

Parents & Kids



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Love Languages

The five languages of love and
how they impact your family



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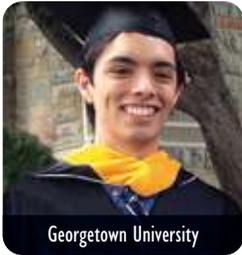
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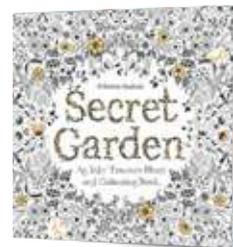
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editor's note



This is the last issue of Parents&Kids for 2020 and blimey... what a year it's been. For most of us, turning the corner into 2021 is something we are pretty excited about. Roll on the New Year and the good times to come.

In this issue of Parents&Kids, we are celebrating the holiday season and a big part of this is love. Our cover story (page 8) focuses on the five languages of love and what they mean for your family.

We also have a big focus on the arts in this issue, from the importance of music and movement for children (page 18) to craft projects you can do at home (page 30). If you're looking for some craft inspiration, or comfort for crafts gone wrong, then look no further than our Mum and Dad blogs (pages 48,49).

Holiday season also means it's time to get shopping, we have some great gift suggestions (page 36) and some beautiful colouring books for all ages which make excellent presents (page 46).

Whilst I know that Christmas in Shanghai isn't necessarily something you might have been planning on, I feel confident that as a community, we will all band together and make this Christmas one of our most memorable ones.

behind the cover



The cover of this issue of Parents&Kids was illustrated by Xiyona Gosain who is feeling the Shanghai Christmas vibes.

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Design a Christmas Sweater!

Craft'd Shanghai is organising this workshop to get all of the families around Shanghai into the Christmas spirit. So, what better way than by personalising your very own sweater—one that everyone can wear on Christmas day? Come along and let your Christmas spirit come out! Until 13th December.

Find it: 1F, Building 1, 1288 Middle Fuxing Road, Xuhui District; 300 RMB



Lunch Buffet at Atrium Café

Enjoy an exquisite family Christmas Brunch at the Atrium café! Located in Jing'an district, this café has a magical atmosphere to it, thanks to its wonderful natural sunlight, which is much appreciated during the cold season. Stuff yourself at their buffet and get you and your family into the Christmas spirit! 14th December-26th December.

Find it: 1F, The Kunlun Jing'an, 250 Hua Shan Road, Jing'an District; 198 RMB

The Jing'an Christkindmarkt

The Jing'an Christkindmarkt is a Christmas-in-Shanghai classic. Here, you will have the chance to try delicious food such as gingerbread, baked apples and chestnuts while enjoying the full Christmas experience. It is also the perfect time for the children to pay the annual visit to Santa Claus and tell him what they wish for this year from 30th November-15th December.

Find it: 537 Haifang Road, Jing'an District; 60 RMB



Dumplings Unite

In this workshop, both you and your children can learn together about the beautiful art of making Polish pierogi and Chinese jiaozi. You will also come to understand the similarities and differences between them and of course, will have a chance to taste your own creations by the end! Do not miss out on this great opportunity for family bonding over cooking! On 29th November.

Find it: 8 Jiaozhou Road, Jing'an District; 298 RMB



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Five Languages of Love

The language of love is one that we all speak and understand from birth.

By **Melissa Dawson**

Since being published in 1992, the international best seller *The Five Love Languages* by Dr. Gary Chapman has been helping couples around the world to improve relationships and communication. It has been translated into over fifty languages and has been embraced as a concept in couple's therapy. But did you realise that love languages are not just applicable to your relationship with your spouse, but also with your children? Ensuring that all members of your family have a full love tank leads to greater harmony, more enjoyable moments, increased resilience and more secure relationships, for parents and children alike.

What exactly are love languages, you ask? Chapman's core concept is that everyone experiences and expresses love in the same five ways, but that we all have certain preferences, or styles, that feel most natural to us. When someone expresses love to us in our primary love language, our hearts swell with love and contentment. Conversely, if someone is expressing love through a love language we don't particularly value, we may be oblivious to their displays or even confused.

The Five Love Languages are the following distinct ways of expressing and experiencing love:

1 Quality Time – If you value quality time, the bonds built through shared experiences are especially important to you. You give and receive love through spending time together, when both parties are mentally present. At the heart of quality time is focused, undivided attention, whether it be while engaging in conversations or a shared activity. Nothing makes this type feel more adored and appreciated than knowing someone is making time for them and enjoys being together with them in shared conversation or activity.

2 Words of Affirmation – For someone who values words of affirmation verbal expressions absolutely mean the world. Words and intentions





may be every bit as important as actions to this type. They need to hear (or read) those words of love, assurance and acknowledgement. This includes the standard “I love you’s” and also compliments, words of encouragement and support and frequent texts or other communication when apart.

3 Physical Touch – These people express love through their hands, through hugs, pats on the back or even just through their physical presence. If you value this language, you most appreciate physical signs of affection. You feel loved when someone initiates physical intimacy which enables greater emotional intimacy.

4 Acts of Service – If your primary love language is Acts of Service, actions definitely speak louder than words. You value thoughtful gestures and practical help as tokens of love. This type appreciates any time someone goes out of their way to make their lives easier and more comfortable. Think of things like bringing someone soup when sick or helping out with chores when they are especially stressed.

5 Receiving Gifts - This love language is pretty straight forward. Someone who values giving and receiving gifts especially appreciates the love, consideration and sentiment behind a gift. Choosing a thoughtful gift for this type sends the message that they are important to you and you have put great care and effort into choosing something special, simply to make them smile.

When we aren’t being spoken to in a love language we naturally gravitate towards, we simply don’t feel as loved, understood and appreciated. On the converse, you might discover your partner or children prefer a love language you aren’t exactly fluent in, and thus, isn’t receiving your loving gestures as you intend. Either way, this disparity in love languages can lead to a sense of disconnect or discontent within our relationships, whether it be with your best friend, your spouse, your mum or even with your child. What is a meaningful display to one person

may not be so to another, as we all value different expressions of love. Understanding these distinctly different preferences can allow for improved communication and connection within all types of relationships, but this is especially apparent within your own family.

As parents with young children who turn almost entirely to you for their sense of safety and assurance, as well as loving guidance, speaking to them in their own love language is even more important. A whole host of behavioural and emotional issues may arise if a child’s love tank becomes depleted and isn’t being refilled through gestures of love that they can receive. Children aren’t able to so easily consider other perspectives, and thus won’t be able to interpret your gestures as loving if you aren’t speaking one of their preferred love languages. As an example, you may constantly tell your child that you love them and often buy them thoughtful presents, but your child will only understand that they are craving to talk with you and spend time with you. They may feel unhappy and unloved by not receiving that quality time that they so deeply need, and thus act out in an attempt to get their need for quality time met. This leads to increasing amounts of frustration and miscommunication for both the parents and the child.

Would you like to try using your child’s preferred love language to help your child feel the overwhelming love you hold for them? To improve your relationship and increase the effectiveness of your guidance and discipline? The first step to discovering their primary love language is to carefully observe how your children express their love to you and also notice what they constantly seem to be seeking out or even demanding from you. Here are some examples to help you determine your child’s primary love language(s) and ways to actively incorporate them into your days.



**“Play with me!”
“Ooh, can I do
that too?”**

If your child constantly seems to want to be involved in whatever you are doing, from laundry, to cooking, to using the bathroom, you might have a child who craves quality time. These children might seem like little shadows, following you around, asking questions, offering up commentary or solutions and generally just trying to get you both mutually engaged in a shared activity. They might also be quick to pull you into their own games, not particularly liking to play independently. They may want you to don a pirate cap while you piece together the pirate ship, or force you to hold the extra blocks while they explain to you what they are making.

These children feel most loved and appreciated when you are spending time together, one-on-one, or as a family, with everyone focused on the same conversation, activity or goal. They might even prefer to help you with the dishes (or stand next to you splashing in the water) to being forced to play alone in the other room. They simply need to spend time with you, and they feel valued in knowing you choose to spend time with them too.

What to do:

We all have hectic lives with demanding responsibilities and routines, but try to make your children a part of it, as much as possible. Find at least one meaningful period of the day where you can be completely focused on each other, whether it be reading bedtime stories together followed by a calm chat about their day, or through making time for frequent family game nights. You might also take them to run errands with you, plan ‘date nights’ together or try to incorporate a sit-down family meal together once a day. And when your child suddenly asks you to drop your tasks to see what amazing tricks they are doing, try not to feel resentful and interrupted, but rather understand they are simply craving your love. Try to use these opportunities to fill their little love tanks.

What to avoid:

Try not to isolate these children. Time-outs or sending them to their room may be an especially harsh punishment for them. Also, don’t be distracted or scattered (or looking at your phone) during quality time.

“You’re the best Mum in the whole wide world!” “Look at what I made! Is it beautiful?”

If your child is frequently offering up gushing verbal compliments and expressions of their love for you, you may just have a child who values words of affirmation. These children thrive on your praise, your compliments and your loving words. They may often seek out reassurance from you, to confirm they are making you proud at every step. These children light up when hearing all the qualities you love the most about them.

What to do:

If you suspect your child highly values words of affirmation, don’t assume that any affection, love, pride and joy is felt by them implicitly. Go out of your way to explicitly and clearly communicate how you feel, what you admire about them, what you perceive to be their strengths and when you think they’ve done a good job. Words of encouragement and support are every bit as important as

praise. You might allow them to accidentally “overhear” you mentioning them to someone else. You could try sneaking a note in to their school bags or hanging some kind words on their door to surprise them. You might also share stories and memories about them; they’ll feel important and loved through hearing your perspectives. Be sure to actively listen when they are offering you their words of affirmation as well.

What to avoid:

Try to avoid offering conditional statements of praise or compliments followed by a “but...”. Your child may interpret your conditional expressions as your love also being conditional. This could possibly lead to them becoming resentful or perfectionistic and hard on themselves in an effort to seek out your approval. Non-constructive criticism can be especially hurtful for this type of child.

Can I sit on your lap?” “Dad, let's make a handshake!”

If you have a child who seems to constantly be invading your space by demanding hugs, offering up smothering amounts of smooches or simply climbing all over you like you’re their newest playground, you might have a child who highly values physical touch. These kids absolutely crave the comfort and closeness of a physical connection, preferring to be held long after other kids are eager to escape their parents’ arms, or needing someone to accompany them to sleep. For these children, your physical reassurance is a confirmation of your love and affection for them.

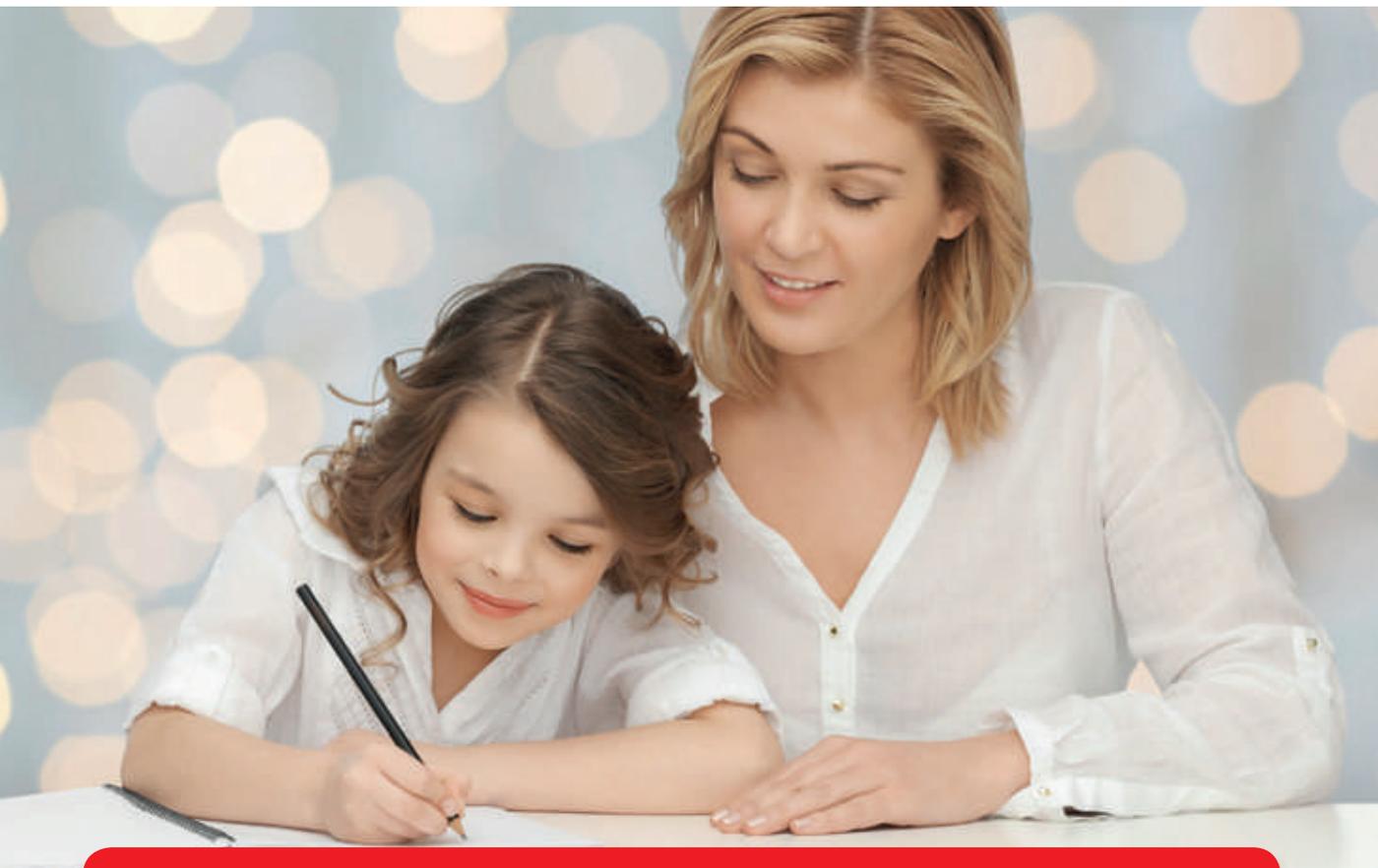
What to do:

Be sure to offer plenty of hugs, kisses and spaces for cuddles throughout the day if you discover your child’s preferred love language is physical touch. You can try touching their arm or letting them sit on your lap during conversations or while explaining something. Giving a

soothing backrub when they are upset or stressed will allow them to feel loved, supported and comforted. And use physical play, like tickling, action songs, high fives or even a game of tag. You might create a secret handshake to communicate different emotions. The older our children get, the more we tend to shy away from physical expressiveness, but for kids and even teens who value this love language, they need to remain physically connected with you, so long as you remain sensitive to their preferences.

What to avoid:

Children who value physical touch may be especially sensitive and hurt by physical punishments or expressions of negative emotions like anger and frustration. Avoid withholding physical affection from them when you are upset.



**“Mum, can you help me
with my homework?”
“Can’t you just do it for me?”**

A child who highly values acts of service may seem to often request your help, even when you know they are perfectly capable of doing something independently. They may want you to help them get dressed or complete chores, make things for them or even seek your support while working on school projects. Parents may interpret this as laziness and resist becoming their children’s servant, but this is actually your child’s way of letting you know their love tank is depleted. They might also show a creative affinity for coming up with ways to surprise and help you, like serving you hot cocoa in bed or helpfully trying to “organise” your kitchen cabinet when you aren’t looking.

What to do:

Rather than feeling resentful or attempting to jump at each and every request your child may demand from you,

try to look for creative moments or ways to make them feel more comfortable or cared for. Things like surprising them with a freshly warmed blanket or a warm drink when they come in from the cold or simply stooping down to tie their shoe for them. Offering help before they ask is sure to make them feel loved and secure in your relationship. Since parents are constantly helping their children anyway, maintaining a loving and positive attitude during these moments ensures that it will be received as an act of love, rather than a burden.

What to avoid:

Don’t feel tempted to take over chores or discourage independence in effort to let your child feel loved. Taking the time to help them develop skills needed to succeed is one of the best acts of service you can offer.

“Can I have this?”
“Here is a pretty rock I found for you”

If your child seems especially sentimental and attached to objects, both given and received, they may highly value the love language of gifts. This isn't about simply wanting more stuff, or begging for packages from taobao, though. These children highly resonate with the thought and care put into choosing a gift, and may place deep symbolism to these physical tokens of love and affection. They might be drawn to sharing special treasures they find with you and tend to notice things like how carefully a gift is wrapped. They may have difficulty in letting something precious go, even years later.

What to do:

Try to find chances for presenting little tokens and symbols for your child, such as picking up a favourite treat when you visit the store or placing some flowers beside their bed as a surprise. Noticing their favourites and preferences will be especially meaningful to these chil-

dren, as will making something creative for them to keep like an origami tiger, a new keychain on their backpack or a simple knitted hat. On the reverse, be sure to make a big deal when your child presents you with their thoughtful creations and be sure to display treasures and artwork in a place of honour so they know how much you appreciate their expressions of love as well. Stickers and reward charts can concretise praise for those children who speak the love language of gifts.

What to avoid:

Don't be tempted to overdo on the gifts or purchase whatever newest toys or gadgets your child is interested in at the moment, in effort to buy their love and affection. Valuing the language of gifts doesn't mean you need to spoil your child. Instead, focus on smaller items of sentimental, rather than monetary value, or items that are helpful and needed.



When our children feel completely loved and supported by being spoken to through their primary love language, they become more confident in their abilities to take risks and challenges. They have a stronger sense of self-worth and feel stable in knowing they have a safety net whether or not they may need it. Most importantly they will feel satisfied and secure in your shared relationship, no matter how old they are.

Want to know more? Check out *The Five Love Languages* and *The Five Love Languages of Children* by Dr. Gary or take one of the online quizzes at www.5lovelanguages.com.

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The Forgotten Art of Reading Aloud

Marina Prozesky, educator and reading ambassador, shares her insight on an unexpected skill

By **Johan Prozesky**

Many parents have struggled, and are still struggling, through the effort of getting their child to read more. And it has become even more challenging recently, with screens, games and other electronic diversions offering exciting instant gratification. The value of reading, on the other hand, is usually not instantly experienced, but becomes apparent over time once reading becomes a habit.

There is no shortage of evidence on the benefits of reading. Apart from the academic benefits, like increased knowledge, improved vocabulary, improved concentration, enhanced analytical thinking skills and better writing skills, reading also offers mental stimulation along with stress reduction and relaxation, a better memory, and, quite surprisingly, increased empathy. It is also a strong predictor of future success. It is clear that it is not a question of whether students should read, but rather one of how to motivate them to do so. But how to encourage our offspring to open a book voluntarily and habitually?

That was also a question Marina Prozesky was grappling with. Marina, IB coordinator and EAL teacher at a leading international school in Shanghai, is a fervent reader, and one of her passions is to share the value and joy of reading with her students. In her endeavours to find new ways of inspiring her students to read more, she stumbled upon the notion of reading aloud to them. It was a rather counter-intuitive idea, as her students were in Year 6, and reading aloud is usually reserved for the little ones in lower primary, who are unable to read or are beginner readers. There is this unwritten distinction that you learn to read, and after that you read to learn. The result is that older students associate reading with study, and not with enjoyment. Once in upper primary, students are expected to read independently, and few teachers and parents have the time to pay attention to their motivation to do so.

“Once in upper primary, the pressures of completing syllabuses and passing high-stakes exams are high, and therefore it is understandable that reading motivation does not receive much attention”, Marina says. “This change in educational practice led me to question whether reading aloud to higher-elementary aged students could motivate them to read more, and enhance both their perceptions of themselves as readers, and the extent to which they value reading. I started investigating, and I found that there was an existing body of research, although it was quite limited”.

Studies in the past offered evidence that reading aloud to older children may well motivate them to read more. This encouraged Marina to do her own observations in this regard. She decided to approach this in a scientific manner, and her efforts culminated in her dissertation for a Master’s Degree at the University of Leicester, imaginatively titled *Harry Potter and the Half-Hearted Reader: A Study on the Effects of Teacher Read-Aloud on the Motivation to Read of Year 6 EFL Learners in an International School in China*.

“We decided quite deliberately to read *Harry Potter and the Philosopher’s Stone*”, states Marina. “Research indicates that reading a book aloud that is part of a series inspires students to continue reading other books in the series independently. But most importantly: the students had a say in the choice of book. This gives them a sense of ownership and responsibility”.

She read aloud while students followed in their books. Readings were frequently interrupted by various discussions on meanings of words, cultural differences and practices, meaning of contents, and the peculiarities of different characters. “These interruptions were not intrusive; they contributed to the experience. My goal was to foster enjoyment and an appreciation of reading for recreation. There was no test or exam at the end of the read-aloud period, I wanted students to associate reading with pure enjoyment, rather than study.”

Her findings concurred with previous research: read-alouds do have a positive impact on students’ motivation to read. It offers a different way of interacting with texts. Using internationally recognised surveys before and after the read-aloud sessions, which lasted three months as part of their English class, made it clear that the students valued reading significantly higher after the period, and their self-concept as readers had improved considerably. This was true for both boys and girls, although, quite interestingly, slightly more so for boys. This may be because her surveys indicated that girls are typically slightly more motivated to read anyway.

This was a school setting, and therefore quite formal. Would she recommend parents reading aloud to their children at home, including older ones? And does she have any advice in this regard?



“Oh yes, without a shadow of a doubt! I believe parents should allocate frequent, if not daily, time slots in the family’s schedule to read aloud to their children. Thirty minutes is enough. And allow the child a say in the choice of book. Apart from the positive effect this can have on their reading motivation, as they experience the pure pleasure of reading, there is also an emotional effect. It offers the opportunity to bond, as this is a special time when a parent and child are dedicated to each other. It creates a situation where a parent and child share a joint topic, share a focus. It can open up channels of communication that may be difficult to achieve in other ways, especially when it comes to awkward or difficult topics. I believe reading aloud to each other is a lost art form, the revival of which is long overdue.”



She adds: “There was a time when families and friends made a habit of reading aloud to each other. With the dawn of audio books and ubiquitous technology to listen to them, huge numbers of people today don earplugs to get their fill of books. But from the viewpoint of a 19th century book lover, having experienced the intimacy associated with reading aloud, that would seem rather abnormal and strange, even isolating. And maybe a little sad.”

Maybe the time has come for us as parents to stop insisting that our “stubborn” children read more, to show more empathy and become part of the solution. Reading aloud to others can be as enjoyable as being read to. That interaction can lead to a connection, a closeness that is valuable. And what can be more important?



Benefits of Music and Movement for Child Brain Development

Why music and movement are essential for early childhood development

By Sue Fletcher

According to the Early Childhood Music and Movement Association, 85 percent of brain development occurs by the time a child turns three. As children grow, they learn specific activities that contribute to their developmental stages. For example, very young children begin to scoot and crawl, these activities are part of eventually learning to walk, they are essential for brain development, creating the foundation for fine motor skills,

coordination, rhythm and timing, all of which are important for future learning.

As children get older, they continue to build on these foundational skills. That is why patterned movement activities at home or in the preschool classroom are so important, they stimulate brain functions and help the brain to organise thoughts and behaviours.



When movement is combined with music, the benefits are increased. Learning songs and exploring tempos, rhythms and beats through activities like clapping to music, jumping in time to a beat, or learning to march to a tune, go a long way in helping young students learn rhythmic patterns. These practices also have tremendous benefits for improving speaking and communication skills.

Music and Movement in the Early Childhood Classroom

At Concordia Shanghai, we intentionally incorporate a variety of music and movement activities into our early childhood education programme, through a special class we call Music & Movement. In the class, children engage in both free and directed movement activities that incorporate various types of musical interactions. Activities that involve action and hand gestures that follow music and songs teaches coordination and rhythm as well as new vocabulary.

Classical music forms an important part of this programme. Playing classical music to children boosts their concentration and self-discipline, according to one major study. It also improves their general listening and social skills. Studies have shown that seven to ten year olds exposed regularly to classical music showed significant cognitive development.

Music ignites all areas of child development and skills for school readiness, including accelerated mathematics as well as language, and overall literacy. When you listen to music, multiple areas of your brain are lighting up at once as they process the sound and take it apart to understand elements like melody and rhythm, and then put it all back together into a unified musical experience. Our brains do all this work in a split second between when we first hear the music and when our foot starts to tap along.

But, the little backyard fireworks that transpire in the brain of the music listener is only the warm up for what is really happening in the brain of the musician. Playing a musical instrument engages practically every area of the brain at once, especially the visual, auditory and motor cortices. And as with any other workout, disciplined, structured practice in playing music strengthens those brain functions allowing us to apply that strength to other activities.

The most obvious difference between listening to music and playing, is that the latter requires fine motor skills which are controlled in both hemispheres of the brain. It combines the linguistic and mathematical precision for which the left hemisphere is responsible, with the novel and creative content that the right hemisphere excels in. For these reasons, playing

music has been found to increase the volume and activity in the brain's corpus callosum –the bridge between the two hemispheres– allowing messages to get across the brain faster and through more diverse routes.

Other activities found in the Music & Movement classroom are designed to help young children become more aware of themselves, others and their environment. Activities like playing small musical instruments, singing songs in rounds, and marching together to a beat teach children the importance of listening to one another and cooperating as a group.

Not only can music and movement-focused tasks lead to certain academic benefits, they also encourage children to be active, which is good for their little bodies and a positive habit to continue as they grow.

Music Games for Kids of All Ages

Children of all ages express themselves through music and movement. Even young infants sway, bounce, or move their hands in response to music. Many preschoolers make up songs and, with no self-consciousness, sing to themselves as they play. Children in elementary school learn to sing together as a group and possibly learn to play a musical instrument. Older children dance to the music of their favourite bands and use music to form friendships and share feelings. So, as parents and educators, shouldn't we look for every opportunity to encourage these actions in our young children?

Why not try some of the activities on the following pages with your children at home. See what their responses are and spend some fun family time together.



Preschool

1. Make and use a drum

Drumming allows children to explore rhythm and to practice an important pre-writing skill.

The ability to distinguish a particular noise (in this case the bangs of a drum) is great preparation for phonics (which involves identifying specific sounds in words).

Grab a saucepan and a wooden spoon and you're good to go.

2. Preschool Nutrition Dance

Materials needed: Food including both healthy and unhealthy food; two large bowls or boxes; CD player and music. The children should dance with their food piece. When the music stops, they should place their food in the appropriate bowl or box-healthy or unhealthy!

3. Indoor obstacle course

Push aside some furniture, and practice gross motor skills without breaking any priceless antiques! Set out a laundry basket and use balled up socks to practice throwing and accuracy. Tape down some yarn or string for a makeshift balance beam. Do moves in place, like running, jumping and hopping. Add yoga moves, use a timer and cheer them on. There are an infinite number of possibilities here.



Kindergarten

1. Make your own music

This game allows you to encourage your child's interest in music in a fun and entertaining way.

You will need:

- Sheets of paper
- Colouring pens

How to play:

1. Create symbols and denote the sounds they mean. For example, a star symbol means 'clap', a circle means 'stomp your foot', a triangle means 'hit the desk', and a square means 'snap your fingers'.
2. Put these instructions on the board and get the children to compose their own music, using only the symbols.

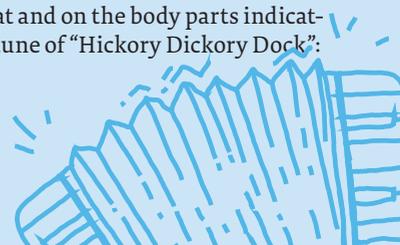
3. Then let the children display their music on the board while you follow the 'notes' to create the music. They will clap, they will snap, and clap again before stomping their feet and hitting the desks! And all of this will be music to their ears!

2. Jingly, Jingly, Joe

Young children love nonsense words, and there are a lot of them in this very silly song. You can get some bells to do this activity, or you can just clap and tap with your hands (or those chopsticks!)

Steps:

1. Shake the bells to the beat and on the body parts indicated in the song. Sing to the tune of "Hickory Dickory Dock":
Jingly, jingly, Joe,
I jingle on my toe.
I jingle up,





Prekindergarten

1. Dance party

You don't need a special occasion to have a dance party. Choose a time of day where your child needs an energy boost and turn on the tunes. You can choose the length of time for the "party." I opt for five to ten minutes. No rules, just dancing!

2. Tissue dance

A tissue dance is more like a balancing act and less of a dance form. But, it is fun!

You will need:

- A box of tissues
- Space to dance
- Music

How to play:

1. Give each child a tissue and ask them to put it on their head.
2. When the music starts, they should start dancing and moving on the dance floor, without letting the tissue fall.
3. If the tissue falls off the child's head and he or she catches it before it touches the ground, they can put it back on their head and continue dancing.
4. But if the tissue falls on the ground, the kid is out.
5. The last one to stand dancing with the tissue is the winner. Play it as a family!

3. Make a musical matching game

Here's an easy music game you can create and play at home: musical match. Cut pieces of paper into squares, and on one side draw a character or symbol that represents a familiar song: a yellow bus for "The Wheels on the Bus," a barn for "Old MacDonald," a star for "Twinkle, Twinkle Little Star," a spider for "Itsy Bitsy Spider," a dog for "Bingo" and any others that are favourites. Put the paper in a hat and let the child pick out a piece. From the clues on the paper they should now sing that song (and do the actions if they know them).



I jingle down.
Jingly, jingly, Joe!

After the first verse, you can pause before you name the body part in each verse, to see if the children can guess what it is. Additional verses:

Jingly, jingly, jee, I jingle on my knee...
Jingly, jingly, joulder, I jingle on my shoulder...
Jingly, jingly, jed, I jingle on my head... (very gently)

Ask the children for ideas for other body parts to jingle.

Variation: Children love to hear their names in a song. Ask the children to volunteer different ways to play the bells. Then, as you use each child's idea, sing the child's name: "Jingly, jingly, jarah, I play my bells like Sarah," and so forth. Young children always giggle at the funny ways their names sound with a J. Of course, if the name really

does start with a J, you will need to improvise. How about, "Zingly, zingly, zayden, I play my bells like Jayden"?

3. Body Part Dancing

Give your child a kinaesthetic challenge with Body Part Dancing. Turn on their favourite tune and call out a body part, the only one that will be featured in dancing until the next is called.

For example, you can call out "mouth!" and dancing proceeds by puckering lips, wagging tongues etc. After a while, the next person calls out another body part like, "fingers!" and on and on.

The children love the funny parts of the body! Give those winding arms and those wild leg spasms your kid loves so much a break; think of new limbs to feature.

Sue Fletcher is Concordia Shanghai's early childhood music and movement specialist.



Help!

My Family is Messy

Feel like you spend half your life fishing dirty socks out from behind the sofa?
By Eve Wee-Ang, a certified KonMari tidying consultant



L

et me get this out of the way first so there's no barrier between us. Confession: I was once a messy person. I went onto become a tidying consultant... but I was as messy as you have ever been. Things have changed for me and I have got my life in order but getting the rest of my family on the same page... has been a struggle.

I have some tips for you on how you can get your family to start picking up after themselves.

Drop the Nagging

Nagging your kids to be tidy can feel like a constant battle. It might seem like the only time you can get them to do anything is when smoke is coming out of your ears. Being in a constant state of fury while your children scurry around doing a bad job of keeping things clean is exhausting. Instead, quietly be an example but loudly proclaim the benefits of your actions. Tidy your own space and then thunderingly proclaim how wonderful it feels to finally be able to find your things in a breeze while you side glance at them frantically digging through their landfill. Kids learn best by copying us. One day (trust me), they will figure out that it makes more sense to clear the obstacles that get in the way of what is truly useful.

Letting go doesn't make them a bad person

When my daughter was nine years old, we were going through her wardrobe deciding what to keep and donate. She came across a floral dress and bit her lips guiltily when I asked if it brought joy to her. Everything in her closet was either gifted or bought by me. She lowered her head and asked that I not be angry, if she replied honestly. I already knew the answer. She didn't like the floral dress I bought her. It was me who liked it and I was hoping my daughter would too. But in reality, my daughter isn't me. She is her own little person

with opinions and floral prints don't thrill her. I smiled and permitted her to donate to someone who would enjoy them. She happily folded all her floral dresses into a donation bag. Teach your children that letting go doesn't make them an ungrateful person. It's a wonderful opportunity for parents to learn what sparks joy and what doesn't for our children.

Play make-believe

Every action begins with a thought. Think back to when you first rented or bought your new house. You visualised in your mind where the furniture would go and how you would decorate it. To get more inspiration, you went online to research before buying items to outfit your dream home. Years later, you look around and realize your home no longer holds up. Before you give up on ever having your dream home, brace yourself for change, gather your family and ask them 3 questions:

1. What do you love about our house?
2. If you could improve one thing only, what would that be?
3. Is our house your dream home?

This is where the fun begins by playing make-believe! Let everyone create their own vision of their ideal home. This can be as easy as putting together a mood board. Allow everyone to present their dream home as you catch a glimpse of enthusiasm in their voices. Once you reached a consensus agreement of your family's shared vision and everyone is excited to turn their vision into reality, the game is on! Along the way, whenever someone stumbles, whip out the vision board again and gently steer their eyes on the prize.

Tidying up as a family can be a fun bonding exercise when everyone is working towards the same goal. Good luck!

Television for Children

A guide to guilt-free screen time

By **Ailan Gates**

When the opportunity came to write about the benefits of screen time for kids, I couldn't wait to share my own experience on this subject. Like a good book, good television programmes or movies can extend children's understanding of the world around them, piquing their interest in topics they otherwise might not have the opportunity to experience.

My eldest son, Anthony, loved the 'Mighty Morphin Power Rangers' as a young boy. A show about a bunch of teenagers with attitude fighting a bunch of people in body suits while a giant pumpkin raps in the corner. This was the moment my boy fell in love with a world of super-heroes, villains, giant robots, monsters and learnt the meaning of friendship and perseverance of heroism. This laid the foundation of the person he is today. A person that loves history, mythology, the works of ancient literature and, ancient fables of mighty men and women.

Caitlin my middle child, couldn't get enough of princesses, barbies, and singing. Ironically, simple saccharine shows

for little girls like Barbie, Little Mermaid, Mulan and High School musical sparked her love for singing and dancing. These shows were primarily about tales of love, family, friendship, and happiness. At the tender age of four, her little heart exploded to serenades and ballads. Caitlin is an adult now, but the magic and wonder of those movies still ignites her soul. She still loves singing, dancing and spends hours studying the intricacies of similar genres and still loves musicals.

My youngest, although the smallest is the mightiest. Francis has always co-viewed everything his siblings watched, and his interests have been a direct response of his older siblings subjugating him with their favourite shows. But things changed two years ago. It was the World Cup. Football became his everything. He became the ultimate fan of the game. All it took was just one match, France vs Australia (Australia lost). A 10-year-old who didn't care about putting on the correct shoes suddenly became aware of the best cleats (the one that Pogba wore). It was just one game and now my son has a passion. All it took was one night, one game, that started it all.

Below are just a few shows that might kindle and influence your child's interest and development:

TV Shows:



Adventure Time

A delightful show about boy-adventurer Finn and his dog Jake in the Land of Ooo.

SpongeBob SquarePants

One of the longest running cartoons in the world. The show is a dive into the hilariously fun world of SpongeBob and company.



Samurai Jack

An Emmy-Award winning cartoon that tells the serialised stories of a samurai from the past who is lost in the distant future.

Hi-5

A hallmark to every Australian's childhood, this sing-along show helps teach young children important lessons such as politeness and friendship.



Wallace & Gromit

Probably the most charming TV show of all time. This claymation juggernaut tells of the shenanigans that everyman Wallace and his loyal dog Gromit get up to.



Movies:

The LEGO Movie

The blocks come to life in this movie about finding your self-worth and learning that everyone is special, no matter who you are.



Toy Story

Pixar's breakthrough; the CGI romp changed Hollywood with groundbreaking animation and an important message about inclusion and opening your heart.

Inside Out

A surreal film about the anthropomorphised emotions of a little girl, that tells an important message to kids that it's ok to be sad.



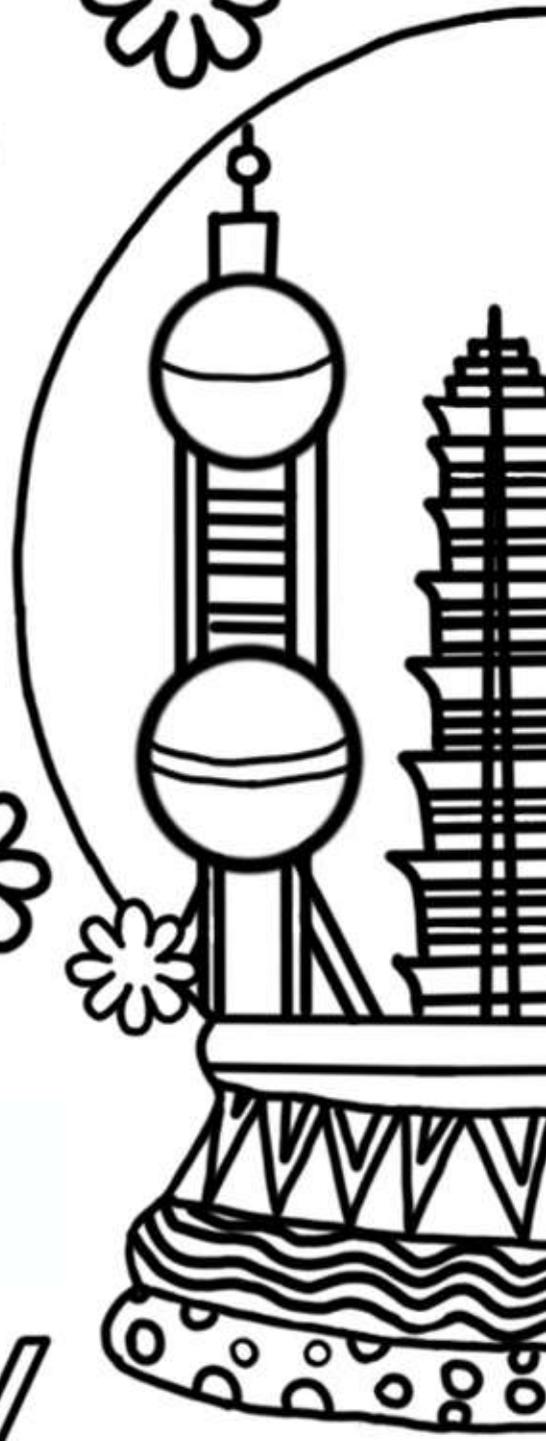
The Goofy Movie

An endearing movie of fatherhood and family as the lovable Goofy goes on a road trip across the United States with his son Max.

Spider-Man: Into the Spider-Verse

The iconic superhero gets the animation treat as Miles Morales must learn that even though being a hero may be scary, it's just a matter of taking that "leap of faith."





Shanghai

Family

Send a photo of your completed
colouring page to editor@shfamily.com
and be featured online!





Shanghai Family's 11th International SCHOOL EXPO 2020

AUTUMN

ECO ART SHOW 2020秋季教育展 - 环保艺术节



特别鸣谢 Participants



On 11th October, 2020, presented by Xinmin Evening News Community Edition "Humaniuwa", Shanghai Family, Parents and Kids, the 2020 Autumn Education Exhibition-Environmental Art Festival was successfully held in the outdoor square of Jiali City, Pudong. This event brought together international schools, vibrant art performances, the green environmental protection second-hand book drifting activity and the award ceremony for "the Star of the Future", an art and writing contest.

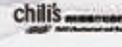


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Organizers:



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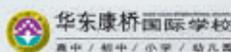
Shanghai Family's 11th International SCHOOL EXPO 2020

AUTUMN

"Shanghai Family" International Arts Festival
2020秋季教育展 - “上海家庭”艺术节



特别鸣谢 Participants



On the 17th & 18th October, the 2020 Autumn Education Exhibition “Shanghai Family” Art Festival was on Fengshang Street, Nanfeng City, Hongqiao. Presented by Xinmin Evening News Community Edition “Humaniuwa”, Shanghai Family, Parents and Kids, several activities were available including booths by international schools, outstanding art festival performances, and Student Voices, an English speech contest. The award ceremony for “Future Star”, the arts and writing competition was also held on this day, where families gathered to celebrate their child’s victory.

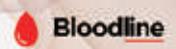
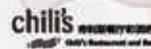


Scan the QR code to watch interviews from our latest School Expo

Shanghai Family Parents Kids

虎媽牛娃 HUMANIUWA

THE PLACE 南丰城





ECO FUTURE

我心中的绿色地球

STUDENT VOICES

Speaking Competition



The Shanghai Family Arts Festival presented an opportunity for students to speak on an eco-future, dedicating majority of their speech to means of protecting the environment. Over 78 students participated across multiple international schools and universities. In the Student Voices speech contest, 38 of them moved the audience with their confidence and impressive speech and progressed to the final round, which was held on the 17th October. Seeing all the students, the future of this generation, come together for a greener future, was truly inspiring for many.



Scan the QR code to watch highlights from the Student Voices Competition

Organizers:



Venue Sponsor: THE PLACE 南丰城





Sleepless Nights and New-borns

Ask any new mother and they will tell you one of the biggest challenges they face is sleep deprivation. We sat down with experts from **Jiahui International Hospital** and discussed how to manage sleep deprivation

When an individual is suffering from sleep deprivation, the best management technique is to increase the quantity or quality of sleep to enable them to get back into healthier sleep habits. But, this isn't always possible when you have an infant who won't sleep through the night! To help us understand the basics of sleep and how to get more of it, we consulted the Sleep Medicine Clinic at Jiahui International Hospital.

Q Why do we need sleep?

A Sleep allows you to recharge, both physically and mentally, and is essential in helping you stay healthy. Without sufficient sleep, your brain will not function properly. Exactly why we sleep, however, is a more difficult question to answer than you might expect. Scientists have spent decades studying sleep, and developed multiple theories, but we still lack a clear answer.

For example, Restorative Theories hold that sleep serves to "restore" something that is lost during our waking hours. This is supported by the fact that there are certain body functions like protein synthesis, tissue repair, muscle growth, and growth hormone release that occur mostly or even solely during sleep. A more recent theory called Brain Plasticity Theory, holds that sleep is correlated to changes in the organization and structure of the brain.

Regardless of which theory you find most compelling, a relatively simple way to understand why we know we



need sleep is to compare it to another vital function: eating. Hunger is a function that evolved to make sure that we consume the nutrients our body requires to grow and thrive. Just as hunger acts to modify our behaviour by making us feel uncomfortable when we don't eat enough, sleepiness encourages us to sleep when we aren't getting enough rest!

Q How much sleep do we need?

A The amount of sleep you need is largely dependent on your age. In general, you require less sleep as you grow, so a new-born will need far more sleep (14-17 hours per day) than an adult (seven to nine hours per day). Below are some general guidelines:

- New-born (0-3 months old): 14-17 hours
- Infant (4-11 months old): 12-15 hours
- Toddler (1-2 years old): 11-14 hours
- Preschool (3-5 years old): 10-13 hours
- School-age (6-13 years old): 9-11 hours
- Teen (14-17 years old): 8-10 hours
- Young Adults and Adults (18-64 years old): 7-9 hours
- Elderly (65 or over): 7-8 hours

Q How can new parents get more sleep?

A Getting seven to nine hours of sleep seems like challenge enough when you're working full-time and trying to have an active social life but throwing in a new-born baby cranks the difficulty up another notch! Many parents learn a new definition of "tired" the first few weeks after bringing a baby home. Thanks to the fact that a new-born baby wakes up about every three hours for a feed, some level of sleep deprivation is hard to avoid, but there are certain habits that can help to ensure you get as much sleep as possible.

•Sleep when your baby sleeps: Be sure to take the hint from your baby and sleep whenever they do, even if that means putting aside chores and shutting off your electronics. Make the most of their downtime to get some rest of your own!

•Ask for help: Don't be afraid to call on your partner, parent, sibling, or friend to give you some relief from childcare duties for a

bit. Keep in mind that even a 15-minute nap can make a big difference for how you feel both mentally and physically.

•Go for a walk in the morning: This might sound difficult when you're already exhausted, but exposure to natural sunlight can help to reset your circadian rhythm after those sleepless nights. It's also beneficial for your baby, as it helps them develop a regular sleep-wake cycle of their own. As a final benefit, exercise makes it more likely for you to fall asleep when you finally get a chance to rest.

•Don't share your bed: Snuggling with your baby is a beautiful experience, but sharing a bed with your baby can also mean lower quality of sleep for you.

Q When should I consult a doctor about my sleep?

A Sleep is a very personal experience, and everybody has their own sleep needs. There are certain signs, however, that indicate the need to speak with a doctor about your sleep habits. The first and foremost is when your sleep, or lack thereof, is impacting your daily life. This can mean you are struggling to concentrate at work, finding it difficult to complete daily tasks, or worse yet, falling asleep while doing things like driving. If any of these seem familiar, then you may be suffering from a sleep disorder like sleep apnoea or insomnia and should consult a doctor to find out what you can do to improve your sleep quality.



JIAHUI HEALTH

Phone: 400 868 3000

Website: www.jiahui.com/en/



A Worldly Christmas Gift Guide 2020

Christmas is going to look different for many of us this year. We remain inbound as air travel has come to a halt and we find ourselves missing our homes and family overseas. We still have mum, dad and the kids to shop for in Shanghai though! I have put together a list of experiences and gifts that will make this Christmas feel truly special.



Whisk mum to Paris's prestigious culinary school Le Cordon Bleu in Shanghai where she will learn to make Christmas pastries in this 3-hour baking class. Taught by French-speaking chef with bilingual translation on site, this is the perfect gift! Mum will be showing off her skill in no time.

Gift: **820 RMB** per person
WeChat OA: lecordonbleu



With BTS and Parasite having a moment on the international stage, the Hallyu movement has never been more influential. For Korean drama fan mums, gift her a 3-hour guided food tour by UnTour, an award-winning guide to Shanghai's Koreatown led by local Koreans. Explore under-the-radar places for fried chicken and beer. Who needs to fly when a world of delicious Korean food and culture are just right under our nose in Shanghai?

Beyond Bulgogi: Shanghai's Koreatown Food Tour Gift card **595 RMB** per person (WeChat OA: UnTour)

Dad

Winter is a time for coziness. Gift dad a pair of German-made Birkenstocks equipped with a soft woolly interior for extra hygge and to keep his toes toasty.

A good bottle of alcohol to warm his tummy and celebrate the holiday is always welcomed, such as Royal Brackla's 21-year-old whiskey from Scotland. Yet another classic gift is a good watch, and you can never go wrong with the solar-powered "super" watch Garmin Fenix 6 Pro Solar from USA. This top-of-the-line watch is recharged by the sun and sure to light up dad's day.



Garmin Fenix 6 Pro Solar watch, **9,660 RMB**

Kaprun wool felt clog, **899 RMB** Birkenstock



Royal Brackla 21-year-old whiskey, **2,088 RMB** from any good bottle shops.



Bamboo fiber tableware, **358 RMB** from Ekobo, France



Beechwood plane, **249 RMB** from Kiko+ & gg, Japan

Kids

Sustainably made and non-toxic, these kids and mum-approved toys and furniture are directly imported from their makers all over the world. Carefully curated by Modern Littles, these simplistic allergy-friendly toys are perfectly safe for your little ones to play with. Additionally, you can also consider cute plates, bowls, cups and more from French brand Ekobo, which are all made of bamboo fiber. Perfect for young ones to eat up Christmas pudding and turkey, these colourful toys and sets will surely bring cheer and laughter to the joyful holiday spirit.



Slide, **2,999 RMB** from Jupiduu, Germany

All available from Modern Littles (WeChat OA: Modern Littles)



Your Winter Escape:

China's Ice City

By Anabela Mok

If you miss traveling overseas and experiencing a winter wonderland, look no further than the magical city of Harbin. Located in the northernmost Chinese province of Heilongjiang, Harbin is known as China's Ice City. With their winter recreational activities, iconic Russian-styled architecture, and the annual Ice Sculpture Festival, your magical winter escape is closer than you expect. Come, head north and experience this wintry city yourself.

Brief History:

Many would describe Harbin now as the "Moscow of the East". But few would know that Harbin was originally named after a Manchu word mean-

ing "a place for drying fishing nets". It was a small rural settlement on the Songhua River. With the construction of the Chinese Eastern Railway in 1896 financed by the Russian Empire to connect the Trans-Siberian Railway, Harbin grew to become the capital and largest city of Heilongjiang Province.

What to Do: Ice Sculpture Festival

This is the festival for many artists around the world to show off their snow sculpting and ice sculpture talents. To see the gigantic snow sculptures, you will need to go to Sun Island, which is on the opposite side of the Songhua River from the city. To see the famous full-sized illuminated ice buildings, you will need to

visit the Ice and Snow World, which is an open area as large as 88 hectares. Each of the iconic ice buildings are made from blocks of 2-3 meters thick ice taken from the Songhua river. The park opens in the late afternoon until nighttime, where an entire ice city comes to life. The best time to visit would be between end December to end February, when the Ice Sculpture Festival is in full swing. However, do allow for a margin of one or two days as the festival will adjust their opening dates depending on the weather.

St. Sophia Cathedral

This is the largest Eastern Orthodox church in the Far East that is a prime example of the Neo-Byzantine style architecture of its time. The cathe-



dral was firstly built in 1907 out of timber, which has been replaced with stone masonry. It now houses Harbin Architecture Art Gallery, showcasing photographs of the city's past, present and future.

Zhongyang Pedestrian Street

Originally the street was opened up by carts used to transport railway supplies, however in 1924, the Central Street was floored with square stones according to a Russian engineer's design. Since then this strip began to develop as the center of fashion and design. In its heyday, it was home to many foreign shops, hotels, and bars. In its heyday, you can easily find Russian leather, British woollen cloth, French perfume, German medicine

and plenty more. Buildings reflected prime examples of architecture, from the Renaissance to the Baroque Period as well as Eclecticism to the Modern School. Today, you can still see the dominate architecture style in 13 of these buildings and stretching 1.4km in length, this pedestrian street is one of the longest in Asia.

Yabuli Ski Resort

If you are looking for action on the slope, this will be the place you would like to visit. It is the largest ski resort in China and, also includes the country's largest ski jumping facilities. Although it is 2.5hrs away from Harbin by train, this location was the host to the 1996 Asia games and the 2008 National Winter Games.



Traveller Tips:

1. Dress in layers. Outside temperatures will range from -10C (high temperatures) to -24C (Low) in January. Indoors is always heated,
2. Bring warm shoes. Walking for hours on the snow and ice will make your feet cold. Invest in shoes with a good non-slip sole, and make sure your shoe-soles are not too thin, so you don't get cold easily.
3. Keep your phone and backup battery in a warm place. The extreme cold will drain your phone and camera batteries. Keep your phone in the inner pocket of your jacket so you won't risk running low on batteries when you need it.



Where to Stay

Harbin is actually a very large city, if you want to be around the downtown shopping area then stay in Daoli. You can easily access the pedestrian street and Sophia Square also it is close in proximity to Sun Island for the snow sculptures. Another area to consider would be the area North of Song Bei. This is also close to the ice sculpture sights. However, if you are an avid winter sportsperson, then you would be better staying at Yabuli Ski Resort.

Date Nights Worth Getting a Babysitter For

By Michael Zee



Punch Room & HIYA

Punch Room by the Edition focuses on recreating the 17th and 18th century origins of cocktails long before the years of American prohibition. Widely considered to be the first 'cocktails', punches are thought to originate from the Hindi word for 'five' and the earliest recipes called for arrack, champagne, tea, spices and sugar.

Try the milk punch, curiously clear but with a rich creamy mouth feel, the process of clarifying milk takes several days preserving flavour and texture but removing colour. They also serve handsome cocktail terrines to share between three or four people if you prefer to

imbibe as a double date, whilst enjoying possibly one of the best spots for skyscraper spotting in the world.

A short walk down a spiral staircase of dreams, leads you to HIYA, where Japan meets Jason Atherton. Whilst the menu is extensive and seasonal, I cannot get enough of the tamaco, a tempura shell of seaweed, filled like a taco and served in custom wooden holders.

Find it: 28/F, Main Building, 199 Nanjing Dong Lu, near Henan Zhong Lu
Reservations: 5398 9540
Daily, 2pm-2am

Sake Warm Your Life

Have you ever been out for a drink and thought, “man, right now I’d kill for a bowl of noodles”, well someone very clever had the same experience and more importantly, they did something about it! At Sake Warm Your Life, the sister restaurant to Kemi (another favourite of mine) the multi-concept restaurant that often suffers an identity crisis but works like magic.

Enter the door of Yi Mian Chun Feng and turn right for a local neighbourhood noodle restaurant that on the surface looks like many others. They serve superb crab noodles, one of the best in the city and have a range of take-home sauces in the fridge for rustling up a quick snack at home. But if we backtrack to the start and turn left, we enter their noodle slash sake speakeasy with cool downward lighting and chic grey decor.

And its not just the noodles from the kitchen next door you can order at 9pm, but a whole list of skewers and inventive crab ‘tapas’ giving a fresh twist to this hairy crab season.

📍 **Find it:** 26 Wuxing Lu, Daily, 5.30pm - Midnight
Reservations: 153 1641 4164



Charcohol

Whilst it would be easy to always recommend the newest, shiniest restaurants in Shanghai, the cult of the new is often fraught with teething issues around service or consistency. When I go on a date night, those precious moments without friends or small nuisances, I want an experience that’s run like a tight ship. I have a soft spot for Charcohol, its comfortable and familiar, excellent service and a proverbial and literal hot menu. I am constantly pleased and delighted by their changing cocktail menu.

If the name isn’t a giveaway, they combine a charcoal powered cooking experience with alcohol. One of my all-time favourite mouthfuls is the charcoal guabao with Iberico pork, a sexy, glossy steamed bun that looks like a piece of obsidian. The umami bomb cabbage is a must for a double order.

On my last visit for a friend’s birthday, they had launched a new drinks list, a tom yum soup inspired one, another topped with a parmesan crisp, they threw out the rule book on what can be a drink and how to pair with food. Even if you don’t go for a full blow out dinner, everyday between 3pm and 7pm it’s buy one get one on cocktails, a great place to kick off date night.

📍 **Find it:** 1/F, Fengshengli, No. 18, Lane 245 Maoming Bei Lu, near Nanjing Xi Lu
Mon-Fri, Lunch, 11.30am-2pm, Afternoon Menu, 2-5pm
Dinner, 6-10.30pm, Late Night Menu, 10.30pm-midnight
Sat&Sun, Brunch, 11.30am-3pm, Dinner, 6-10.30pm
Late Night Menu, 10.30pm-midnight
Reservations: 3226 5752

Chameleon

Chameleon like the name suggests, is a restaurant and bar that is continuously morphing and adapting, blending in with its surroundings. Entering a discreet hallway, in what appears like an office building, head up to the rooftop restaurant and bar that overlooks a fairly charming piece of the former French Concession.

Cocktail duo Eddy Yang and Carson Xie, both of supreme cocktail pedigree have created a formula that will no doubt keep them occupied for years to come

The food and drink menu completely

changes every six months with the current iteration taking inspiration from the cuisine and flavours of Singapore and Malaysia. Definitely order the lamb chop with the bak kuh teh sauce, and to share the chilli crab with linguine that wouldn’t look out of place in any hawker centre.

What Chameleon does so well, is that it will whisk you off to far flung places, memories of holidays in years gone by, that we can taste and enjoy again right on our door step.

📍 **Find it:** 5/F, 90 Shaanxi Nan Lu, near Jinxian Lu
Reservations: 182 2185 9081
Daily, 6pm-2am





Inventive Healthy Snacks

By **Gina Batmunkh**

Preparing snacks for your kids can feel like an unending task. When trying to keep our ravenous little ones full, turning to quick and easy store bought snacks is something we are all guilty of. But snack time can be the perfect time to brighten things up and get healthy. Snacks packed full of vitamins, minerals and protein help fuel our children's bodies and brains throughout the day.





Applewich

An Applewich is a cute variation on a sandwich that gets one of your five a day into your children whilst dodging simple carbs in white bread. Simply core and slice the apple in two thin slices, then you can spread a nut butter or a jam between the two pieces of apple and voila! A funky twist on a classic snack.



Go nuts

Nuts are a great way to snack either at home, or at school. Nuts provide healthy fats, and keep you full of energy. Nuts have so many health benefits, they provide Vitamin E, calcium, iron and magnesium and much more. You can use them as a topping for salad, yoghurt, cereals or you can just munch on them! Pop a bag of nuts into your child's backpack for them to snack on throughout the day.



Rainbow veggies and fruit.

Fruit and veggies are home to heaps of antioxidants and help keep your immune system strong. Vegetables and fruits are low in calories and contain enormous amount of nutrients. You can make fruit and veggie more fun by cutting them into creative shapes and making sure you have heaps of colours on your plate!



Healthy Banana & Oat Cookie

Banana & Oat cookies make the perfect family snack, low in calories whilst the oats keep you full. I love making them as on-the-go breakfast snacks or using them for after school nibbles.

Recipe:

(Makes seven cookies)

2 large bananas

1 ¼ cup old fashioned rolled oats

¼ cup dried cranberries (any dry fruits of your choice)

¼ cup desiccated coconut flakes

Chocolate chips (optional)

2 tablespoons good quality honey

Method:

Preheat your oven to 175°C and line your baking tray with parchment paper. Mash the bananas in a mixing bowl. Then add in the oats, mix well with spatula or wooden spoon. Add the rest of the ingredients and stir. Spoon on to a baking tray in cookie shapes and bake for 15 minutes. Let the cookies cool and enjoy!

Healthy Frozen Popsicles

Who doesn't love a frozen popsicle!? Store bought icy treats are delicious, but are often pumped full of sugar, artificial colours and preservatives. Why not make your own healthy version at home? You need to buy popsicle molds, but once you own them, you can use them again and again!

Ingredients

Fruit juice,
Frozen/fresh fruit
Yoghurt (optional)

Mix your fruit juice with some chopped up frozen or fresh fruit, pour into the molds and freeze and... Voila! If you're looking for something creamier and closer to ice cream, replace the fruit juice with yoghurt. Yum!



Homemade healthy muffin

With everyone so busy working and studying, we often find we have no time to bake. Use your weekends wisely and start baking muffins, cookies or other healthy snacks. These muffins are freezer friendly and easy to make!

Banana Carrot Muffin

Start preparing your muffin tins with cupcake cases and preheat your oven to 180C.

Ingredients

2 bananas, mashed
½ cup vegetable oil or coconut oil
1 egg
1 cup wheat flour
½ cup almond flour
½ cup maple syrup
1 tsp good quality vanilla extract
pinch of sea salt
½ carrots, shredded
½ cup of pecans or walnuts (optional)

Combine all the dry ingredients and set aside. In a separate bowl mix in all the wet ingredients, and slowly put in the dry ingredients. Pour into cupcake cases and bake for 25 minutes or until a toothpick comes out clean. Remove from the oven and allow to cool completely.



Fudgy brownie

Who doesn't love brownies? My family certainly does. I could eat 3-4 squares of brownie in one sitting. This is a healthy variation on a classic brownie recipe!

Ingredients

1 avocado
½ cup mashed banana
½ cup maple syrup
1 tsp good quality vanilla extract
2 eggs
¾ cup almond flour
½ cup unsweetened cocoa powder
pinch of sea salt
1 tsp baking soda
Peanut butter

Prepare your baking dish with parchment paper. Preheat your oven to 180°C. In a blender combine avocado, banana, maple syrup and vanilla. In a separate large bowl add eggs, almond flour, cocoa powder, sea salt, baking soda and avocado mixture. Combine all ingredients together. Pour mixture into the prepared baking dish and bake for 25 minutes. Allow to cool completely before cutting.



Colouring Books to Dye For

By **Anya Goncharova**

 The top eight books to practice mindfulness and the beauty of staying between the lines (or breaking the rules!)

This year is anything but predictable, and there is no doubt the whole family feels anxious as we collectively doom scroll way past our bedtime. Luckily, there is something else we can all look at to ease the stress and add some colour to the day-to-day – colouring books! Whether you, or your child, love to follow the rules or break them, these books are here to take the family away from the screen for some much-needed me time. ▶



The Farting Animals Coloring Book by M T Lott

For your child, or for the child in you, this colouring book pulls out all the stops. Colouring? Yes. Cute animals? Yes. Farting? Yes. Let your imagination run wild and don't be afraid to let loose with this particular family entertainment. Plus, if you have deliciously-smelling markers, this might be the only time you will enjoy your child's flatulence.



Have You Seen It? 2 by Liuba Draws

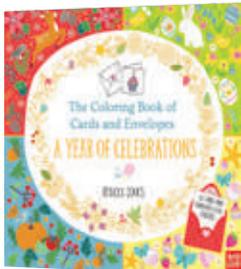
Go local with this stunning collection of the most apt and beautiful illustrations by Liuba Draws! Based in Beijing, Liuba's sketches of life in China will bring joy to the kids and adults alike, and if you pay enough attention to the tiny details, these book pages are definitely going to be the only ones you will want to frame, too. WeChat Store: Liuba Draws





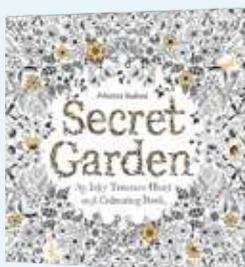
National Trust: The Coloring Book of Cards and Envelopes: Special Occasions by Rebecca Jones

The isolation from our loved ones back home and not being able to share the joys of birthdays, Easter, and a possible Christmas with them has definitely been incredibly difficult. This wonderful book will let you send a little bit of your time back to your family (because greeting cards don't have to quarantine, right?). Just imagine the delight on their faces when they receive a hand-drawn card from the kids they haven't seen in almost a year!



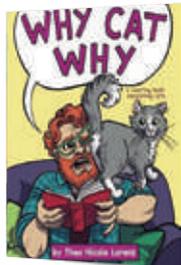
Secret Garden by Johanna Basford

No coloring list is complete without Secret Garden. Johanna Basford invented the mindfulness coloring genre, and now that we are all hooked, why not distract ourselves from everyday stress by trying to get through her most famous work all over again? As fun and easy as it seems, we can promise that you will spend a very comfortable number of anti-social hours with this magical treasure hunt.



My First Big Book of Coloring by Little Bee Books

There is something about 200 pages worth of coloring that makes every parent feel a little bit more at ease. My First Big Book of Coloring will let your child practice those vital fine motor skills while giving you the headspace to put on a wash, or brew a coffee, or maybe even get a glass of wine as you sit down for some adult coloring, too.



Why Cat Why: a coloring book explaining cats by Theo Nicole Lorenz

While we aren't completely sure that there is any point even trying to explain why cats do the weird things they do (and why we let them), this humorous coloring book will be fun for the whole family. Especially any cat-loving family. Enjoy reminiscing about the times your cat made intense eye-contact with you from its litter box, or the time it brought you dead insects to bed, and marvel at the very real horror behind the friendly feline façade.

Wreck This Journal: Now in Color by Keri Smith

If you still don't own Wreck This Journal, its most recent colour edition is a must. Enjoy taking your anger, passion and/or confusion out on this intuitive guide that will unleash your creativity. When you are inspired to move beyond it, Keri Smith has many other variations of the work to keep the whole family entertained!



Design the Life You Love: A Step-by-Step Guide to Building a Meaningful Future by Ayse Birseleek This Journal: Now in Colour by Keri Smith

This book is not only a very adult, and very useful, version of an interactive drawing journal but it will ACTUALLY help you see your life through a whole new lens. If you are feeling exhausted and helpless, Design the Life You Love will teach you how to shift your focus and bring joy right back into your daily grind. A hugely necessary book, even if drawing isn't your hobby of choice.





Baking VS. Drawing

By **Sal Haque**

My kid's six, he wants to play with me. But I can only play Ninja Turtles for so long. I just don't have the energy. I work hard, and I'm tired. Plus, I'm a grown man. So, I kind of want to do grown man stuff. Like, lay back on my sofa, and read (potentially pint-in-hand). When tasked with doing an art project with my kid, all tired and disheveled from work, I naturally thought, 'this might suck'.

That said, I like to deliver, and hanging out with Nesta (my kid's name) is actually pretty fun. So, I tried to think of

something engaging, stress free, and something I could do at home.

We tried baking brownies. Brownies can be art. I mean...ours weren't. But they could've been. We pretty much wrecked that one straight out the gate. Unlike the TV commercials, where a spot of batter on the nose charms your kid into the arms of his loving parents, my kids' clothes were wrecked, my shirt was wrecked, and my tiny Jing'an kitchen was in shambles. The "icing on the cake", I mashed-up my Fahrenheit to Celsius conversion, and burned my brownies into a crusty black shell, filled with a gooey inside. I somehow

managed to both burn, and under-cook them at the same time. Didn't even know that was possible. We still ate them. No one complained. Respect.

Given my culinary prowess, it was an ambitious move. After getting our "just desserts", we moved on to a more successful endeavor. We threw on some 90's hip hop, pulled out a big piece of poster-paper, and just went to town with markers. Kids like to draw. Kids like drawing even more with their parents. Nesta could've done that all night.

Now, I know when we think of an 'art project' we often want to go all out. Pull out some key learning outcomes and maximize creative output. Fair enough. Our poster project was pretty layman. But it did tick a few boxes. It let us work side-by-side, while giving us both ample space to be comfortable. We had enough space on the paper to expand our ideas and explore our creativity. It was a joint activity, in that we were both contributing to a single project, and we got to merge our ideas into one, which was pretty cool. There were also, no wrong answers.

I encouraged fine motor skills, like colouring inside the lines and stuff. But in terms of actual content, his art is his art. Obviously, we can help our kids refine their ideas, and help them expand on them, but whatever the final output, it's still correct. Or at least, not wrong. Like, you can't mess up a poster to the extent of which it's burnt on the outside and raw on the inside. And while rules and step-by-step instructions certainly teach our kids discipline and structure, the rawness of attacking a giant poster-paper with colours and ideas is a joyous, free-form way to interact creatively with your kid. I definitely recommend it. Plus it's an easy clean up.

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



Getting Slimey

The family craft assignment from my editor ends in... welts...

By **Angeline Ruston**



voice vibrates through the door, "Kuaidi!" The girls race to the door with squeals of delight.

"It's arrived!" they yell in unison, as excessive bubble wrap is torn away and the DIY Slime kits are revealed.

Slime! The absolute worst... but a great way to keep the girls occupied on a grey and wet afternoon.

The mayhem continues as the boxes are hungrily ripped apart (unfortunately, destroying the very important instructions and fine print too that says how the materials are to be mixed). Their little fingers skillfully tear open the bio hazardous liquids, glow-in-the-dark powders and glittery bits as the kitchen table is turned into their slippery, shimmery laboratory. I look on in amazement, as almost instinctively, the girls measure and mix the luminous mucus.

Then Juliette lets out another squeal as a very tiny plastic gem is discovered in the gloop... "Oooh! A unicorn Mum! I saw this one on YouTube!"

Ah! I think to myself, the unfortunate truth of how their mastery was

acquired. I turn to make myself a coffee to take upstairs, with the plan to finally finish clearing out their winter clothes while the baby naps ...

And then it comes. Cascading like a flooding river, destroying any hopes of a quiet moment away while they play and any feelings of money well spent.

Isabella cries out, "My hands are ouchy! They're stinging!"

I rush over to see an angry spread of hives on the back and palms of her hands as she furiously scratches at them.

"Quick! Quick! Let's wash those hands..." as I usher her to the bathroom

"Juliette, stop playing with that stuff!" I instruct.

"No!" she resorts back. "I love it! It's so shiny." She says as her eyes glaze over.

"Juliette!" I yell back, "We are not going to the doctors today..." as I frantically search through the sideboard drawer looking for the preciously stashed tube of anti-histamine cream to dab on those swollen chubby little paws.

What was I thinking when I ordered this stuff?! I had forgotten the hours spent washing it out of clothing... or the time it got stuck in one of my children's hair? Why did I not opt for the 'Painted Pottery' set, or 'Paint by numbers'? I had to opt for slime... always seems to end in tears for someone. When I make the same mistake again (just a matter of time) perhaps I will supervise some good old-fashioned instruction reading on how to mix the ingredients successfully without giving your children welts on their skin.

Oh well there goes my afternoon I think, as I clear away and double bag the sludge. I decide we will revert back to the best, and a classic, winter pastime... home baking.

Within half an hour, cookie mixture is all over their faces, and maybe just little bit in their hair too. At least this time it's a safer mess, and I can relax and smile as they start licking away the gooey mixture from the bowl.

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 Jiasang 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-shanghaiminhang.cn, shanghai-puxi.dulwich.org, WeChat ID: [dulwichpuxi](https://www.dulwichpuxi.com), (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. IBD 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: scisshs.

Shanghai Singapore International School The school strives to inculcate in students a love of learning that will carry them through the

rigorous curriculum and beyond. admission@ssis.asia. www.ssis.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, IB CP (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-CES). 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

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

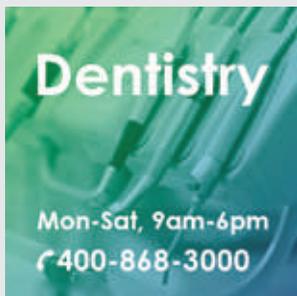
Renaud Air www.renaudair.cn or call us at 400 820 2791. Address: Suite 304-308, 710 Anyuan Road, Jing'an District, Shanghai China. Email: support@renaudair.cn

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 1391811319. 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 invisalign 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), Suite101, 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

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: zjyk61957885

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, kid's health, orthotics, osteopathy,

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; Telephone: 021 6345 5101 > Hongqiao, 211 Chengjiaqiao Zhi Road; Telephone: 021 6461 6550; Call individual clinics for opening hours. www.tcm-shanghai.com. Call individual clinics for opening hours.

Columbia Clinic

Columbia China is a Shanghai based healthcare company founded by Columbia Pacific Management from the USA and Sheares Healthcare Management from Singapore. To meet the growing needs for international standard medical services, our team of multilingual doctors, rehab team and sta from USA, Malaysia, Japan and China assure you of quality medical care that is safe, reliable and hassle-free. The right treatment for the right patient every time. Address: Puxi Bainuo Clinic: 25F United Plaza, 1468 West Nanjing Road; 021-6327-5599; Mon-Sun 8am-7pm; Pudong Yihui Clinic: Rooms 511-513, 5th floor, Building B, LCM, No.2389, Zhangyang Road; 021-6882-1212; Mon-Fri 9am-6pm; columbia-bainuo.com

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.deltahhealth.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 Qinjiang Road Mon-Sun, 24h > Jiahui Medical Centre (Yangpu): 1st/2nd floor, Suite 3, 99 Jiangwan Cheng 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 infRoadential 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

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 sancturate 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@dvaspa.com; www.dvaspa.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 1119, 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



2019-2020 Parents & Kids

2019-2020 未来之星艺术大赛

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



Haoqian Li – G1
Shanghai Liaoyuan Bilingual School (LYBS)



Xinchu Li – Middle Class
Zhongshan Kindergarten



Xiyun Han – G4
Living Word Shanghai



Wang Ka Yan – G4
Shanghai Singapore International School (SSIS)



Judy Ge – Y1
Dulwich College Shanghai Pudong



Wenyan Qiang – Pre-Kindergarten
Vanke Kindergarten, Minhang



Yiqian Xu – Kindergarten
Vanke Kindergarten, Pudong



Ziyu Han – G2
The Little Bridge



Jiahao Song – G1
The Little Bridge



Jiayao Zhu – G2
The Little Bridge



Jaeyun LEE James – G2
Shanghai Singapore International School (SSIS)



Brayden – Senior Class
Soong Ching Ling Kindergarten

Art & Writing Competition



Zoe Gong – 9 Years
Concordia International School Shanghai



George Wei – K1B
Julia Gabriel Centre, Qiantan Campus



Xiaojun Xu/Xueen Huang – K2B
Julia Gabriel Centre, Xuhui Campus



Sean Beack – G1
Shanghai United International School, Hongqiao Campus



Alex Qi – 7 Years
Shanghai United International School, Hongqiao Campus



Mairen Huang – Middle Class
The Kindergarten Affiliated to Shanghai Gold Apple School



Peichi Yu – Kindergarten
Vanke Kindergarten, Pudong



Longxin Pan – G2
Shanghai United International School Pudong Campus



Ruen Lin – G3
Shanghai Hong Qiao International School (HQIS)



Zixin Xu – Preschool
Vanke Kindergarten, Pudong



Chenan Guo – Middle Class
The Kindergarten Affiliated to Shanghai Gold Apple School



Liujunhao Li – Pre-Kindergarten
Vanke Kindergarten, Pudong

A close-up photograph of a young child with light-colored hair, smiling broadly. The child is wearing a pink top. A white plate with blue floral patterns is balanced on their head, held in place by a hand from above. The background is a soft, out-of-focus green, suggesting an outdoor setting.

What Will You
Remember Most
About Shanghai?

The Bund? A promotion? The adventure of a lifetime?
Willowbrook at The Greenhills

Where quality living is the essence of your journey. An exclusive international villa community located in the heart of Jinqiao, Pudong

- Energy efficient living
- Full clubhouse amenities
- Convenient transportation
- Spacious designer kitchens and bathrooms
- Concierge service



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AT THE GREENHILLS

Leasing Hotline

+ (86 21) 6856 8888

info@willowbrook.com.cn