final time.



June was a month of emotional farewells for Little Urban Center Prschool, as they had to say goodbye to their graduates. They know that the children have grown into smart and sensible little humans, ready to face whatever primary school has to throw at them. LUC was proud to look upon the smiling faces of their students, and looks forward to seeing the graduates succeed in the future!



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