

# Shanghai • Family

March/April 2021

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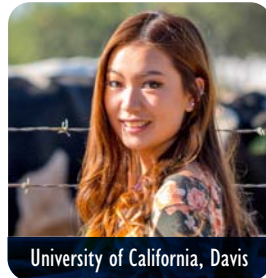
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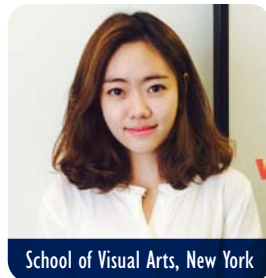
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**Nicole Chia**

is a mum of two who enjoys solving life's problems with a good laugh.



### Family Travel

**Sam Braybon**

is a China travel pro who, in his 15 years here, has visited every province in the country.



### Shopping & Style Solutions

**Eve Wee-Ang**

is a certified KonMari tidying consultant who advocates making space for nature at home.



### Feature

**Nicki Leaper**

is a Women's Leadership Coach who helps individuals define, design and create the life they really want.



### Street Signs

**Johan Prozesky**

is a writer/photographer who enjoys telling the tales of Shanghai through his lens.



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**Jodie Ratcliffe**

is a yoga instructor on a mission to bring positive wellbeing to every body.

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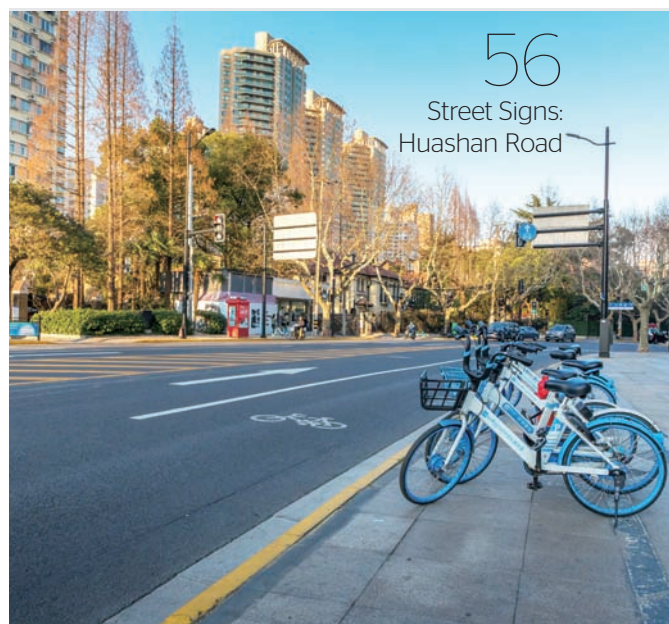


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# Shanghai Family

March/April 2021

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Long outdoor walks, staycations and hitting the gym

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Head Office: 15F, 839 Middle Yan'an Road

Pudong Office: Rm 26C, Block B, Jueshi Building,

29 Xiangcheng Road, Shanghai, China

上海新民社区传媒有限公司

浦东运营部: 向城路29号爵士大厦B座26C

电话: 021 583 81961 / 021 583 81991

Ringier

Censor / Wan Lixin

特约审订 / 万里新

Designer / Zhu Dongmei

美术设计 / 朱冬梅

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印制, 发行经理 / 徐佩华



My family enjoys cycling and sunshine, especially my son, who likes to fly his kite



I like taking my son out, especially when I have finished meeting my quota for work.



Spending the weekend at my favourite water town in China

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## editorial team note

**H**ello everyone, it is a true pleasure to represent the editorial team of Shanghai Family as the new managing editor. This month, I am proud to announce that our first edition will be the Mum's Issue.

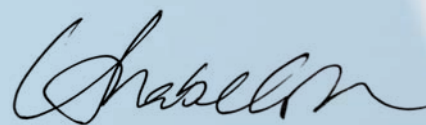
I am very close to my mother, and as a mum I strive to be as present for my daughter the way my mum was with me. In between managing the household, balancing work and blogging, it is very hard to carve time out for myself. Sometimes, placing everyone and everything first can leave me exhausted.

With that being said, staying healthy is important as we need to set the wheels in motion for the family. Which is why in this Mum's Issue, we meet **busy mums who share their secret to staying fit and fabulous (16)**. But exercise is only one component to staying healthy. In wellness, Dr Agnieszka Kucharska Bielewicz **dispels eight myths about women's health (24)**.

What better weather to be out and about than a city blossoming in the spring? Let veteran Shanghai expat Nicole Chia share some tips on **surviving a Shanghai spring (36)**. With sunny skies before us, come with me to some of my **favourite rooftop terraces for al fresco dining (46)**. As spring is underway, let's spruce up our home and let Eve Wee-Ang share how to bring some of **nature inside our living space (48)**. Or, get **flirty this season and find the best style for an outdoor garden party (50)**.

Now that the weather is more tolerable, how about some spring travel with the family near Shanghai? Let our travel expert Sam Braybon take you on an **adventure in the backyard of Shanghai (52)**. With more outdoor activities, let's get creative on feeding our family healthy food with **delicious mid-day snacking (44)**. As the city is in the midst of the bustling spring energy, let Nicki Leaper guide you on how to **maximise your time this month (26)** and if you haven't already, a **gratitude journal may just be what you need (40)** to bring joy into your life.

I hope you enjoy this issue of Shanghai Family.



**Anabela Mok, Managing Editor**  
On behalf of the Shanghai Family editorial team

### Take this survey and WIN!

Dear Readers,



Shanghai Family and Parents&Kids want to provide you with the best content possible, so we've created a survey to help us better understand your interests and needs. Please take two minutes to fill out our survey and enter for a chance to WIN an exclusive prize.

We appreciate your time and hope we can continue to provide you with the most relevant and up-to-date family-friendly content in Shanghai.



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- Spondylolisthesis
- Scoliosis
- Ankylosing spondylitis
- Sciatica
- Osteoporosis
- Spinal fractures

### HIP

- Hip arthrosis
- Femoral head necrosis
- Developmental hip dysplasia
- Hip impingement syndrome

### ELBOW & WRIST

- Tennis elbow
- Golf elbow
- Dislocation
- Bone spurs
- Mouse hand
- Flexor tendon injury
- Tendinitis & Synovial cysts

### FOOT & ANKLE

- Heel pain
- Flatfoot
- Clubfoot
- Ankle sprain
- Plantar fasciitis
- Hallux valgus (Bunion)

\* Bone & Soft Tissue Tumor, Musculoskeletal Trauma

### SHOULDER

- Shoulder pain
- Shoulder dislocation
- Frozen shoulder
- Rotator cuff injury
- Winged scapula

### KNEE

- Knee arthritis
- Anterior cruciate ligament (ACL) tear
- Meniscus tear
- Patellar dislocation or instability

## REHABILITATION

Orthopedic rehabilitation, sports injury rehabilitation, postpartum rehabilitation, breast cancer-related lymphedema rehabilitation, lymphatic massage after plastic surgery, Clinical Pilates

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Appointments



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## Doggy Walking Tour

Need something exciting and new to do around town? Time to put your sneakers on and book your Doggy Walking Tour! A collaboration between Happy Nest and Culture Shock Tours, you and your pooch can join other dog owners to explore the cultural side of the city. Your guide from Culture Shock will share tons of anecdotes and secrets and your dog will have a great social time. Cost is 330 RMB per person. Dogs must be registered, leashed, and owners must bring their own poop bags. To book your tour, send a message to WeChat ID: Bike-Tours-Shanghai.



Want to submit a fresh tip? Just follow us on WeChat and send a message to our official account for a chance to be featured! WeChat ID: **ShanghaiFamily**



## Plant-based Meal to Go

Getting plant-based dishes direct to your door is now made easier with newly launched 70/30, a food-tech company that is now providing functional, ready meals and products to go. Their philosophy of 70/30 comes from 70 percent of their food being plant-based whole foods but the other 30 percent is plant-based comfort food. You can sink your teeth in delicious dishes via popular food delivery app eleme or meituan, just search for 7030.

## Monet Impressionists Masterpieces

One Bund Museum will be hosting some of the finest masterpieces from Impressionist painter Monet. The exhibition, running until August will feature 57 pieces including "Water Lilies", "Wisteria", and "Rose" just to name a few. Cost is 188 RMB per person for admission, One Bund Museum, No.1 Shanghai Zhongshan East Road; Daily 10 a.m. to 6 p.m. (last entry 5:30 p.m.).



## Utopia of Gannan

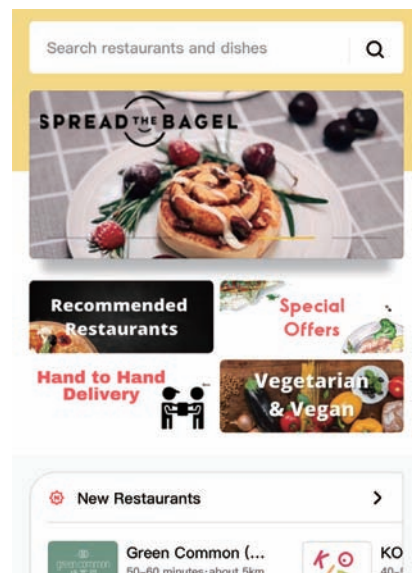
Spend seven days exploring the breathtaking landscape of Gannan Tibetan Autonomous prefecture in Northwest China's Gansu province. OK Deal Travel will take you on an adventure through the vast and unspoiled landscape including visiting important Tibetan Buddhism sites and thousand-year-old grottoes. For more information about travel requirements or booking, send a message to Wechat ID: okdealtravel.





## Explore Yunnan

April is a great month to explore the beauty of Yunnan. Considered one of the most diverse provinces culturally and geographically, you can explore snow-capped mountains and tropical environments. Expat Holidays are arranging trips to Yunnan in the month of April. You can select one of their 5- or 6-day itineraries to Kunming, Haba Snow Mountain, or Xishuangbanna. For more information, send a message to WeChat ID: ExpatsHolidays111.



## JSS Food Delivery Service

Bilingual food delivery service JSS has arrived in Shanghai from Beijing. With a history operating in Beijing and in European cities, their user interface will allow foreigners to select from popular restaurants and grocery items without the use of a translator. Search on the app store for "JSS" to download or hop online at [www.jinshisong.com](http://www.jinshisong.com).

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# *school roundup*



## All-Girls Dance Team Harnesses the Power of the Dragon

Concordia International School's dedicated troupe of dancers began their journey as part of the Pudong Education Bureau and Pudong Culture Sports & Tourism Bureau's Chinese Culture Program that aims to share aspects of Chinese intangible cultural with international school students. The girls successfully debuted their dance at this year's middle school CNY assemblies.

## Wellington College China's EdFest

After a yearlong hiatus, Wellington College China's Festival of Education is returning once again in April. This annual event is an opportunity for educators, parents, and general education enthusiasts to come together, share ideas, and gain new insights into teaching and learning. This year's theme is "Interpreting the Future of Education" and will feature live events on Saturday, April 24 and virtual events from the 18th to 23rd of April. Pre-sale tickets for live events are now available. Virtual events are open to all and free of charge. Bookings for live and virtual events can be made online at [festivalofeducation.cn](http://festivalofeducation.cn).



## Shanghai Family's 12th Annual International School Expo

Our 12th International School Expo will be coming soon! As usual, we will hold the event in both Pudong at Kerry Parkside, and in Puxi at THE PLACE. The annual International School Expo provides the latest international education information for interested families and makes it easier to choose a suitable school for their children. Participating schools set up booths to share information and answer questions. Follow our WeChat account for upcoming announcement of dates.



## Hongwen School "Question Masters"

To stimulate students' desire for knowledge and creativity, the Hongwen School recruited a team of Question Masters. Since December, the school received 406 questions from students across all grades. On 25th February, a live Q&A session and awards ceremony was hosted to encourage students to boldly ask questions, and be enthusiastic learners and independent thinkers.



## LUC's "love·hope" Art Exhibition

The first public welfare children's art exhibition by LUC Education Group and AXF (ArtXFuture) will be held at Shanghai Powerlong Art Museum from 20th to 28th March. The AXF team has planned eight themed artistic experience days and a series of interactive workshops and activities on art topics for each day. Online booking only.

## Emotions at SH French School

Primary school students participated in a workshop on managing emotions. This training allows them to take a new look at emotions, and comprehend them in order to better manage them on a daily basis, giving greater well-being, increased concentration, and calmness in class, and also at home!



## Celebrate 100 Days of School at SSIS!


On 22 February 2021, SH Singapore International School celebrated 100 Days of School with each primary grade using the theme by dressing as centenarians and wearing shirts with 100 items. The celebrations led to learning in mathematics to English to sustainability. The milestone afforded us the time to reflect on what we had learnt.



## Shanghai Qibao Dwight High School

The Dwight School's Annual Global Music Festival has previously been held in iconic venues such as New York's Carnegie Hall and the Shanghai Concert Hall. This year, Dwight School Seoul is hosting the virtual event on 17th April. Being part of a global network offers students countless opportunities for cross-campus creative and curricular collaborations, exchange programmes, and so much more. With six Dwight Schools worldwide, the possibilities for students to become globally minded leaders are endless.





cover story

# Fit & Fabulous

**Busy mums tell us their secret to sticking to a fitness routine, managing children, and keeping a career.**

*By Anabela Mok*



# Siri Nordheim

*"It can be hard sometimes, but I always feel so much better afterwards. And it's that post workout feeling that keeps me going each day."*

It is easy to embark on a fitness programme, it's another thing when it comes to sticking to that plan. We have all been guilty at one time of eating one too many bites of cake, or drinking one too many bottles of wine, and then cancelling gym class—or, postponing it to tomorrow, which leads to postponing the class until the week after and so on, you know how it goes. Pretty soon, you are back to where you have started.

Does this sound familiar? It is pretty much how my exercise routine begins and ends. Now as a working mum, it takes a lot of magic to get me to the gym. I wish calories burnt from running around Mini Mars could count as a fitness routine, but sadly it doesn't. Or, if I could wave my imaginary wand and turn my cancelled classes into finished classes, I would already have the abs of steel I was aiming for two years ago.

In a city where you have an abundance of fitness facilities and competitive events, it is certainly the place to get inspired and excited about exercise. In my journey of motherhood (so far), I have met some incredible mums who can juggle kids, a full-time job, and date night! It makes me wonder. Is there a secret to their success?

I caught up with some of the city's active mums and sought to discover how they manage their time balancing a thriving career, being a mum, being active, and most of all, finding the motivation to stay fit and fabulous.

## What is your workout routine?

I teach about 10 MYbarre classes a week. MYbarre is a really great, high energy group fitness class inspired by ballet and has elements of Pilates. It's pretty physical to teach and I am moving non-stop for the whole hour. However it's not my workout, and as the instructor my main role is to motivate, set the pace, and encourage the students to correctly do the moves.

It's really important for me to make it to the gym about three times a week for strength training. My aim is to increase my strength and shape my body. I also try to regularly join other teacher classes. I love Yoga, BODYPUMP, and BODYJAM. At Z&B Fitness we have four locations and more than 400 classes a week, so it's easy to find a class to join when I'm not teaching.

## How do you manage your time with work, gym, and kids?

I usually plan my workout around my kids' schedule. The kids have all left for school by 8 a.m. so for me, this is a good time before I teach my morning classes. Sometimes I take a class right after mine while I am still high on energy and motivated to do more.

The kids often have hectic weekend schedules with play dates, and I like to have family time. So, I try to keep the workouts around the weekdays and Saturday mornings. I find this

works well to balance both and feel like each has my full attention. We do however often do mummy and me workouts or dance sessions at home on the weekend if I want to get our bodies moving. This is always fun!

It can be hard sometimes, but I always feel so much better afterwards. And it's that post workout feeling that keeps me going each day.

## What was the biggest challenge you encountered when incorporating exercise while raising children?

## What was the biggest challenge you encountered when incorporating exercise while raising children?

Finding the time to workout. Balancing mum life with work and workouts.

**Kids:** 3 kids; 6-year-old, 4-year-old & 2-year-old

**What sports activity do you do?** Fitness classes & gym workouts

**Occupation:** Co-owner of Z&B Fitness and co-founder of MYBarre Fitness







## Dorys Fierro Bernal

*"Be stronger than your excuses and choose to challenge yourself everyday."*

### What is your workout routine?

I wake up at 4 a.m. and go cycling outdoors from 5 to 7 a.m. during the week (weekends can be much longer). If there is a storm or outdoor pollution level is too high, I will cycle indoors at home on the smart trainer. The early mornings are perfect for me to work out because my husband and son are sleeping.

I live in Xuhui and work in Minhang District, I commute to work by bike, because it's faster. I wouldn't consider it a workout, but it's the time I get to relax my mind and body (if I do a high intensity workout in the morning, this will help me to release stress in the muscles). If possible, I also use my lunchtime to do exercise. I work in an area with no places to go to for lunch, and I don't like to spend my lunchtime inside the office (unless it's extremely cold or raining). Last month I used this time to run, but now I am also cycling. It will be a relaxing ride, around 30 kilometres, just to explore the area and take a mental break from work. After work, I will do a quick stop at the gym for an ab workout and stretching.

Usually, my exercise routine will be planned around the goals I want to achieve, for example if I am preparing for a race or an event.

### How do you manage your time with work, gym, and kids?

I have a routine that I follow according to my goals and I am 100% focused on the activity I am doing. If I am exercising, I am fully exercising. If I am working, I am fully working. If it's family time, it's fully family time. Of course, you can have exceptions but that's what I always try to do, to be present, to be focused.

### What was the biggest challenge you encountered when incorporating exercise while raising children?

With children your plans are sometimes more uncertain. If they are not having a good night, or if they are sick, that also affects you directly. Then you just need to adapt and incorporate those changes in your routine. Maybe that "bad" night with your children will be your exercise "rest" day, or you go easier on the following day's workout. The important thing is to adapt, incorporate the changes, and keep moving.

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**Kids:** One, 2-year-old  
**What sports activity do you do?** Cycling, Triathlon  
**Occupation:** Global Project Manager - EDS International



**Lisa Hou**

*"For me getting in a workout is like my cup of coffee."*

### What is your workout routine?

I practice Pilates in the studio or at home on a daily basis and supplement with EMS for toning once a week. When I'm not training for a race or marathon, I try to do cardio workouts four to five times a week such as outdoor runs, HIT classes, spinning class, etc.

### How do you manage your time with work, gym, and kids?

Even in my youth, I have always been an active person. For me getting in a workout is like my cup of coffee. Now that my second child is no longer an infant and is on a set schedule, I always aim to squeeze in a morning workout. I find the workout not only enriches me with energy throughout the day, but it also serves as a sort of meditation. I can clear my head and better prepare myself to tackle the day ahead, whether for work or juggling my kids' busy schedule.

### What was the biggest challenge you encountered when incorporating exercise while raising children?

### What tips do you have for mums who are planning a workout?

Nursing and pumping. The workouts I do favour are heavy cardiovascular exercise and, as such, I burn a lot of calories. During the first couple of months, I found myself exhausted. Running around with the kids and teaching made it challenging to find the proper time to nurse and pump. I adapted by setting a clear nursing schedule while also ensuring I nourished my body with proper meals and nutrition. I also listened to my body, resting when needed and hydrating constantly. Adhering to sound nutritional health habits while designating set times to nurse and pump assisted me in weathering my breastfeeding journey, as well as maintaining my sanity.

**Kids:** Two, 4-year-old and a 1-year-old.

**What sports activity do you do?** Pilates, marathon training, HIT, spinning, EMS

**Occupation:** Pilates Instructor/ Pre- and Post-Natal Fitness Specialist

your children. Arrange your plans with your husband and get him everything prepared in case he will be alone without *ayi*."

3. Lisa recommends new mums to be prepared, "the first workout back will be challenging. Your body has shifted post-delivery and there will be muscle weakness. Rome was not built in a day. It will take time to get back to your normal self. Start off slow. And, as all of us with kids know, some nights will be bumpier than others. Listen to your body when it tells you to get rest, it is imperative to recovery. Getting out of the house is important, even a stroll with the baby outside counts as a workout and can do wonders for your mental health!"

Need help getting started? Here is what you need to know when it comes to planning your workout programme.

1. Jeya believes, "plan and stick to it. If you're an early riser, go for that F45 class before or after you drop the kids at school - or go for a run before work. If you're not a morning workout person (like me!), aim to finish your errands or work by a certain hour and go for that run! You can always go back to your report or Power-Point after the kids are in bed, or after that workout session. Plan the workout as a necessary part of your day, not as an option."
2. Having support is very important. Dorys attributes keeping her workout schedule with "have[ing] an *ayi* that you can trust and love
4. "If you want to jump-start your routine, find another mama who has the same goals or also needs the motivation and plan to go to a class together." Siri also adds, "the community we have at Z&B is amazing and you will for sure find other like-minded mamas there if you need."
5. Sandra suggests trying out a few places before making a commitment. "Gyms are always open to free, trial workouts to see if it's your 'cup of tea.' Try a few fitness concepts (F45, OTF, Pilates, yoga) until you find what works for you!"



# Jeya Ibrahim-Lecomte

*"Every time I went for a run, I always came back more relaxed and less stressed, which is the version of me that I want my children to see."*



## What is your workout routine?

Since I started working from home to start up my own company, I try to do two to three runs a week, with a swimming class once a week. But winter has been a great demotivator!

Now I am trying to get started again, aiming to do at least two runs a week, with a minimum of 15 km each week. I recently started cycling with Les Louves - a group of ladies who do social rides once or twice a week. I was always a nervous cyclist, but I truly enjoy it now! So this will (hopefully), be part of my weekly routine. We ride at least 20-30 km each time.

Swimming has always been my Achilles heel (fear of depth doesn't help!). But hopefully by the end of 2021, I'll be ready for a sprint or OD triathlon. I take hourly swim classes once a week.

## How do you manage your time with work, gym, and kids?

As my company is still in the final stages of incubation, I work all hours on it, so planning is key. I'm grateful that I have a gym and swimming pool in my compound, so I cannot really make excuses to cancel swim class when it's literally a one minute journey downstairs. The children also like to see me on the treadmill when they play near the gym, as they know I'm around but just working out.

I also work from home, so when the kids come home from school, I try to spend 15 to 20 minutes catching up on their day before going back to my desk. Having a husband who is a triathlete helps as well, he supports my workout endeavours! When I cycle, it's always an early morning start (6 a.m.), so he's on toddler duty till I come back from the ride.

## What was the biggest challenge you encountered when incorporating exercise while raising children?

I used to work in a highly demanding office. As a working mother of two toddlers with a husband who travelled very often for work, I always felt guilty leaving for a 30-minute or hour-long workout when I could spend that time with my kids. But every time I went for a run, I always came back more relaxed and less stressed, which is the version of me that I want my children to see. Exercise is the key to making me a better mother and person, so I gradually accepted that I need to take that time out not just for myself, but for my kids too.

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**Kids:** Two, 6-year-old and a 4.5-year-old

**What sports activity do you do?** Running, cycling & swimming

**Occupation:** Entrepreneur



## How do you include your children in your fitness activity?

1. Let them see you exercise. Jeya was "not big on exercise before having children. But my husband started getting into triathlons when I was pregnant with my first born. After my second child was born, I decided to join a relay team with two friends for a triathlon. That was how I started running. I ran my 1st half marathon after four months and I couldn't have done it if my husband didn't support me. Now, our children are so used to seeing us lacing up for a run or taking our bikes out. My oldest has gone for a couple of runs with me, and I've started to plant 'seeds' of suggestion for the kids to go running, or take their little scooters while I run come spring."
2. Incorporate your fitness routine with their interest. Dorys modifies her cycling workout because "the high speed in the bike can be very dangerous for [my child] but I do many activities with them related to cycling that also includes family rides (with the mama bike), or I just go around the neighbourhood and parks so my son can ride his own bike."
3. Go to a mummy workout class! Lisa teaches a mummy workout class where babies are welcomed. "My 1-year-old son has been to every one of the classes with me. We put the babies in the baby carriers and do the movements with them strapped in. As the baby gets bigger, the class gets more challenging- talk about great strength training exercise!"
4. Have fun together. Siri tries to "combine letting my kids join a class while I join an adult class or head to the gym" or, "do dance sessions at home where we pump the music up and move our bodies and shake off all the crazy energy three kids can have. My kids love to dance so this is always a winner."
5. Sandra loves competitive events and "as young as 5-years-old, my kids and husband would join my events. They would walk and jog the 5 km event while I run the half marathon event. I absolutely loved seeing their faces at the finish line and they loved the medals I've collected over the years. At age 10, our second child participated in a Mudrun obstacle course with other kids within her age group. These family runs continued for years. We ran the local Turkey Trots, San Francisco 80's run and many other fun events. I believe it is important to lead by example, to show our children that a healthy lifestyle is important in life, and fun!"





## Sandra Rosenberg

*"I believe I'm a better parent when I have a moment to run or hit the gym to clear my thoughts of work, etc."*

### What is your workout routine?

When my children were young, I was quite busy working in the pharmaceutical sales leadership team so getting my workout in bright and early was vital. I would wake up at 5:30 a.m. to head to my 6 a.m. spin or fitness class. Then get home to wake up my daughters for school, shower while my husband feeds them breakfast and I'd take them to school every morning. This routine allowed me to stay healthy and mentally prepare myself for the busy day ahead. Today, I workout at OTF at least four times per week and will supplement with other training to prepare for an upcoming Spartan event in May.

### How do you manage your time with work, gym, and kids?

Balancing my career with travel, fitness, and family is not a challenge. Rather, it's a mindset to be able to prioritise the ever-changing tasks. For instance, I was very active at my children's school, working on the parent board and tasked to manage the large fundraising events while also being a room parent responsible for executing all the kids' parties. If I had a busy week at work and school activities, I would skip the morning workout and hit the pavement to run at least 5 km around my neighbourhood before dinner. While travelling, I would hit the gym in the morning before meetings. Being agile is impor-

tant, I workout at least four times per week.

### What was the biggest challenge you encountered when incorporating exercise while raising children?

Prioritising the needs of everyone including myself. As parents, often times we prioritise the needs of our children at every stage as they grow, and this is important. However, as parents we need to prioritise these needs and allow ourselves the time to get an hour of fitness in a day without feeling guilty. I believe I'm a better parent when I have a moment to run or hit the gym to clear my thoughts of work, etc. **SF**

**Kids:** Two, 21-year-old and a 17-year-old

**What sports activity do you do?** Gym workouts, running & obstacle running events

**Occupation:** Director of Sales in pharmaceutical industry in San Francisco

### What else do you do to make sure you are in top health?

When it comes to staying healthy, getting the proper rest is important. According to Lisa, "I [also] believe a good night's rest is fundamental for sound physical and mental health (when our babies allow it). The more I rest, replenish, and recover, the better my performance is during a workout and subsequently, the more productive I am throughout the day."

To fuel her active lifestyle, Dorys believes in addition to regular health checks, "nutrition is very important to have the energy necessary to workout, to work, to be a mum, and to be always at the top." Eating healthy also means eating 'cleaner' at home. Jeya uses time at home to "make staples like pasta sauces, stocks for soup, jams, fish fingers, chicken nuggets. This allows us to have meals free from preservatives, MSG, sugar. Of course, we still order takeout, but just having the staples on hand have really helped us to maintain our weights and a more balanced diet." If you are not a chef, don't worry. Siri suggests "getting healthy foods delivered to your door," and "don't forget the supplements such as a multi-vitamin, B12."

Staying healthy also means having "date nights to keep our marriage healthy." Sandra adds, the importance of "hanging out with genuine friends on your free time is important to decompress, catch up, share some laughs and a glass of wine."

Shanghai Family's 12th International

# SCHOOL EXPO 2021

## "Shanghai Family" International Arts Festival 2021春季教育展 - “上海家庭”艺术节

April 17-18th, 10:00am-5:00pm  
THE PLACE, 100 Zunyi Road, Hongqiao

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# Eight Women's Health Myths Busted

**Dr Agnieszka Kucharska Bielewicz from ParkwayHealth dispels eight common myths about women's health.**

## Myth 1

### Heart disease mostly affects men

Many people believe that heart disease is a 'man's disease', just as how breast cancer is a 'woman's disease'. But the truth is, cardiovascular disease is the leading cause of death and disability in women around the entire world.

Between the ages of 45 to 64, 1 in 9 women develop symptoms of some form of cardiovascular disease. After age 65, it is 1 in 3 women, according to the US National Center for Health Statistics.

It's scary, but the figures are important to know, because heart disease can often be prevented by:

- Exercising regularly
- Maintaining a healthy weight

- Not smoking
- Eating a balanced and nutritious diet

On average, women are around 10 years older than men when they are first diagnosed with heart disease. The risk of having a heart attack also increases after menopause. But whatever your age, you should learn to recognise and never ignore the symptoms of heart disease. If you are concerned about symptoms, consult your doctor.

## Myth 2

### Wearing a wired bra can increase your risk of breast cancer

Some people believe that a bra's metal underwire restricts the movement of bodily fluids (also known as 'lymphatic drainage'), which eventually turns the fluids toxic. The

truth is, bodily fluids travel upwards and towards the armpits. The bra you choose to wear will not restrict their flow or cause you any internal damage.

Instead, breast cancer risk factors are associated with your hormones, how old you are, the age you have your first child, breastfeeding, as well as your family history. Speaking to your doctor may help to clarify your risk of developing breast cancer.

Remember to check yourself at least once a month! You can do this visually and physically. Using the pads of your fingers, move around each breast from the outside to the center, as well as under each armpit, feeling for lumps, knots or any other unexpected changes. Visually, look for swelling, dimpling, puckering or any changes in the contour of your breast.

If you find anything unusual, speak to your doctor.

## Myth 3

### You can't get pregnant during your period

It's important to know that having sex during your period does not automatically mean you can't get pregnant.

The typical female menstruation cycle is 28 days long. For many women, their period starts on day 1, and ovulation (when the ovary releases an egg for fertilisation) occurs around day 14.

However, the day of ovulation varies widely depending on a woman's individual cycle. You could ovulate on day 12 of a 28-day cycle, or day 21 of a 35-day cycle.

Plus, sperm can live inside your body for up to 72 hours (3 days), which means having sex during this timeframe doesn't guarantee your egg won't be fertilised.

The likelihood is low, but you can never be 100 percent sure that you won't get pregnant during your period. You should always practice safe sex (unless, of course, you are trying to have a baby!).

For more information about family planning, speak to your doctor.

#### Myth 4 Women can't get kidney stones

Kidney stones are calcified material that form inside the kidney and can travel down the urinary tract. These kidney stones are about three times more common in men. However, women can and do get kidney stones - and passing them out of your system can be very painful!

Men are more likely to get kidney stones from the age of about 40 onwards. Women don't usually develop them until later in life,

from age 50 onwards. However, it's possible to get kidney stones before this age.

Speak to your doctor if you are concerned about kidney stones, or if you experience any of the common symptoms, like back pain, pain when you urinate or blood in your urine.

#### Myth 5 Morning sickness only happens in the morning

This may make you feel nauseous, or even cause you to vomit. But despite its name, morning sickness can actually occur at any time of day!

Truthfully, doctors aren't 100 percent sure why some women experience it and others don't. Increase of hormone levels in the first few weeks of pregnancy are thought to be a contributing factor. Other factors that may make it worse include:

- Having twins or triplets
- Excessive tiredness
- Emotional stress
- Frequent travelling

No one really seems to know why morning sickness is called morning sickness, apart from it usually occurring earlier in the day. Most of the time, it is totally harmless to you and your baby. If you experience it, drink plenty of water, eat small meals, and nap when you need to.

#### Myth 6 Eating fat makes you fat

We're often led to believe that eating any food containing fat is bad for us, when in fact the opposite is true!

Your body needs fat to survive. Healthy fats - like monounsaturated fats in nuts and vegetable oils - help to improve blood cholesterol levels and reduce your risk of developing heart disease. Avocado, cod, salmon, tuna, eggs, nuts, and seeds are all healthy sources of fat.

Avoid foods that are high in transfat or saturated fat, like doughnuts, pastries, biscuits, cookies, regular cheese, fatty meat, poultry skin, and processed meat.

#### Myth 7 Only young girls need the HPV vaccine

There are over 100 different strains of HPV, but only 15 of these are known to cause cancer by triggering the growth of abnormal cells in the cervix.

The HPV vaccine is designed to protect you from two of these HPV strains, which account for 70 - 80 percent of all cervical cancer cases.

Many women think the vaccine is only for young girls, but the truth is, you can encounter HPV at any age. By getting the vaccine, you reduce your risk of developing cervical cancer.

#### Myth 8 Drinking cold water is bad for you

Scientific studies have shown that drinking cold water on a hot day or during exercise helps you to stay hydrated and prevent your body from overheating. In addition, drinking a cold isotonic drink can help you to replenish essential body salts lost through your sweat after a long session of vigorous exercise.

Ultimately, it is still much better for your body to drink water - hot or cold - than it is to consume sugary drinks.



#### Dr Agnieszka Kucharska Bielewicz

Dr Agnieszka Kucharska Bielewicz is a specialist of internal medicine with over 18 years working experience in both Poland and China. She specialises in treatment of hypertension, diabetes and cardiology for both outpatient and inpatient including the emergency ward.

#### ParkwayHealth

**Website:** [www.parkwaypantai.cn](http://www.parkwaypantai.cn)

**Telephone:** 400 819 6622







# The Days Are Long But The Years Are Short

**Make the most of our time in this city.** *By Nicki Leaper*

It was courtesy of American author Gretchen Ruben that I came across the poignant phrase, "The days are long, but the years are short." It's a time management conundrum that has lived itself out fully over the past year. And what a year we've had! The longest on record I'm sure. And yet when I think back to where I was a year ago (luckily, just arrived back in Shanghai after an extended Australian adventure) the time has passed in a blur.

Springtime last year felt like it happened without me. From my dining room table (aka 'the classroom') I watched as our apple blossom tree turned confetti white. The kids were distracted from learning by a 'snow-storm' of petals on a windy day and then it was gone, before we knew it,

making way for bright green leaves and the buzz of mosquitos. When we stepped out of our un-tagged front door, I felt like I was walking straight into the start of summer. My favourite Shanghai season missed in a haze of temperature taking and zoom lessons.

This brings me to a quote by Annie Dillard, "How we spend our days is, of course, how we spend our lives. What we do with this hour, and that one, is what we are doing. A schedule defends from chaos and whim. It is a net for catching days."

So, by choosing to be aware of the power of scheduling our time and activities, what can we do to make the most of our time in this city in its most brilliant season?

*Sometimes, all we need is a change of scenery to clear the head and remind us that beauty really is all around us.*

## Be Grateful

It's well recognised nowadays that gratitude is a key component of good mental health. Harvard Medical School research details that gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity and build strong relationships. What's not to like about that?

But how can you put it in to practice? Really easily. Grab yourself a notebook and pen, and at the end of the day write down three things that you are grateful for. They don't need to be big or dramatic; they do need to be specific. The quick chat you had with a friend you hadn't seen for ages as you were heading to work. The fact that there was no queue at your favourite coffee shop. The laughter on the sofa while watching Netflix before bed.

Building this reflection into a daily practice gives you time to relish your personal, small moments of joy on a regular basis. And we have much to be grateful for. The city is 'open' in a way that it wasn't a year ago and we are lucky enough to be able to be out and about, seeing friends, socialising, in a way that is no longer a given in the rest of the world.

## Schedule an Adventure

Okay, so we're not able to travel cross-continent like we used to, but spring gives us the ideal opportunity to explore in our own back yard. Instead of just thinking about it, what might you discover if you were to actually commit to a weekly city excursion, to watch Shanghai blossom and bloom? Here are some of my favourite outdoor ideas. Which will you choose to add to your schedule?

## Shanghai Botanical Garden

Hop on Metro Line 3, head into Xuhui and escape to one of the largest municipal botanical gardens in China.

Spring is the best time to take in its beauty and colour with a spectacular array of magnolia, azalea and peony - many of which were developed here in China. Sometimes, all we need is a change of scenery to clear the head and remind us that beauty really is all around us.

### Gucun Park

Metro Line 7 will take you into Baoshan and the beauty of Guacun Park, one of Shanghai's Top 25 Can't-Miss Attractions according to Trip.com. A beautiful park that can entertain the whole family, it's the stunning cherry blossoms in full bloom that make now the perfect time to slip away and enjoy a walk among the trees.

### Chongming Island

Less than two hours drive from central Shanghai (well, maybe not on a holiday weekend) and you can reach Chongming Island, the northernmost part of the municipality of Shanghai (so no health code issues

*Add to that the uncomfortable truth that daily schedules and routines can be hard. A never-ending grind of alarm, breakfast chaos, kids drop off, work, after school activities, dinner, bed (repeat). The cold and the rain feel like they have gone on FOREVER and I'm already worried that the sweetness of spring will fall through my fingers again like dust.*

coming here), and China's third-largest island.

There are large scale forests, lakes and wetlands, sunrise, and sunset views over the sea and a number of cultural attractions - making this an ideal weekend getaway from the hustle and bustle of the city. Ride a bike, take a real walk. This is nature at its best within the city limits.

### Change Up Your Day to Day

It's all too easy to stick with 'the same', 'the known', 'the comfortable' - particularly when daily life is busy. And yet the routine blurs not only the passing of time but also the emotions.

We can all plan to use our weekends and free time 'better' but what about deciding to make more of the everyday?

If we keep doing the same things, the same way we've always done them, day in, day out, we're going to keep getting the same results. So what can you do to freshen up your daily routine and make more of your time here in Shanghai?

How about changing your commute? Get out of the Didi a couple of blocks away from where you're headed. Get off the subway one or two stops before your 'usual' and walk to your destination. You'll get to notice the day-to-day details of a different part of the neighbourhood, and BONUS, you'll get a few minutes extra exercise in without even noticing.

Challenge yourself to a week of different lunch spots. Yes, grabbing a salad or some noodles from your usual place is easy and requires no thought but...I'll bet there are at least a handful of places within a 10-minute walk that you've never tried. You might find a new favourite. You might find somewhere you hate. Whichever way, you'll learn something new, you'll be more informed

about your local area and you'll help spread your lunch money around to a few new local businesses, all of whom will be grateful for your support.

### Mix Up Your Mornings.

Shanghai offers so much to do, around the clock, so why not try out a new early morning activity to jump-start your day? When I worked in Jing'an I used to go to a 7 a.m. boxing class once a week. It left me feeling hot, sweaty and virtuous - not a bad way to be by 8 a.m. A good shower later, followed by coffee, a tasty breakfast and 20 minutes of quiet time to read, and I was on my way to work with a spring in my step.

If that's not for you, how about some early morning mentoring while enjoying a walk around Jing'an Park. IPWS (International Professional Women's Society) and Mentor Walks run monthly morning meetups, offering you a chance to develop your own career or support the next generation of leaders - and all before 9 a.m.

Or what about adding in a simple walking break to the middle of your day? Just 15 minutes to refresh your mind and recharge your battery. Shanghai is full of surprises if you take a little time to look. Try wandering along the newly renovated Suzhou Creek; take an inspiring art stroll through M50 or the Sculpture Park, or simply enjoy a tree-lined street stroll. The new perspective that a change of scenery brings can make a huge difference to your day-to-day mental health.

However busy you are right now, know this: We all have the same number of hours available to us. Choosing 'differently', to schedule specific moments of Shanghai springtime fun, might just help you feel a little more in control of the ongoing time conundrum. **SF**







# Springtime Adventures

**We talk to two families to find out what they enjoy doing this season.**

*By Anabela Mok*

**Where do you enjoy short travelling as a family, why? What can you do there?**

We enjoy travelling to the north of China where it still snows until the end of March, otherwise we will go for short trips to Changzhou.

**What are your favourite places in town to visit this spring?**

There are a lot of activities to do in Shanghai. But we enjoy going to the West Bund area to see the museums and for outdoor activities, like running or playing football together. We also enjoy visiting the farms and doing some rice or wheat harvesting in the fields.

**Any outdoor sports and activities you enjoy doing with your family?**

We are quite sporty, so we enjoy playing football together with friends and family. When the weather is nice we enjoy doing calligraphy outdoors. On occasion we play mahjong with friends.

---

**Lulu**, mother of 5-year-old Lou, runs a luxury fashion boutique with celebrity clientele. Her company also works with influential families and film producers, offering high-end real estate and a plethora of lifestyle concepts.





### Where do you enjoy short travelling as a family, why? What can you do there?

We love going to Suzhou during weekends. Less than an hour on the train or a 1.5-hour drive, you will find yourselves in the heart of old town Suzhou. Although it is so close to Shanghai, it has a very different feel. Suzhou is much more relaxed, an advantage of a smaller town with beautiful scenery, historical garden houses and delicious cuisine. Take a stroll along the lake, enjoy some lovely seafood freshly caught from the lake and chill under the willow trees.

On our drive back to Shanghai, we love to stop on the way in one of the

historical water towns, such as Tongli. My kids love to try all the yummy traditional snacks found in the stalls along the lake. The boat trip is also a must for my little ones.

### What are your favourite places to visit in town this spring?

Century Park is undoubtedly our favourite place in town in the spring. It has everything springs have to offer. You will be able to see all the different kinds of seasonal blossoms in the park. There is plenty of space for a picnic and running around. Bring a ball and I will have my three young children entertained for an entire afternoon.

### Any outdoor sports and activities you enjoy doing with your family?

We love to go to the riverside in Pudong between Nanpu Bridge and Lujiazui. There is a nice and long cycling trail that is never crowded. My kids would take their bikes or strollers out and I can jog with them. If we get tired, we can take a short trip on the ferry to go to the Puxi side and back and enjoy the wonderful Huangpu River view. One great thing about the ferry is you can bring your bikes and strollers on board and continue biking on the other side of the river. **SE**



**Teresa Wong**, photographed with husband Michael Li, is a mother of three children (9-year-old and 6-year-old boys and 2-year-old girl), is the Operations Director at Tiny Tots Education Group. After graduating with a Master of Finance from University of Cambridge, she spent her early career in Hong Kong as an investment banker. Because of her children and her passion for education, she started her career nearly a decade ago in early education and obtained her Master of Education with a specialty in early education.



# Living WELL at Central Residences II

Healthy and safe living got easier with a seal of approval. *By Lynn Yen*



**O**ne positive effect of the COVID-19 pandemic is a focused attention on health and safety practices, improvement of existing systems, and creation of new, ongoing standards for the future. The serviced apartment Central Residences II recently underwent a health and safety evaluation by the International WELL Building Research Institute, and earned the WELL Health and Safety 2021 seal. This makes them the first residential building in China to earn this seal. Shanghai Family sat down with Tony Wang, general manager of Kerry Properties Development Management Shanghai, to learn more about the building's health and safety measures. His answers were translated and edited from Mandarin.

## Why was it important to Central Residences II to obtain the WELL health and safety seal?

Our clients are our residents. They spend 90 percent of the time in an indoor environment, so it matters to them whether our building is safe. At present during the COVID-19 pandemic, how well we control our building environment is something under our control. Our actions, if sufficient, can combat the uncertain pandemic situation.

The seal is necessary. It uses a scientific and systematic method to confirm that our every step is done correctly. A seal is authoritative, and WELL is an international standard. Since our clients are international, an international standard fits. So we went with WELL.

## Why is the seal beneficial in Shanghai where community spread infections are very low?

First of all, we are very grateful for some of the country's practices, some of the government's practices. Shanghai and even the whole of China is a very safe place under the pandemic. I believe that the govern-

ment has done a lot of work on the whole. It manages the travelling population in the community and requires isolation measures for the health of people returning to Shanghai. All have ensured the overall safety of the community in Shanghai.

Next, if Central Residences II can do better in terms of our water, air, and human contact, then we can complete the prevention and control of this pandemic. The government won't go into such details, so we will do more delicate, more detailed work.

### What new modifications and protocols were introduced as part of the WELL seal?

Of course, we have already done what we could have done, but we need to have a seal mechanism to help us. Instead of relying on ourselves to do it well, there is a third party (WELL) to check and say it is done right.

First of all, we reviewed the apartment. The treatment of water and soft water ensures that we provide pure water quality.

Secondly, we have installed an air purification system that doesn't involve opening the windows. In the case of an emergency, fresh air can be delivered indoors, and then the contact of respiratory particles can be reduced.

Thirdly, we have some non-contact measures. For example, there is a QR code and facial recognition payment for parking fees, and we can even provide a 24-hour unmanned operation of the gym, which can be accessed through facial recognition.



Then we will regularly perform ultraviolet disinfection, conduct health code readings, provide odorless, environmentally friendly hand sanitiser, and a quick dry hand dryer, etc.

Other actions include selecting cleaning products that comply with industry standards and have corresponding quality inspection reports, and formulating standardised cleaning and disinfection operation procedures. Multiple emergency plans were formulated to prevent and control the coronavirus, along with inspection of fire-fighting facilities and equipment, and regular practice drills.

These are what we have already done or are doing, and for this WELL seal, we received a high score.

When this epidemic is over, Central Residences II will still keep renewing the seal. We saw that we had SARS in 2003, and then I have also seen some scientific reports saying that the next big virus may appear again in five years and ten years, so I think that caring for people is continuous and long-term.

### About the WELL Health and Safety Rating

The International WELL Building Institute launched their Health and Safety Rating in August 2020. In order to achieve the annual seal, an applicant must pass at least 15 of the 24 criteria.

### About Central Residences II

The serviced apartment is a member of Kerry Properties. It has 214 units, with over 60 percent of units measuring over 200 square metres. About a hundred children are counted as residents.

Features in the Central Residences II and across the street at Central Residences I include a swimming pool, clubhouse, basketball court, tennis courts, kid's Cozy Corner, private event space that opened this February, and fitness gym.

### Central Residences II

Address: No. 166, Lane 1038, Huashan Road, Changning District, Shanghai  
Tel: 6226 6633







education feature

# International Education at Shanghai French School

**Prepare for international higher education with an ambitious curriculum in a trilingual environment.**

**F**or many international families living in Shanghai, selecting a school for their child may be one of the most difficult decisions in parenthood. The right school should inspire learning and prepare the child to succeed in a globalised environment.

If you are looking for a school to groom the future global citizen, you may consider the Shanghai French School (Lycée Français de Shanghai). The school welcomes about 1,560 students, provides graduates with The Baccalauréat, the French National Diploma. This world-recog-

nised qualification allows graduates to transition to any global academic curriculum or apply to top universities all over the world.

## Trilingual environment

For those who aren't familiar with the Shanghai French School, it is not only for French speaking families. For non-native French speaking students, a French intensive support programme is offered (called FLSCo: French as Language of Instruction), which generally takes place over two years, allowing students to learn the fundamental language and learning skills required in school while follow-

ing class in the general stream, with the rest of students.

There, the children can develop their oral and written abilities in three languages (French, English, and Chinese) and build strong grammatical foundations. Only after completing this programme are they allowed to transfer to the European English, International American, or International Chinese Streams. As an international French school, accredited by the French Ministry of Education and part of a global network of 535 schools in 139 countries, the Agency for French Education Abroad (AEFE), Shanghai French School ensures that at least 50 percent of the classes are taught in French. But children are also allowed to explore other languages and cultures, thanks to those dedicated language streams, allowing them to master up to four languages upon graduation (as they can also choose Spanish or German).

*In fact, the school hosts over 47 nationalities, a majority of which do not have French as an official language.*



With exposure to different languages and native English-speaking teachers, children also have the advantage to engage with different cultures, allowing them to, confidently, “follow a class in French and then speak Chinese with your friends or switch to English, it’s something very natural here”, says Mrs Lorenzoni, Head of Languages.

### The International American Stream

Students who are enrolled in the International American Stream benefit from a specific curriculum with many courses taught in English and a special focus on America, such as history, geography, and literature classes. Mrs Gouix, the Head of School, adds, “it’s very interesting watching the students able to identify and switch between different cultural thinking and mindsets means, we nurture them as universal citizens, meaning they will be able to work in a very international environment”.

The International American Stream functions within the French school system. The methodology followed provides students an opportunity to be exposed to bilingual and bicultural perspectives, “whether it is world history or American history, teaching the students on how a particular event might be seen from a

European or American perspective will broaden their horizons,” adds Mrs Gouix.

With most universities accepting the accreditation of the French Baccalauréat worldwide, graduates from Shanghai French School are not limited to studying in France only. If standardised tests are required for university, the school is also a testing centre for the SATs, giving students the utmost opportunity for a global higher education.

### An ambitious curriculum leading to a multilingual diploma

For parents looking for greater opportunities in their child’s higher education, these language streams are an interesting choice that leads to the International Option of Baccalauréat, also known as OIB, in their last two years. This program has a recognized American Section that allows a seamless transition for students at Shanghai French School who plan on studying university in the United States of America.

This programme combines the breadth and rigor of the French Baccalauréat with history and literature taught and examined in English, resulting in a bilingual, bicultural diploma. The OIB provides students with university entrance qualifica-

tions valid not only in France but also worldwide. For the OIB graduates, depending on their test results and the university, they can earn university credits. The US College Board and the French Ministry of Education work in partnership to implement and ensure the quality of the American section of the OIB.

With two campuses in Shanghai, in Qingpu and Yangpu districts, the latest of which opened in 2019, the Shanghai French School might just be the school your child needs. As a not-for-profit school managed by families, it is also one of the most affordable international schools in Shanghai.



For more information on how Shanghai French School can best support your child’s educational journey, contact the admissions team to book your visit.

**Lycée Français de Shanghai**

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# 2020 Luxury Living Award Ceremony



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## How to Survive...

# Nature This Spring

**W**ith better weather always comes a need to get out and about in Shanghai. The spring season brings new opportunities for dining al fresco, spending time in blossom filled parks, and banishing your heavy winter jacket into the back of your closet! Here are some tips on how to enjoy the springtime weather in Shanghai.

**1.** Plan outdoor dates! As soon as the springtime weather rolls into Shanghai there is no better time to get out to a park for a social meet up. Especially when there are cherry blossoms in full bloom to check out! Head to Gucun Park in the Baoshan District for the best cherry blossom viewing in the city. There, promptly ignore any friend you have brought with you in lieu of taking 1,000 selfies with the blossoms. If the most bountiful trees are taken, nonchalantly shove aside any child necessary to get to the choice blossoms. Just kidding, don't shove kids. Teens however are fair game in the Instagram war.

*It's a season full of chances to have a great time and fill up your social calendar to the brim, just be careful to not let it overflow!*

**2.** Tiptoe through the tulips! If the cherry blossoms aren't enough to make you feel the spring then head over to the Daning Lingshi Park in the Jing'an District for it's famous tulip festival which happens in March/April. The park has around 1.6 million imported tulips and landscaping guaranteed to whisk your senses away to the Netherlands. After strolling through the park take the opportunity to roll around on the grass like a toddler having a tantrum since it's one of the only parks in Shanghai where you're actually allowed to sit on nature's carpet!

**3.** Treat yourself to a new raincoat! Springtime in Shanghai also means the arrival of plum rain season. If you haven't yet been blessed to go through this season, all we can tell you is prepare to be WET. And not like a gleeful spritzing wet, more like "I stepped out of my house for 0.6 seconds and it's like I was showered by an elephant - wet." So, what better way to stop your soggy blues than to treat your-

self to a new custom rain jacket at the South Bund Fabric Market on Lujiabang Road? Outfit yourself with custom long sleeves, custom length down to your calves and an extra big hood to keep yourself nice and dry! Think Paddington Bear but with less marmalade. Or, also custom fit your new jacket with extra large pockets for MORE marmalade! That way you'll be dry and well fed.

Despite the wet weather, there is so much of Shanghai to enjoy in the springtime and we're sure you have lots of people willing to brush off those winter blues to spend some quality outdoor time with you! Plan some brunches, buy a new pair of wellies and get ready to enjoy all that spring has to offer before the sweltering summer heat arrives! And if spring really isn't your thing, just watch from your windows at all the other people being tormented by the spring's other main event: the start of mosquito season! **SF**



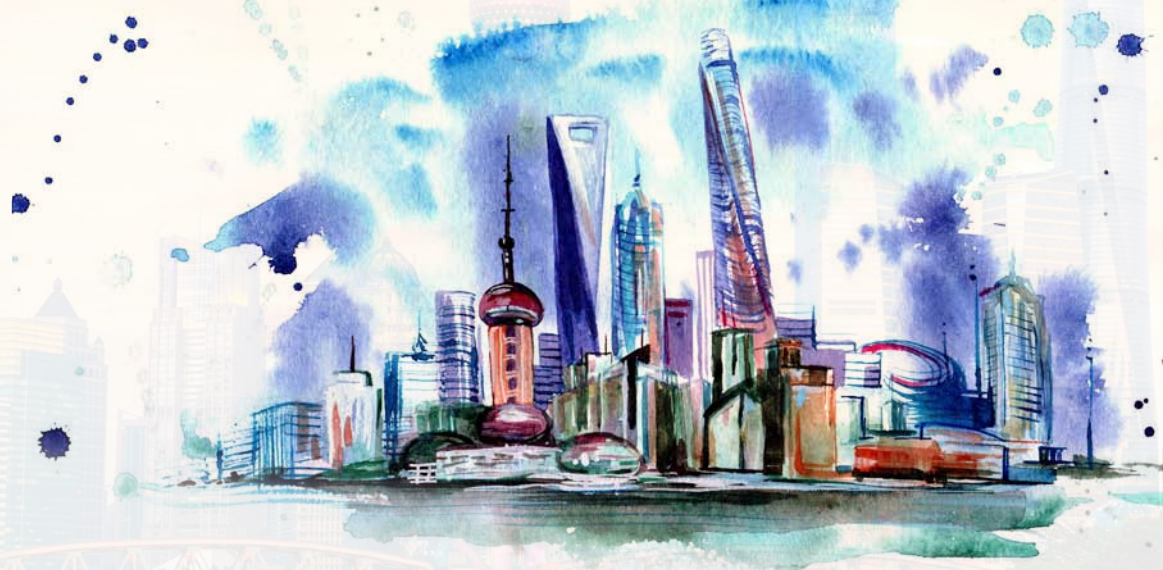


# 2021 STUDENT VOICES

Speech Competition



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one minute in length (file formats: mp4, mov, avi, etc.)

**-Profile photograph, 1MB in size (file formats: jpg, png, tiff, etc.)**

**-One or two short sentences supporting the entry;**

**You need to include your speech title, name, nationality, city, school, grade and contact information in your email.**

**Entries will be divided into three age groups:**  
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*ask the pro*

# Why Does My Kid Have Tooth Decay

**Dr Haifeng Jia from *Jiahui Health* discusses why sugar isn't the only thing that can cause tooth decay.**

**P**eople often say, "sugar causes cavities!" But if that's true, how is it that children who never eat sugary foods can still get cavities?

In fact, what really causes tooth decay is not the habit of eating sugar and sweets, but incomplete and improper teeth cleaning, which allows for the growth of bacteria.

According to the results of the Fourth National Oral Health Epidemiological Survey, only about a quarter, 24.1 percent, of 5-year-olds and about a third, 31.9 percent, of 12-year-olds brush their teeth twice a day.

The prevalence of permanent tooth decay in 12-year-old children is about one third, 34.5 percent, and the prevalence of deciduous tooth (commonly known as baby teeth) decay in 5-year-old children is a sizable 70.9 percent, which is at least 5.8 percent higher than 10 years ago. There is an increasing trend of tooth decay among children, and oral health education still needs to be strengthened.

So what should we do to protect children from tooth decay?

## **The source of tooth decay**

Bacteria + Food + Host + Time

Tooth decay is due to the formation of a film on the tooth surface after eating. When sugars and starches aren't cleaned off your teeth, bacteria quickly begin feeding on them and form plaque. Plaque



that stays on your teeth can harden under and above your gum line into tartar (calculus). Tartar is quite hard, making this type of plaque more difficult to remove, creating a shield for bacteria.

Bacteria on the tartar then begins to damage the teeth. Acid-producing bacteria will remove calcium from the tooth surface. After a period of time, the tooth surface will soften and collapse to form cavities.

To put it simply, tooth decay happens when you fail to clean your teeth after eating. The food residues combine with bacteria in your mouth to produce acid that will slowly erode your teeth, and over time will lead to decay such as cavities.

### How to stop tooth decay

It's not possible to have a completely sterile oral cavity nor is it natural, so it's necessary to control the other three factors of "food", "host", and "time" to stop the tooth decay process.

**Food:** Eating sweets does not automatically mean you will get cavities or other forms of tooth decay, but the bacteria that cause tooth decay do feed on the carbohydrates in sugary foods. Eating less sugar means they have less to eat as well.

**Host:** Refers to saliva and the texture of the teeth themselves. Take steps to seal pits and fissures in teeth so bacteria have fewer places to set up home and grow.

**Time:** This refers to the amount of time that the bacteria has to sit on your teeth. The longer you go between cleans, the more acid and plaque are accumulated. Therefore, if you want to avoid tooth decay, you must brush and floss regularly.

## Protect your child's teeth

So what can you do to ensure that your child has healthy, clean teeth?

### Regular cleaning, regular examination

#### Professional outpatient cleaning

Baby teeth should be cleaned regularly and thoroughly by a professional dentist every 6 to 12 months to remove any plaque or tartar that may have formed on the tooth surface.

#### Brushing and flossing twice a day

*Teach them how to brush properly*  
Make sure they brush their teeth correctly, at least twice a day.

Before the child is 7 years old, you should brush their teeth for them.

After seven years of age, you can transition from brushing for them, to watching them as they brush, eventually allowing them to brush their teeth on their own.

*Use of toothpaste*  
Try to use about a rice grain-sized amount of fluoride-free toothpaste for children under three years old.

A soybean-sized amount of fluoride toothpaste is recommended for children over three years old.

*Use of dental floss*  
After brushing your teeth every day, floss between every tooth.

### Pit and fissure sealing + fluoride coating = double insurance for dental care

*Apply fluoride to make teeth stronger*  
Fluoride acts on the surface of the teeth to prevent the teeth from being corroded by acid and prevent tooth decay.

During the early stages of tooth decay, fluoride can replenish lost surface minerals and restore teeth.

There are three forms of fluoride coating in the clinic: fluoride gel, fluoride foam, and fluoride protective varnish.

Among them, fluoride foam is most suitable for children over three years of age who can gargle. They only need to bite down on a mold full of fluoride foam for 2 to 3 minutes, once a year.

*Seal pits and fissures in the teeth, making them easier to clean*  
The pits and fissures of newly grown teeth are relatively deep and narrow, making them difficult to clean and more likely to harbor the bacteria that cause tooth decay. Preventative sealing can be used in narrow and deep areas to stop this decay from occurring.

Sealing can be used during the emergence of new molars at age three, again at age six, and when the permanent molars emerge at age twelve.



### Dr Haifeng Jia, DDS

Dr Haifeng Jia graduated from Shanghai Jiao Tong University School of Medicine major in dentistry. Afterwards he completed the study of periodontology and endodontics at Peking University Health Science Center. He has over 14 years of clinical experience in dentistry and specialises in general dentistry, root canal therapy, paediatric dentistry, and cosmetic dentistry.

### Jiahui Health

**Phone:** 400 868 3000

**Website:** [www.jiahui.com/en/](http://www.jiahui.com/en/)



A close-up photograph of a person with long brown hair, wearing a dark blue sweatshirt with a white crescent moon and yellow stars graphic, and patterned pajama bottoms. They are sitting on a bed, writing in a small, open, light-colored journal with a silver pen. Their left hand is resting on the journal, and they are wearing a ring. The background is softly blurred.

# An Attitude of Gratitude

**Finding happiness amidst chaos.**

*By Jodie Ratcliffe*

**A**s the world around us gets faster each day, we are all seeking new ways to help us slow down and give ourselves some much needed self-care. The term 'self-care' has seen a 250 percent increase in online searches since the COVID-19 pandemic, proof that we need it now more than ever. Self-care looks different to everyone; some of you may choose a hot bath, others might go for a run, or a yoga class, but one activity that has become more popular is gratitude journaling. If this is a completely new concept to you, please lean in close as I whisper the secrets of journaling to you.

## A Story of Gratitude

I was introduced to gratitude journaling in the Melbourne Airport, when I was declined entry onto my plane to Shanghai due to over-booking. I had to wait 10 hours and of course, my initial reaction was one of frustration and fluster. Once I was eventually booked on to the next flight I sat down with a coffee and rummaged in my handbag for something to keep me occupied. What I found in my bag changed my life. It was a gratitude journal, given to me as a Christmas gift from my best friend. With nothing else to do, I opened the pages and began writing. This one was a guided journal, with prompts on each page that inspired my sentences, such as 'In this moment, I am grateful for ...' and 'Something great that happened today was...'

As I started to write, I noticed a shift in my mood. The feelings of irritation melted away as I reminded myself of the good things that had happened that day, that week, that month, that year. Before I knew it, I was not only listing things that I was grateful for, but I found myself looking for moments of magic and beauty. Watching people being reunited with loved ones, listening to the relaxing music on the overhead

speaker, enjoying the sip of coffee as it touched my lips. And then I would scribble it all down with the eagerness of a child. Through this simple act of writing, I had lifted my spirits and flipped my perspective from negative to positive. As the famous saying goes, I had taken the time to 'stop and smell the roses', and I have kept a gratitude journal ever since.

## The Benefits of Journalling

Journalling is now high on the list of recommended self-care practices as the act of writing on a regular basis has many proven benefits to our mind and well-being.

### Regular journal writing helps us to:

- Remember the good things in life
- Start or end the day with a positive thought
- See things from a fresh perspective
- Make sense of difficult situations
- Feel happier
- Tune in to our inner voice

## How to Keep a Gratitude Journal

James Clear, author of Atomic Habits, says "all big things come from small things" and this is a great approach to apply to the act of gratitude journaling as these tiny moments of writing will have a big impact on your attitude of gratitude.

### If you're eager to start but don't know how, here are my top tips:

- Choose a time of the day where you feel relaxed and will not be distracted. For example, you might set aside five minutes in the morning after the kids have gone to school.
- Find the right place. Is there a nice corner of your bedroom that feels cosy, or a bright window in the kitchen that makes you feel good?
- Start small. You don't need to write pages of gratitudes, just bullet points, lists, or short sentences are a good place to start.
- Don't hold back. The beauty of writing is that your words are for you

*The feelings of irritation melted away as I reminded myself of the good things that had happened that day, that week, that month, that year. Before I knew it, I was not only listing things that I was grateful for, but I found myself looking for moments of magic and beauty.*

and you alone.

- Use a prompt journal. You can purchase ready-prepared journals with inspiring sentences to get you going.
- Put pen to paper. Rather than using technology, try using the lost art of putting pen to paper to get lost in the creative flow.

## Time to Reflect

Once you have the words on paper, it's even more beneficial to re-read your words back to yourself. This is known as the 'cycle of writing for wellness' and gives us the time to reflect on our thoughts as we read over them again. In seeing our words written down, we are able to under-

stand what's really going on in our mind and take charge of our emotions. Seeing the words on paper can remind us of all the good in our life, and can even lead to finding simple solutions for problems that felt so hard to solve.

Once the wise man said that "just one small positive thought in the morning can change your whole day", and I truly believe that this tiny habit can become a lovely, and life-changing, part of your daily routine. With spring on the horizon and feelings of hope in the air, it is the perfect time to embrace the habit of gratitude journaling and welcome its positive effects into your life. **SE**







long way. Your loved ones can feel it even though they are a thousand miles away from you. Once in a while your kid, wife, or husband might show something new they bought. Praise them, compliment them.

### Being there for them

During this difficult time that is overloaded with uncertainties, do not forget to show your support and care for them. If they need someone to talk to, be there for them.

### Send postcards, gifts, care packages...

Technology is amazing especially when you are doing long distance across different time zones. However, you still can create a personal touch, such as sending personalised post cards, gifts, and care packages. Unlike technology, where it takes seconds to send and receive texts, a gift takes time to receive. But that is okay because it's what makes it so special and heart-warming once you or other family members receive it.

### Practice patience

Practicing patience is important in this situation. Some days you may not receive texts or e-mails instantly, and you might start feeling anxious and insecure. Do not fall into the trap of wanting instant replies or answers. Your loved ones are probably busy at that exact moment, but eventually they will get back to you.

Lastly, show compassion. There are families who are separated and won't meet anytime soon. Show them support, as they may have a smile on their face, but deep inside they are vulnerable and miss their family so much. **SF**

# Maintaining Relationships Across Time Zones

**How families stay together.** *By Gina Batmunkh*

It is hard to be away from your loved ones, and it is even harder when we cannot take a flight whenever we want to visit. As much as we like to think technology is a friend, trying to connect and communicate with your family members across time zones are not easy. If you find it difficult, you are not alone.

I think we all agree that there are moments where we feel a bit overwhelmed. Imagine when you are talking to your family all night long, then you have to go to work early in the morning. Your day is not going to be productive and smooth. Here are some tips that are tested to make it a little bit easier to cope with.

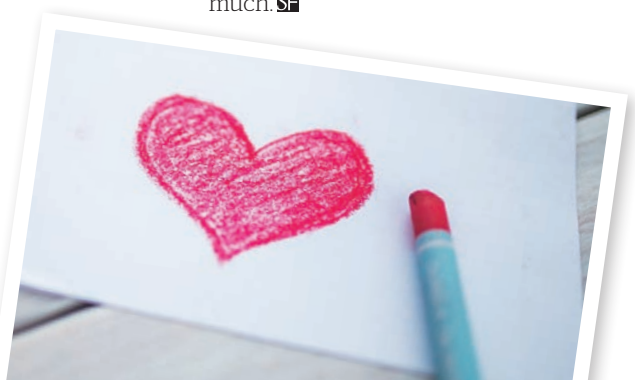
### Make it a routine

Routines are crucial for a long-distance relationship across different time zones, because it becomes more important than a quick phone call. Talk to your family members by scheduling a time in advance. Other things you will need to take into consideration is whether you are a morning or evening person. Work your call around your schedule. This way it gets easier to communicate and be present for them.

### Words of affirmation

So, you always make a call or video call to your family members. That is wonderful. But the important part is expressing your affection of love. Do not hold back your feelings. Saying simple phrases like, 'I love you' goes a

*While you would love to have a nice long chat, they are busy with morning routines and getting ready for school or work.*



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# Delicious Answers To Your Mid-Day Snacking

## Healthy food for a healthy mind.

By Gina Batmunkh

**A**lthough, there are so many store-bought healthy snacks on the market, nothing beats a quick, freshly made snack from your own kitchen. Having a handful of healthy go-to options can be life-changing.

These easy, healthy, and homemade snacks will help you to power up during the day, and are perfect for after school munching. Whether you crave something sweet, salty, or both, I've got you covered.

### Double Bruschetta

150 grams of cherry tomatoes  
80 grams of sun-dried tomatoes  
2 cloves of garlic  
1 tablespoon of fresh basil leaves  
2 teaspoons of capers  
1 teaspoon of dried oregano  
Pinch of salt and pepper  
Olive oil to drizzle  
1 baguette

1. Cut the cherry tomatoes in half and remove the juices.
2. Drain the sun-dried tomatoes from the oil and cut into small pieces.
3. You can smash the garlic or mince it, according to your preference.
4. Drain the capers and mince it. Layer the basil leaves and cut into pieces.
5. Stir all the ingredients in a large mixing bowl and sprinkle salt and pepper, and drizzle the olive oil.





### Sunshine smoothie

150 grams frozen mango slices  
150 grams frozen pineapple chunks  
90 grams frozen papaya pieces

To garnish:  
Raspberries  
Blueberries  
Almond slices

Put the frozen mangoes, pineapples, and papaya into the blender and blend it with patience. You will get a creamy and smooth textured smoothie. Pour it into the bowl and start garnishing with the raspberries, blueberries, and almond slices. Enjoy!

### Vegan Nutella

90 grams almond butter (cashew butter works too)  
2 tablespoons unsweetened cocoa powder  
2 tablespoons maple syrup  
1 tablespoon soy milk or other dairy free milk

In a large mixing bowl, put all the ingredients and mix well until it is all combined. Serve it with fresh fruit, or you can spread it on bread or bagel slices and top it with fresh berries. This nutty and chocolatey spread takes only a couple of minutes to put together. No fancy kitchen tools are required.





*in season*

# Step into Spring

**Outdoor dining, here we come!** *By Anabela Mok*

Spring has finally arrived. And what better way to celebrate this seasons' blue skies than by lounging at some beautiful al fresco restaurants while soaking in the warm sun. Let's step into spring with these gorgeous terraces.

## Chili's

Located on Binjiang Avenue in Lujiazui with an uninterrupted view of the Bund. If you want to enjoy springtime in Shanghai, this is the terrace to do it. Although a little inconvenient from the cosy digs of Puxi, the open space of the Binjiang promenade makes it very comfortable to catch the fresh breeze. With the Tex-Mex flavours of Chili's, you can easily close your eyes and imagine being somewhere else.

If you are going to eat here, you need to chow down on the Smoked Baby Back Ribs (98 RMB). If you have friends, you can rec-

ommend to them the Big Mouth Burger (78-108 RMB) or a Sizzling Fajita (68-98 RMB), hopefully they are close buddies of yours so you can all share. But don't dare to leave without trying out their famous Molten Chocolate Cake (68 RMB) or their Presidente Margarita (68 RMB). By the way, these are all American sized portions, so even if you come here just for the dessert and the blue skies, it is all worth it too.

Address: 3072 Binjiang Avenue  
Tel: 5835 8035



## Kathleen's Waitan

Perched on a quiet corner of Cool Docks, Kathleen's Waitan has a large terrace offering 270 degree views that overlook the Huangpu River. For good food, beautiful ambience and well-made drinks, Kathleen's Waitan checks off all the boxes. Their brunch offering is a real bargain, featuring three courses plus a cocktail for 298 RMB. We decided to get a mushroom quiche, tiger prawn and cod cakes, all this is shareable with our toddler (if she is interested in trying). However, the real showstopper is the view. And with the Bund pedestrian promenade now opened, you can go for an inspiring walk up to the old Bund.

Address: 5F, 453 Waima Road  
Tel: 6327 2221



## Mon The Bund

One of the classic brunch spots on the Bund that can't be missed is Mon on the Bund. Their terrace has an excellent view of the river and their service will make all guests, even the littlest ones, feel like a VIP. If you go on the weekend, be sure to book your table in advance and with the glorious spring weather, try and catch a seat outside on their sprawling terrace. If you are into eggs, their Shakshuka is packed with flavours, and this goes well with the crunchy Cod Fritters. If you go for the brunch, you can select two courses with a cocktail for 298 RMB. If you are taking your child out, they also have a kid's menu and, kids get a colouring set (pencils and colouring pages) for entertainment.

Address: 7F, 20 Guangdong Road  
Tel: 6433 7995



## Azul

Recently opened in Jing'an district's hot spot Shankang Courtyard, Azul, helmed by Chef Will Colmenares, highlights Latin flavours and ingredients in innovative ways. Whether you are soaking in the rays on the bustling outdoor area or sitting inside by the large window, let the vacation-like dining experience of Azul transport you somewhere exotic.

The price point is attractive, and the food is well made. On a weekday, they have just launched a set lunch, where you get two courses for 120 RMB. If you are an egg Benedict fan, try the Avocado Bacon Scone. The scone is nice and crunchy and is a great cushion in soaking up the truffle Hollandaise sauce.

Address: Building 6, 808 North Shaanxi Road  
Phone: 5670 2666

## RAC (Anfu Road)

Tucked in the corner off Anfu Road is RAC, whose perfectly tanned galettes and crepes took it to Instagram fame. Although the outside area is shared with a large parking lot, it is still a hot spot. Whether you are here to grab a quick bite for breakfast or lunch, this is a lovely corner to hang out—even if you want to come here for a quick after school snack with the kids!

To satisfy your sweet tooth, give the Butter Sugar crepe a try. It's delicious anytime of the day but it's particularly great in the afternoon as a picker upper, just get it before the kitchen closes for a rest at 4 p.m. (reopening at 6 p.m.).

Address: Building 14, 322 Anfu Road  
Tel: 136 3659 5172







# Positive Plant Parenting

**Bringing a slice of nature inside your home.** *By Eve Wee-Ang*



**W**hen you first step foot into my house, you will be forgiven for thinking I have green fingers. That's because in nearly every corner in our rented 400 sqm home sprouts a pot of plants. Trees as tall as the ceiling tower overhead, branches of leaves proudly splay, tendrils of leaves crawl on the walls, and baby plant pots dot the window ledges. Our home resembles an urban jungle, despite their plant parent-me, having no green fingers to boast of. If like me, you love to have greens in your home but are worried about murdering them, here are my tips.

**Nothing lasts forever, as with everything in life.**

I am not referring to the majestic Jomon Sugi, the oldest cedar tree in Yakushima,

Japan that UNESCO estimates to be more than 2,000 years old. I am referring to the domesticated potted plants we bring into our homes. Unlike plants that are grown in the wilderness, the plants we buy from the nursery are not meant to withstand harsh conditions or negligence from over and under watering. By accepting their transient lifespan, we give ourselves grace and learn to appreciate their time with us. As my practical mother used to quip, if everything lasts forever, then shop owners will have no business!

**Decorating with plants always wins**

As a tidying consultant, I am often asked for home décor tips after clients remove the clutter in their homes and are left with

empty spaces. I admit my expertise is editing, not decorating, but I always suggest a pot of plants. Here's why:

1. Compared to air filters, plants are cheap and clean the air naturally.
2. Our eyes are always on some sort of digital screen. An occasional glance at your plants provides a soothing respite.
3. Plants compliment all décor by adding warmth and cosiness. It's no wonder the Danes, who popularised "hygge" (Danish for cosiness), advise bringing nature indoors for an extra serving of hygge.

### Parent your plants intuitively

When I first started welcoming plants into my home, I killed them all. Determined to find the root cause, I began asking and taking notes from sellers. When to water, which ones are the sun tanners, when to sprinkle fertiliser? I listened and followed to a T but still, they repeatedly perished in my hands. Frustrated, one day I decided to throw away the manual. My intuition told me I was too busy listening to other's opinions on how they parent their plants instead of pausing and observing my own plants - a life lesson. Here's what my plants taught me.

1. All plants love the sun. Outdoor plants are avid sun tanners while indoor plants perk up when sun shines on them through the windows. This was a revelation for me as I used to think indoor plants are perfectly happy in the dark.



2. Plants don't need to drink every day. In my determination to keep my plants alive, I used to water them daily till their roots rotted. In fact, the number one cause of plant murder is overwatering. Observe your plants. If the leaves are wilting or growth is stunted, it probably had too much to drink.

3. Touch and talk to your plants. Hear me out. Before going for a long trip, I touch all my plants and tell them I will be away for a while but I will return. I started this tradition when I was worried my plants would die during my long absence. Since plants are living things, I reckon they might respond to me. The Royal Horticultural Society agree. One study recorded that talking to your plants helps them grow faster. Possibly something to do with the vibrations. So far, all my indoor plants survive my vacations.

### Start with the hardiest plants

Not all plants are made equal. Some plants are hardier than others, while some require tender loving care. If you are a new plant parent, start with the hardy plants first. The easiest way is to ask your seller for recommendations. Here are my favourites:

#### Aloe Vera

When my kids were little and they get a cut, I would go to my aloe vera plant, slit it open and apply the cool sap directly to their wound. Even now they see aloe vera as a magic salve. Useful and easy to grow, it's perfect for families with young children.

#### Money Plant (Pothos)

Round and shaped like coins, hence the name, money plants are one of the easiest houseplants not to kill as they just keep on growing. These trailing plants are not only beautiful to look at but most impressively are champion air cleaners that take in the bad and release the good.

#### Spider Plant

Just the name renders curiosity in any child. Most amazingly, little baby spider plants known as spiderettes will outgrow from the mother plant as they branch out to form little families that live happily together under one roof. Completely safe and non-toxic, spider plants are commonly used in hospitals and by families with pets. **SF**

### Where to buy plants in Shanghai

#### Puxi:

- Hongqiao Flower Market, 599 Jinhui Road
- Lanling Flower and Bird Market, 1539 Lingshi Road
- Ikea, 1728 West Nanjing Road

#### Pudong:

- Shuangji Floriculture, 620 Pujian Road
- Longda Flower Market, 618 Huazhou Road
- Ikea, 550 Linyu Road



# Garden Party

By Eve Wee-Ang  
photos by Collect Moments

## Flirty spring styles for the season.

Spring. Just the word itself brings forth new hope and fresh beginning. Tune up your senses to birds chirping, insects humming and flowers blooming. Spring is a time when Mother Nature puts up a dazzling show unabashedly bold in showing off her cacophony of colors.

As temperature in Shanghai slowly warms up, it's time to take up Mother Nature's invite and head outdoors to play! After months of winter hibernation, research has shown that just adding a pop of colour into your wardrobe lifts your mood instantly. Drawing from nature's cue, here are some spring shades to dip into.

**Orange:** Uplifting and energizing just like the warmth of the sun.

**Blue:** Calming and tranquil, the feeling you get when gazing at clear blue skies.

**Green:** Grounding and safe, the colour of nature that melts stress and anxieties away.

Regardless of whether you are into floral prints or pure colours here's some outfitting ideas for all style types on how to dress for a spring garden party..



Silk floral slip dress from Edition, 989 RMB



Floral skirt from Hi High Call High, 358 RMB



Hibiscus Book Tote by Dior, 28,000 RMB



## How to wear it

→ **Minimalist:** You are happy to have a capsule wardrobe on rotation but don't mind the occasional spring splurge. Start small with accessories like a floral bag or scarf that will instantly add a jolt of colours to your classics.

→ **Sporty:** You sweat, play and live in sportswear. As sports brands morph into athleisure apparel designed for both workouts and leisure, you may like to try a pair of floral tights or my favourite combination: A pastel coloured dress with sneakers.

→ **Feminine:** Bask in this romantic season and pile it on! Layer florals with bird prints or add stripes into the mix for that element of surprise. Even better, keep them under wraps with a leather jacket or trench coat so that when you casually remove it, it feels like you're revealing a basket of fresh flowers. **SF**

## Mum in focus:

*Gina Martinez from Mexico is a mum of two and owner of Onederful Life that helps to curate and organise spiritual ceremonies for impactful life transitions like farewells and baby showers. In Shanghai for six years, she enjoys flowy dresses and skirts in bright hues for spring. Her go-to label is Isa Castelli and the small shops along Nanchang Road, Fuxing Road, Julu Road, and Anfu Road.*





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Shanghai Family Parents & Kids 虎媽牛娃 HUMANITY





If there is one thing that we've learned about travel over the last year or so, it's that we're all just going to have to be a little more flexible when it comes to planning. There are times we'll be able to fly to sunny beaches in Sanya or gorgeous mountain ranges in Yunnan Province, and they'll be times we'll need to stick much closer to home.

But when you stop and think about it, staying in Shanghai can have some pretty big advantages. Not only are you and your kids learning more about the place that we all call home, you're also supporting local businesses, reducing your carbon footprint and almost certainly saving some cash in the process. Awesome, right? With that in mind here are three family-centric day trips that you can keep in your back pocket for the next time the long-distance travel isn't possible. They'll not only satisfy that inevitable yearning for a bit of adventure - however close to home you may be - but also keep you safely within those all-important Shanghai city limits!

### **Xinchang:** Perfect for Younger Families

You've been to the famous watertowns like Wuzhen, but this hidden gem in the deepest depths of Pudong has loads more low key charm than its rivals, and what it lacks in size it certainly makes up for in personality. Xinchang began as a centre for salt trading 800 years ago when wealthy merchants settled and constructed exquisite mansions, some of which can still be seen today. Wandering the cobbled backstreets here there is very much a sense that this remains a working town with a genuine sense of community, and you'll likely encounter locals selling fresh vegetables from their doorways as well as craftsmen making everything from giant bamboo steamers and traditional lanterns to watering cans, all by hand. This makes an excellent half day expedition which can be rounded off with a tasty canal-side lunch or perhaps a rooftop refreshment at one of the cutesy coffee shops here.

**Getting There:** Xinchang Ancient Town is 35 km from downtown Shanghai (about one hour by car) or take Line 16 to Xinchang Station and a short taxi ride from there. Entrance is free.

# Sticking to the Limits

Excitement near home. *By Sam Braybon*







### Songjiang: Curious Kids Will Love It

Your kids are history buffs, and have visited countless historical sites in town, so what next for budding historians? Well, before the Shanghai we know even existed, Songjiang was kind of a big deal and the excellent Guangfulin Relics Park will tell you all about it. Built right on top of an archaeological site, artifacts dating back 5,000 years have been unearthed and displayed here, showing just what a politically and culturally important town this was. Far more than your typical dry museum, this is a huge outdoor complex that with multiple exhibition halls (and plenty of space to run about in between them). The park includes some pretty bombastic

architecture, from a 'sunken' museum built below the surface of a lake to a full-size replica of a Tang Dynasty temple and far more. It's equal parts educational and eccentric which is a welcome combination as far as we are concerned, and one that will keep curious kids engaged for a good few hours. There are places to eat on site too, but if you still have the energy you could consider heading to the lovely Chenshan Botanical Garden, located right next door, for a picnic.

**Getting There:** Guangfulin Relics Park (广富林文化遗址公园) is 40 km from downtown Shanghai (about one hour by car) or take subway line 9 to Songjiang University Town and then a short taxi ride. Tickets are 50 RMB for adults and 25 RMB for kids.

### Qingpu: Run Wild and Free

There are times that even the most unapologetic urbanites amongst us feel the call of the wild. And look, we're not going to pretend that there is any real remoteness within Shanghai's borders - but there are parts of Qingpu in which you can hear birdsongs and feel the grass beneath your feet! When we have energetic kids in tow we sometimes head to the underrated Oriental Land close to Dianshan Lake. This huge park boasts acres of grassy fields that are perfect for romping across or picnicking on. For youngsters that enjoy a physical challenge there are impressive assault courses to be tackled plus the chance to take part in giant outdoor games of chess, try your hand at kayaking or hit the cycle paths with a rented bike. By the end of the day here, your kids are likely to be utterly exhausted, as well as that bit closer to becoming bonafide extreme sports enthusiasts. Oriental Land is some way out of the city, so making a weekend of it is a good option here, and whilst the park does have its own hotel, we suggest you head to the nearby watertown of Zhujiajiao (just one stop on the nearby metro, or a short drive) where there are lots of local B&Bs to choose from, and parents can relax with a canal-side beer in the evening whilst the kids sleep off their adventures.

**Getting There:** Oriental Land (东方绿舟) is 50 km from downtown Shanghai (about 75 minutes by car) or take Line 17 to Oriental Land and walk for 10 minutes. Tickets are 50 RMB!

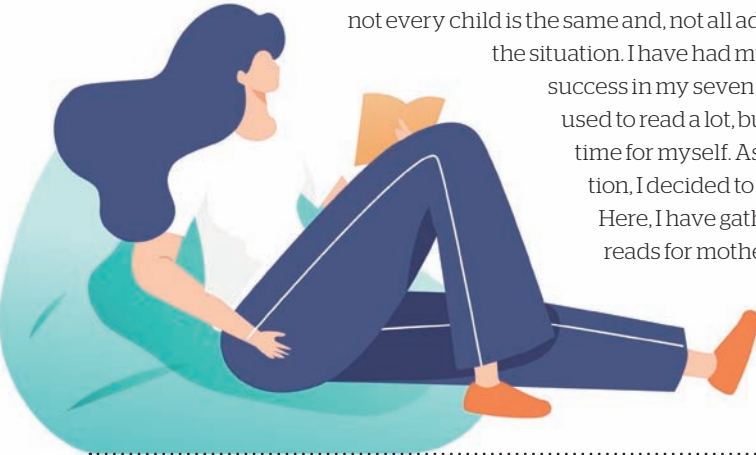




# Goodreads for Mums

Be inspired in your own downtime. *By Gina Batmunkh*

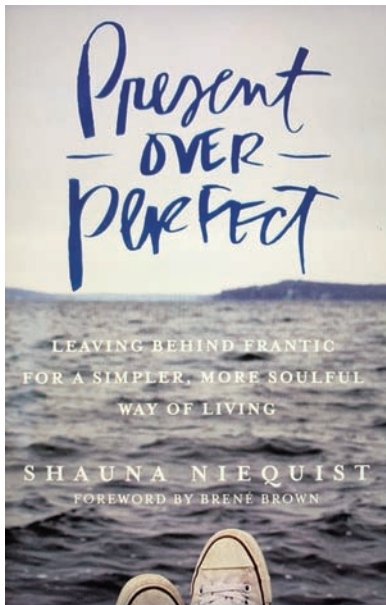
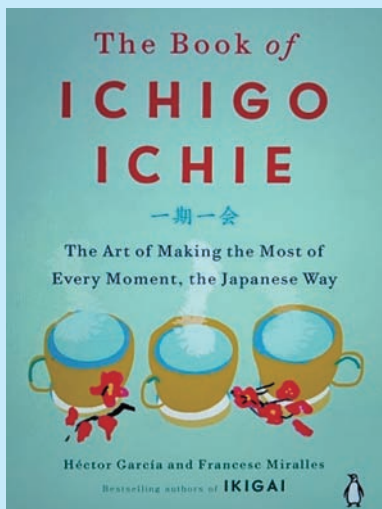
I've been thrown into the world of motherhood without experience, and truth is, no one will ever be able to prepare you for it. Even if you love children, it is different when you have your own. There are many books about parenting, but not every child is the same and, not all advice are applicable to the situation. I have had my share of failure and success in my seven years of parenting. I used to read a lot, but I don't have left over time for myself. As a New Year's resolution, I decided to make it priority again. Here, I have gathered some good reads for mothers who enjoy reading as much as I do.



## The Book of Ichigo Ichie

*By Héctor García and Francesc Miralles*

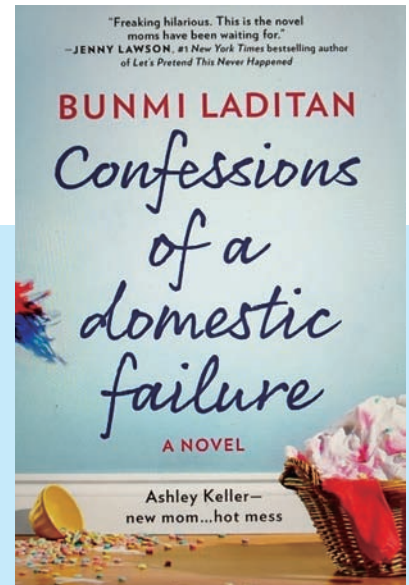
The Book of Ichigo Ichie is a hopeful and practical guide to everyday experiences and living in the moment, as well as making the most out of everything -- the Japanese way. The book will take you through the What, Why, and How of Ichigo Ichie and creating a life filled with special moments.



## Present Over Perfect

*By Shauna Niequist*

The book is about pursuing the present over being perfect. And being present will always matter rather than trying to be a perfect. This book is a great reminder for those who are really busy with large list of tasks, instead of living a meaningful, graceful life.



## Confessions of a Domestic Failure

*By Bunmi Laditan*

In this book, we follow our protagonist Ashley Keller who is losing her sanity by being a stay-at-home mum. To save her from going crazy she joins in a mummy boot camp, and from here onwards the story takes a hilarious turn. To be a perfect mum, you need to be a master of all trades.

## I'm Fine and Neither Are You

*By Camille Pagan*

The book is about Penny who is barely keeping it together, while her best friend Jenny seems to have it all. Suddenly, a tragic event reveals that things aren't what they seem. This book

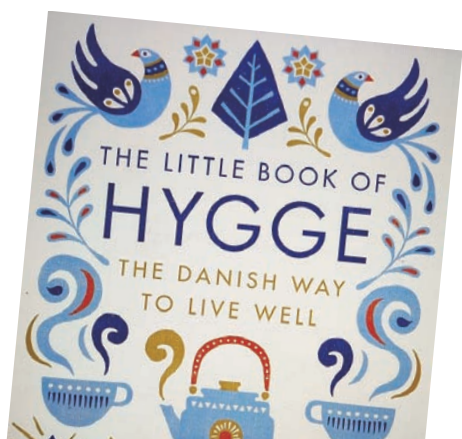
touches on issues that an everyday woman has to face: work, life, relationships and even herself. The author also emphasizes that fixing something isn't always easy.



## The Little Book of Hygge

By Meik Wiking

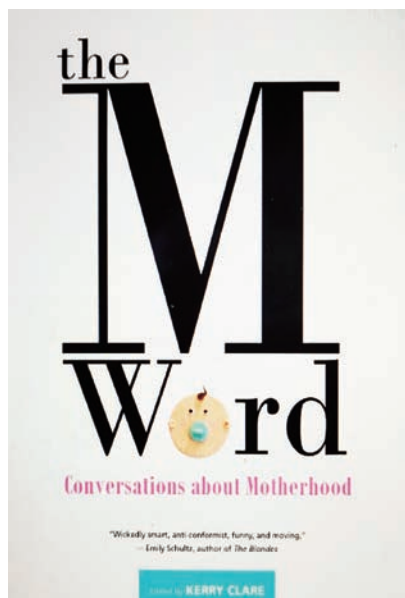
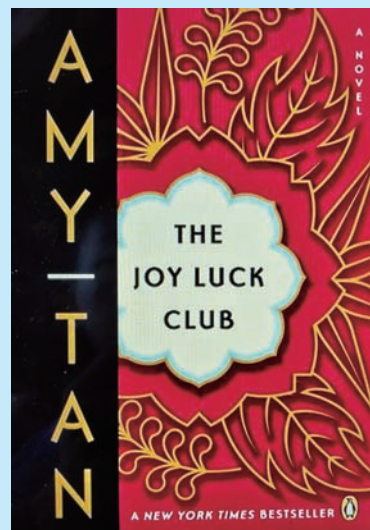
The book not only looks aesthetically pleasing on the coffee table, but it's a treasure chest of information on how you can find your own sense of Hygge. The taste, smell, sound, sense, and sight and how to let the feeling of Hygge surround you; a path to happiness and personal growth.



## The Joy Luck Club

By Amy Tan

Heart-warming stories of the relationships between mothers and daughters touch on the persistent tensions and powerful bonds between generations and cultures.



## The M Word, Conversation About Motherhood

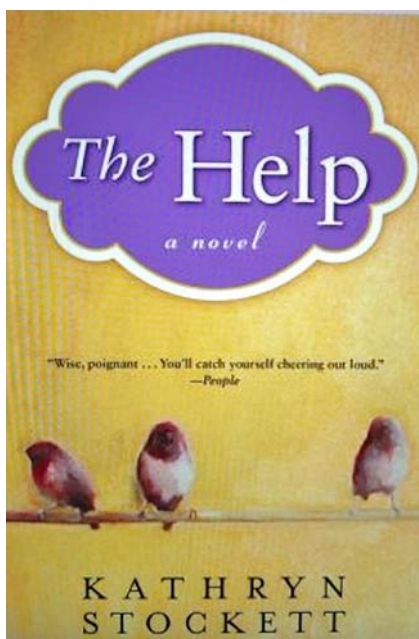
Edited by Kerry Clare

Motherhood means something different to all of us, and what it means is not simple to explain. Every mother has their own journey. This book contains a collection of essays by mothers which touch on many facets of motherhood.

## The Help

By Kathryn Stockett

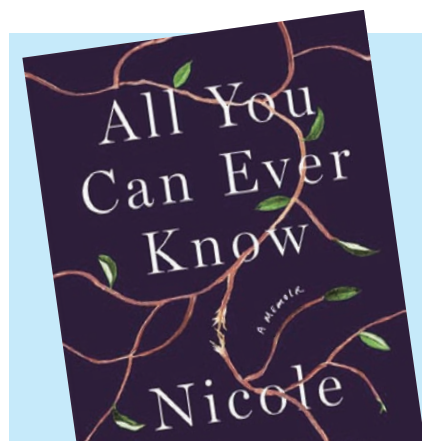
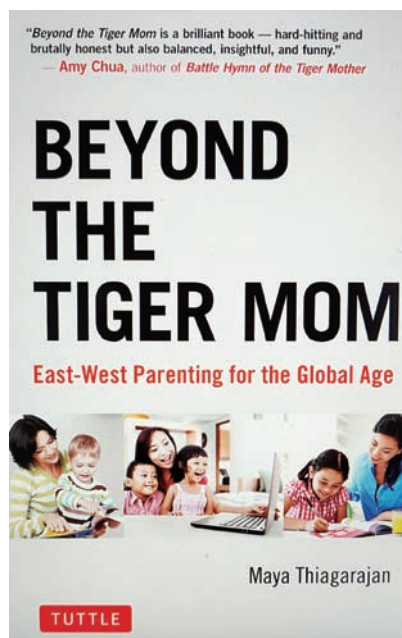
The book addresses the physical, emotional and social hardships in Jackson, Mississippi in the 1960s. The book is narrated by three different women where each one of them has their own rebellious side.



## Beyond the Tiger Mom

By Maya Thiagarajan

Not only does the author analyse the difference in education between the East and West she also provides humour and many other suggestions for how parents can playfully help their children to be more comfortable and skilled in math and reading. [SF](#)



## All You Can Ever Know

By Nicole Chung

A beautifully written memoir, Nicole Chung was placed for adoption by her Korean parents and raised by a white family in Oregon, US. When she was told that her biological parents made an ultimate sacrifice to give her a better life. She becomes curious about where she came from and wondered if the story is the truth.



Spotlight On:

# Huashan Road

By Johan Prozesky

**District:** Changning and Jing'an

**Cross Streets:** Zhenning Road and Hongqiao Road

**Nearest Metro Station:** Jiao Tong University, Line 10 and 11; Exit 7

**H**istory and modernity blend beautifully along winding Huashan Road, stretching from Jing'an Temple to the Xujiahui area. Built in the 1860's, many influential artists and scholars have called the street home, along with powerful people who played a role in the shaping of Shanghai history. They used to live here in their imposing villas, and, exploring the street, you will notice different architectural styles. Its distinctive architecture is one of the main reasons Huashan Road is famous.

Huashan Road is one of the 144 heritage roads in the city, never to be widened to protect historic buildings and trees. This initiative by the local government is a big part of the reason that Shanghai is one of the best-preserved cities in China, despite all the modernization.

The picturesque tree-lined street is good for a family stroll, especially nearer to the Jing'an area; whether it is to explore the architecture, shop, relax in a park or grab something to eat at one of the numerous fine eateries.



▲ **1.** Looking for elegant living in a central, sought-after location, with every whim catered to and no detail overlooked? Breathtaking views, well maintained lush gardens, contemporary interiors, 24-hour security and concierge service are just some of the features that make Central Residences II so inviting, contributing to a life of comfort and serenity. With the hustle and bustle of the city just minutes away - this is as good as it gets. Upmarket cafés, western restaurants and galleries are near. Just minutes from major roads, residents have easy access to other parts of the city.

Satellite TV, children's playground, reading room, sauna, gym and sports club offering tennis, squash, table tennis, yoga and swimming pool add to a living experience that is hard to improve on.



No. 166, Lane 1038, Huashan Road, Changning District; Tel. 6226 6633



▼ **2.** Located in the heart of Xujiahui, the boutique five star Radisson Blu Plaza Xingguo Hotel towers over beautiful gardens and villas, providing a tranquil oasis for guests. With its easy access from highways and both airports, as well as major shopping, entertainment, and historical areas, the hotel is a favourite with guests staying for pleasure or business. Adding to the luxurious experience are the well-equipped banquet and meeting facilities, business and conference center, along with a full health club and recreation centre. Award winning, sophisticated dining at any of the four restaurants is sure to please. Their Li Palace restaurant is a connoisseur's dream - why not pop in there and spoil your family one evening?

The Radisson obviously realizes that paying close attention to small details can have a huge effect, inspiring an unforgettable experience.



1F, 78 Xingguo Road (near Huashan Road); Tel. 6212 9998



▲ **4.** Founded in 2003, American Sino & Children's Hospital (Outpatient) provide a comprehensive array of OB/ GYN and pediatric services, like pre-natal packages and different birthing options. They are dedicated to providing value-added and customized healthcare. The facilities are equipped with state-of-the-art technology. Medical staff speak English and Chinese, and direct billing services are available with almost all leading insurance providers.



2-3F Block 6 Clove Apartment Building, 800 Huashan Road (near Changle Road); Tel. 3175 2520 for Pediatrics; 3175 2530 for OB/GYN



▲ **3.** Despite Shanghai's reputation for innovation and renewal, its beautiful well-maintained parks remain destinations for some serious R&R by citizens of all ages. Some of these parks are huge sprawls of green spaces, while others feel more like little hidden pockets of tranquility. Huashan Children's Park is one of the latter - it is a small, charming spot with lush greenery that feels more like someone's big backyard than a park. Quiet and less touristy, people take their dogs for a walk and kids enjoy the playground equipment.



1575 Huashan Park

▼ **5.** Visiting Melody Jiezhou Art & International Preschool, the relaxed family-like atmosphere is tangible - obviously conducive to learning. They opened in 2005, and offer places to children aged 1.5 to 4 years, of whom more than half are expats. Their bilingual curriculum is based around mental training, music, and rhythm, creativity, brain development, and language and communication, with elements of Montessori education and JELIC brain development. They focus on developing healthy habits and stimulating children's natural curiosity and desire to explore the world.



91 Xingguo Road (near Huashan Road); Tel. 6438 7603





# How to Make the Most Out of Your Gap Year

By Xiyona Gosain

Taking a gap year was not initially part of my 10-step plan to adulthood, but here I am, living through my free year as I gear up for university. For many of us, it is hard to talk about our year without referring to the obstacle that masked us from creating memories and living normally. Attending university was one of them. It's safe to say, if it hadn't been for COVID-19, I would have bid my farewells to Shanghai and would have probably been crying over my midterms right about now. Although it was a decision forced upon me, I do not regret taking time away from school and would recommend it to every high school senior.

Putting yourself out in the real world before you commit to a specific major allows you to explore your interests. It serves as an internal checklist, making sure you're studying what you want to. Getting job experience gives you an insight into your desired career and the bonus of putting it on your resume. Shanghai Family was that platform for me. I was able to expand my current interests through a real-life simulation before entering the job market. While I interned at Shanghai Family, I was able to experience the life of an editor and an illustrator. The time I spent at the office taught me the value of my skills and the importance of socialising with people outside of my comfort zone. I do believe this would benefit me when I attend art school soon. Find something that really resonates with who you are as a person, and that will be the push you need when you're feeling down.

Now, I would drop everything and travel to Seoul for three months for a study programme, had it been any other year.

Although I wasn't able to, assuming flights return to normal, do not miss out on the opportunity to travel and study abroad. Getting out of your comfort zone allows you to grow individually and teaches you independence, which will help you for the rest of your life.

Want to learn how to build an app? Have you always wanted to learn a language but just never found the time? A gap year is perfect for you to indulge and explore beyond your current interests. It is consequential to keep an open mind and exude self-awareness. Without teachers, counsellors, or essentially school, it is easy to get side-tracked and lose motivation. 2020 taught me the significance of adaptability. It is important to be self-disciplined as each activity one undertakes during a gap year helps build you as a person. I recommend getting out of your comfort zone, socialising, and getting experience in both your field and work that ignites the passion in you.

It's ironic as the name, a gap year isn't missing out on life but a chance to enhance yourself as an individual. **SF**



*Xiyona Gosain, 18, longing to attend university soon, has been in Shanghai for as long as she can remember. She's often found with paint on her clothes, getting creative and crying over Adobe software.*

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## ORIENTATION

### Housing

#### THE EMERALD

Within the compound, The Emerald's elegant North American-style villas are all gateless and come with an open front yard, spacious back gardens, high ceilings, and large windows. Some units boast their own private indoor or outdoor swimming pools. Villas are fully furnished, but tenants can also bring their own furnishings. Many are equipped with water filtration system, central vacuum system, partial floor heating, home alarm system, fibre optic broadband connection and "Blue Air" air purifiers. Facilities include 2 fully equipped clubhouses, indoor and outdoor swimming pools, 4 tennis courts, 2 soccer fields, children's indoor and outdoor playground, café and bakery shop. There's also 24-hour security and a bilingual call centre, yard and pools maintenance, air conditioning maintenance, regular external wall and window cleaning, and pest control. Lane 2888, Hunan Road, Pudong New Area, Tel: 6812 2222, [www.shanghai-emerald.net/marketing@shanghai-emerald.com](http://www.shanghai-emerald.net/marketing@shanghai-emerald.com)

# community listings

## LE VILLE RESIDENCE

Le Ville Residence Shanghai Jing'an features 217 comfortable and luxurious units, intelligently designed to provide residents with convenient, first-class Shanghai living. Each unit comes equipped with compact kitchen supplies, comfortable beddings and a 24-hour attentive butler service. On-site fitness centre and yoga room offer respite after work, while other leisure facilities, offering food, shopping and entertainment, enable residents to enjoy Shanghai life to its fullest. 663 Xikang Road, Jing'an District, Tel: 3366 3666, [leville.jingan@yango.com.cn](mailto:leville.jingan@yango.com.cn)

## SHANGHAI CENTRE

Often called a city within a city because of its size, Shanghai Centre, designed by renowned American architectural firm John Portman & Associates, houses 472 serviced apartments, 30,000 sq. metres of prime office space, three levels of retail, a performance theatre and an exhibition atrium, and has been a Shanghai landmark since it opened in 1990. Apartments feature central heating and air-conditioning with individually-controlled thermostats, a coffee maker, toaster, large flat screen TV, satellite TV with over 50 international and local channels, and an in-room safe. On-site facilities include a business centre, post office, fitness centre, indoor and outdoor swimming pools, preschool and kids' club, supermarket, dental clinic, garden terrace, underground parking. There is also 24-hour security and customer service, room service, housekeeping, dry cleaning, photo services, postal services, and a doctor-on-call service. 1376 West Nanjing Road, Jing'an District, Tel: 6279 8502, [www.shanghaicentre.com](http://www.shanghaicentre.com), [leasing@shanghaicentre.com.cn](mailto:leasing@shanghaicentre.com.cn)

## TIMES SQUARE APARTMENTS

A long-time favourite with expats seeking upscale living arrangements in Shanghai, Times Square Apartments have been designed and furnished to the highest specifications. The interiors are characterised by sleek furnishings and feature decorative ornaments with stylish bathroom accessories and kitchenware. Residents have the choice of from one-room units for singles to three-room deluxe suites for larger families. Apartments come fully furnished and are outfitted with electronic key card access, wireless internet, well-equipped kitchen, large LED TV, satellite TV with international and local channels. Shopping malls, trendy boutiques and a cosmopolitan selection of restaurants and bars can be found nearby. Close to Tianzifang, Shanghai Grand Theatre and Shanghai Museum. Facilities include a gym, outdoor swimming pool, tennis courts, and parking. There is also 24-hour security and multilingual reception services, regular housekeeping, plus laundry and dry cleaning services. 111 Middle Huaihai Road, Huangpu District, Tel: 3122 8873, [vinisayu@shtimesquare.com](mailto:vinisayu@shtimesquare.com), [www.timesquareapartments.com.cn](http://www.timesquareapartments.com.cn)

## WILLOWBROOK AT GREENHILLS

Escape from city crowds with the spacious five-bedroom villas at this development. These luxury villas offer not only generous living spaces within each unit, but also come with large private gardens set within an exclusive and secure compound. Villa features include central heating and air-conditioning, underfloor heating, thermal windows, wireless internet, centralised water purification system, water filtration, natural gas fireplace, well-equipped kitchen, dishwasher, and satellite TV. Next to many business and commercial hubs in Shanghai and near international schools such as Concordia and Dulwich College. Walking distance to stations on Metro Line 2. Facilities include a gym,

indoor and outdoor swimming pools, tennis courts, children's playground, and convenience store. There is also 24-hour call service, maintenance and repair services, community services, and drinking water services. 418 East Jinxiu Road, Pudong New Area, Tel: 6856 8888, [www.willowbrook.com.cn](http://www.willowbrook.com.cn), [evan.kong@willowbrook.com.cn](mailto:evan.kong@willowbrook.com.cn)

## Pet Care

### DOCTORS BECK & STONE

A pet hospital chain in China, supporting responsible pet ownership, and providing international-standard veterinary services. Open daily 9am-7pm. 500 Weining Road, Tel: 3250 6721; 66 Qingshan Road, Tel: 6402 9226, [www.doctorsbeckandstone.com](http://www.doctorsbeckandstone.com), [info@drbns.com](mailto:info@drbns.com); For appointments, pet pick-up and emergencies Tel: 400 103 8686

### PETSHOME VETERINARY HOSPITAL

With affordable prices, Petshome offers veterinary and hotel services so you can get a quick check-up for your pooch or drop them off in capable hands as you run some errands around town. English speaking doctors available. 131 Changning Road, near North Jiangsu Road, Tel: 6226 6112 or 6212 3211; 507 Wuzhong Road, Tel: 6242 5599 or 5477 5163

### SECOND CHANCE ANIMAL AID (SCAA)

This group offers families the chance to foster a pet temporarily while they look for a permanent home for it. [www.scaashanghai.org](http://www.scaashanghai.org)

### SHANGHAI WESTIE VETERINARY CLINIC

Shanghai Westie Veterinary Clinic offers affordable, comprehensive healthcare plans for pets. 1325 Gubei Road, near Huangjincheng Avenue, Changning District, Tel: 5216 0830

### SHANGHAI THINKA ANIMAL HOSPITAL

Thinka animal hospital is the first Japanese solely invested animal hospital in Shanghai. We have advanced medical equipment like CT, MRI etc, providing diagnosis in English and Japanese. Our hospital service contains professional veterinary medicine, immunity and insect repellent, health check etc. 70 East Xietu Road, Huangpu District, Tel: 6333 3210 or 6333 3211

## Relocation, Storage & Stores

### ASIAN TIGERS MOBILITY

Asian Tigers Mobility is a leading provider of international moving and relocation solutions, providing comprehensive, end-to-end mobility services tailored to our client's needs. [www.asiantigers-mobility.cn](http://www.asiantigers-mobility.cn), [sales@asiantigers-china.com](mailto:sales@asiantigers-china.com), Tel: 3209 5561

### EUROPEAN BEDDING

European Bedding is a premium bedding store that specializes in natural organic latex mattresses and pillows. We recognise the demand for a customisable sleeping system which focuses on good back support for all ages, builds, sleeping positions and personal preference. No. 104, 425 Yanping Road, Jing'an District, Tel: 133 0168 0232, [www.europeanbedding.com.cn](http://www.europeanbedding.com.cn)

### EXCEL WORLDWIDE MOVING & STORAGE

Provides international, domestic, local and office moving and storage services. Professional services, competitive rates, no hidden charges. Free residential consultation in English 7 days a week. Unit 101, Focus Business Centre, Bldg 4, 508 Chundong Road, Xinzhuang Industrial Park, Tel: 3462 8040 or 130 6176 4395, [info@excelrelo.com](mailto:info@excelrelo.com), [www.excelrelo.com](http://www.excelrelo.com)

## MINISTORAGE

Are you moving house? Have too many things? Need more space to store your personal items or for your growing business? MINISTORAGE is an expert in self storage and offers climate controlled, secure and flexible storage units ranging from 1m² to 50m² (larger upon request). Contact us for more information! Bldg 1, 33 Jinji Road, Pudong New Area, Tel: 6045 6838, [info@minicc.com](mailto:info@minicc.com), [www.minicc.com](http://www.minicc.com)

## WOW MOVING CARE

A 100% optimised packing service for relocation, Wow Moving Care provides free visitation consulting (no additional charge), special plastic boxes and baskets and all the tools to provide you perfect service. Tel: 183 0181 7380, [ceo@wow525.com](mailto:ceo@wow525.com), [www.wow525.com](http://www.wow525.com)

## Services

### SHANGHAI YIYANGMEIJIA HOMESKEEPING SERVICES CO., LTD.

A leading home services provider in Shanghai and Beijing, that offers including washing & ironing, Chinese/ Western style cooking, nanny services/ babysitting, home health care, chauffeuring, gardening, Chinese massage and more. Both full time and part-time are available. Languages includes Filipino, Republic of Indonesia, English and Chinese. 15F, Anbao Bldg, 800 Dongfang Road, Tel: (Lina Liu) 150 2655 6459 or 177 1746 9951, [www.51yyjm.com](http://www.51yyjm.com), [sh51yyjm@163.com](mailto:sh51yyjm@163.com)

## FAMILY-FRIENDLY FOOD & BEVERAGE

## Asian & Western

### BELLA NAPOLI

This Italian eatery holds its own thanks to the low-lit atmosphere with intimate tables and cozy wall paintings. The trattoria serves simple but excellently prepared dishes like fresh seafood and homemade limoncello. The second location features a new selection of pizzas and a leafy, intimate outdoor courtyard with 15 tables. Lane 4, 946 Changling Road, Tel: 6248 8985; 73 Nanhui Road; Tel: 5289 0806, [www.bellanapoli-sh.com](http://www.bellanapoli-sh.com), [guido@bellanapoli-sh.com](mailto:guido@bellanapoli-sh.com)

### BLUE FROG

Young professionals grab after-work drinks and killer burgers at the Maoming branch while families lounge at the Jinqiao and Hongmei outlets, and Daning provides a welcome escape for Zhabei expats. 30 Hongmei Entertainment Street, Lane 3338 Hongmei Road (near Hongxu Road), Tel: 5422 5119; 207-6 South Maoming Road (near Yongjia Road), Tel: 6445-6634; Rm. B12, 131 Tianyaoqiao Road (near Xingeng Road, Metro Line 1 Xujiayui Station), Tel: 3368 6117, [www.bluefrog.com.cn](http://www.bluefrog.com.cn)

### ELEMENT FRESH

Fresh fruit smoothies, healthy wraps and generous salads provide healthy dining options across Shanghai. Plus, the outdoor seating, high chairs, crayons and coloring placemats make it kid-friendly. 1F, Northwest Corner, Super Brand Mall, Pudong New Area, Tel: 5047 2060; 1376 West Nanjing Road, Shanghai Centre, Tel: 6279 8682; 4F, 1028 Middle Huaihai Road, Kwah Centre (near Donghu Road), Tel: 5403 8865, [www.elementfresh.com](http://www.elementfresh.com)



# community listings

## FAT COW SHANGHAI

This restaurant on Hongmei Lu serves American classics: signature burgers, grilled steaks and boneless fried chicken. Fresh salads are also available for health-conscious eaters. 7 Hongmei Entertainment Street, 3338 Hongmei Road (near West Yan'an Road), Tel: 3422 1700; info@fatcowshanghai.com, www.fatcowshanghai.com

## LIQUID LAUNDRY

Liquid Laundry is a popular gastro-pub / lounge with a fully-functional brewery, that sits opposite IAPM on Middle Huaihai Road. The menu offers a variety of nicer-than-expected bar food, featuring items like wood-fire oven pizzas, rotisserie chickens, mac & cheese, and hand-crafted charcuterie. 1028 Middle Huaihai Road (near Donghu Road), Tel: 6445 9589, www.theliquidlaundry.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! 5F, 1192 Century Avenue, Century Link Mall (near Century Avenue Station Exit 8), Tel: 5067 1759, www.texasroadhouse.com.cn, WeChat: TexasRoadhouse

## YE SHANGHAI

Ye shanghai, which means "Nights in Shanghai" in Chinese, representing a nostalgic life style and culture of Shanghai, is located in an old Shanghai Shikumen building. Hearty and diverse cooking techniques result in dishes that are well-developed and balanced in Shanghai, Jiangsu and Zhejiang cuisines. Signature dishes: baked crab shell stuffed with crabmeat, stir-fried river shrimps, deep-fried fish in sweet and sour sauce, roast duck. Delicate dishes and fantastic environment, accompanied with fancy music, meet all sorts of dining requirements, no matter business lunch or private dinner. 338 South Huangpi Road, Tel: 63112323, www.elite-concepts.com, yss@elite-concepts.com

## Food Delivery

### EPERMARKET

Whether you are looking for fresh fruit and vegetables, specialty cheeses, pantry favourites or even home care products, Epermarket should be your go-to. www.epermarket.com, Tel: (Customer service) 400 776 0776

### SAM'S CLUB

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 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! Qingpu: Junction of Jiasong Middle Road and Yejin Road (Metro Line 9 Sheshan); Pudong: 2110 Gaoke West Road, (Metro Line 7 Jinxiu Road).

## ENRICHMENT

### Arts, Music & Dance

## THE ACTIVITY BOX

An early childhood learning centre specializing in programs for children from 16 months to 4 years. Children discover and learn academic and life concepts through structured activities as well as songs, play, storytelling and arts & crafts. Half-day and full-day programs offered. 230 Wuding Road (near Changde Road), Tel: 6888 1913; Block 9, Summit Residences Clubhouse, 108 Shangcheng Road, Tel: 6888 1913, www.theactivitybox.com

## ARTSPIRE VISUAL ARTS CENTRE

Artspire Visual Arts Centre is a professional organization dedicated to art education for children. We have an award-winning curriculum from the USA based on the National Visual Arts Standards. For children from 3-12 yrs. Chinese, English, and Spanish speaking. Also try the full-time/part-time SUMMER CAMP with artistic journey and tennis game. A202, 2633 West Yan'an Road, near Shuicheng Road, Shang-Mira Commercial Centre, Changning District, Tel: 6211 9632, www.artspire.cn

## AWESOME KID'S CLUB

Hosts after-school and weekend programs, holiday drop-off camps, children's birthday parties. 2FL, 940 Changde Road, info@awesomekidsclub.com.cn, www.awesomekidsclub.com.cn

## BJORKY EDUCATION

Bjorky Education originated in Sweden. We are a children's education company that focus on the values of children's creativity and environmental/social awareness. Now our creative learning programs (based on our own patent pending curricula) on weekends is available in a beautiful venue located in the heart of Xuhui. We strive to let children enjoy their own process of inner potential empowerment through different "languages" such as art, music, photography, storytelling, and creative movements with our experienced international teachers. The bilingual program (English and Chinese) is for children between 3-5 years old. 888 Huashan Road, Tel: 131 6261 6359, Chelsea@bjorky.se; WeChat ID: Bjorky

## CONCORD MUSIC

An international music school located in Gubei/Hongqiao with an international faculty. Our bilingual music lessons for all ages are full of creativity, fun and interaction. We promote making music together with your friends and family! Private 1-on-1 lessons include free ensemble opportunities. Current special courses: Summer Music Camp, Music Exploration Day Camp (every Saturday), Music Appreciation Class for Adults, Keyboard/Violin/Guitar/Pop Vocal/Jazz Vocal group classes. 10% discount on 3-months package! 678 Gubei Road, Tongquan Building, Suite 803, Tel: 5235 7398, info@concord-music.com, www.concord-music.com

## ELG

ELG is a social enterprise dedicated to providing high-quality special education, developmental, behavioral and mental health services in China. No 19-20, Lane 209, Zhennan Road; 6F, 814 Pudong Avenue, Tel: 4006 129 423, www.chinaelg.com, services@chinaelg.com

## EXPAT LEARNING CENTRE

A convenient option for continuing education classes in a variety of subjects, including the arts, business, computers, and education. 80 Shaanxi Road (near Weihai Road), Jing'an District, Tel: 5588 9133, www.shanghai-classes.com, inquiry@shanghai-classes.com

## ISTA PERFORMING ARTS ACADEMY SHANGHAI

ISTA now welcomes students from Pudong and Puxi

on Saturdays! Founded in 1978, The International Schools Theatre Association offers a unique opportunity for all English speaking young people aged 11-18 who are passionate about Music, Drama, Dance and/or Theatre Technology & Set Design. Supported by an award winning board of patrons from the entertainment industry, the Shanghai Academy offers expert tuition in collaborative performance and composition. Every Saturday, 9am - 1pm starting October 10th. Orsini Theatre, Western International School of Shanghai, 555 Lianmin Road, Xujing, PAAShanghai@ista.co.uk

## ISTAGE ACADEMY

The iStage Academy is an international bilingual Performing Arts company located in the centre of Lujiazui in Shanghai. We offer comprehensive, one stop high quality courses and examinations in Music, Drama, Dance and Musical Theatre to students aged 3 to adult. All performing arts courses are designed by our highly talented and professional teachers reflecting our deep commitment to academic excellence and vision to help every student to be successful. 2F-18, 1088 Plaza, 1078 South Pudong Road, Pudong New Area, Tel: 5072 5172, www.istageacademy.com

## JITTERBUGS SHANGHAI

These 45 minute classes combine an exciting mix of musical fun, dance activities and physical education to help develop your child's creativity and physicality. A variety of age groups from 6 months -4 years. 60RMB per class or buy 5 classes at any time for 250RMB. Tel: 135 6454 0084; www.jitterbugsinshanghai.com, jitterbugsinshanghai@gmail.com

## JULIA GABRIEL Centre FOR LEARNING

The Julia Gabriel Centre for Learning offers parent and child play classes starting from 6 months old, EduDrama from age 3, and a book room with storytelling and puppet shows. 75 Wuxing Road, Tel: 6437 3773; www.juliagabriel.com

## JZ SCHOOL

Spark your kid's musicianship from an early age at this popular school for musical study. The reputable institution provides a variety of classes ranging from fundamental theory to contemporary music and performance arts. Creative classes use games, art and story-telling to build your child's musical imagination. Lane 12, 280 Wukang Road (near Hunan Road), Xuhui District, Tel: 5403 6475, info@jz-school.com, www.jz-school.com

## KIDS ATTIC

A bilingual childhood development centre for children ages 18 months to 4 years old, Kids Attic aspires to be more than a daycare through its belief in motivating children through consistent and stimulating input. Our goal is for every child to develop a love of learning through hands-on experiences in phonics, numbers, art, music and dance, sign language, storytelling, etc. Full-day and half-day programs offered. Embassy Clubhouse Pudong, 588 Hongfeng Road, Tel: 131 4819 8740 (English) or 131 6266 3622 (Chinese), www.kidsattic.com, kidsattic@hotmail.com or info@kidsattic.com

## OOGIE ART

Oogie Art is an art portfolio prep school that started in New York City twenty years ago. We have campuses in NY, Boston, Seoul, Busan, and opened our Shanghai location this year. Our award winning programs and expert instructors from the U.S. nurture young artists grades 6-12 in developing the techniques, creative thinking, and artistic confidence

# community listings

to make unique artworks that help them win awards, college scholarships, and acceptance into top art colleges and universities. 600 Tianshan Road, Bldg 1, Suite 2305, Tel: 6135 2686, contact@oogieart.cn, WeChat: OogieArt; www.oogieart.com

## SINGING SPECKLED FROGS

Relaxed and fun parent and baby and toddler singing group. Children sing classic nursery rhymes, play instruments and dance. No reservation required. 60 RMB/class each Thursday in Xintiandi and Friday in Lujiazui. Casa Lakeville Basement Aerobics Room, 506 South Huangpi Road; 6F, Lujiazui Worldpath Clinic International Meeting Room; 399 North Nanquan Road, singingspeckledfrogs@gmail.com

## THE POTTERY WORKSHOP

Classes in both Eastern and Western pottery techniques for kids aged 5-12. University trained teachers conduct classes in both English and Mandarin. 2F, 220 Taikang Road, Tel: 6445 0902; Studio 1A, Lane 180, South Shaanxi Road, www.potteryworkshop.com.cn, info@potteryworkshop.com.cn

## PREMIERSHIP EXPERIENCE

Premiership Experience is a leading sports and cultural tour operator for youth in the United Kingdom and our passion lies in delivering experiences which will provide lifelong memories for all young people and their parents who travel with us. Over 15,000 travellers joined our excursions last year. We are excited to start operations in China and deliver the same level of quality and service to our guests. Our mission is to endeavor for every child and their parents to travel the world with us and come back a more rounded, experienced, skilled and educated person. We believe that a combination of sports, history, art, culture and language exchanges will brighten the life and expand the horizon of any child and young adult. Suite 1111, 11F, 525 Zhenning Road, Tel: 400 100 8920, office@prem-ex.cn

## ZOOLIGANS

Zooligans offers a safe, clean and exciting environment for your child to gain knowledge through well thought out purposeful play. Drop off, Mandarin Immersion and Mommy 'n Me Programs available. Flexible programs for up to 5 years old. Bldg 8, 1765 Hongqiao Road, near Shuicheng Road; House 5, 350 Jidi Road, Tel: 159 2152 6449, www.zooligans.org

## Z FENCING

Learn fencing to develop focus, discipline and determination. For kids ages 4 to 12. Learn fencing from Z Fencing, the leading fencing club with presence in Singapore, Shanghai, Kuala Lumpur and Los Angeles. Suite 505, 3211 Hongmei Road, Tel: 6426 1113, www.zfencing.cn

## Financial Services

### ST. JAMES'S PLACE

St. James's Place is a FTSE-100 wealth management company that offers personalised advice on financial, investment and tax planning, designed specifically for expats' lifestyle goals and stages of life. With offices in Shanghai, Beijing, Shenzhen, Hong Kong and Singapore and managing £109.3 billion clients' funds under management, St. James's Place are one of Asia's leading wealth management companies. The team of advisers across the mainland of China can assist you in the many aspects of life as an expatriate, especially making the most of the opportunities whilst living abroad. 20F, Tower 1, Jing'an Kerry Centre, 1515 West Nanjing

Road, Tel: 8028 5300, www.sjp.asia, china.info@sjp.asia, WeChat Official Account: SJPASIA

## Schools: K-12

### BRITANNICA INTERNATIONAL SCHOOL SHANGHAI

Britannica offers the best of British independent school education. Our dynamic and caring staff are experienced in delivering the English National Curriculum. We embrace and celebrate a multicultural population, providing a personalised programme to meet the needs of all students. Small classes and an inclusive policy ensure pupils are fully supported across the curriculum. www.britannicashanghai.com, admissions@britannicashanghai.com

### 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. www.bisspxi.com, admissions@bisspxi.com

### CONCORDIA INTERNATIONAL SCHOOL

Concordia 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 PUXI

Set upon 40,000 square meters 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. www.shanghai-puxi.dulwich.org, admissions@dulwich-shanghaiminhang.cn; Wechat ID: dulwichpuxi; Tel: 3329 9310 or 3329 9399

### DULWICH COLLEGE SHANGHAI PUDONG

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. www.shanghai-pudong.dulwich.org, admissions@dulwich-shanghai.cn; WeChat: Dulwichcollegeshanghaiapudong;

### HARROW INTERNATIONAL SCHOOL SHANGHAI

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 New Area, Tel: 6881 8282\*210/212, www.harrowshanghai.cn, admissions@harrowshanghai.cn

### HUILI SCHOOL SHANGHAI

Huili School Shanghai is a member of the Wellington College family of schools. Located in the New Bund district of Pudong, it is a world-class and purpose-built school, equipped with the staff and facilities to provide the very best academic and co-curricular opportunities. The academic team is made up of highly skilled international and Chinese leaders and teachers committed to delivering the Huili curriculum's vision of holistic bilingual education. The school's vision is to successfully combine the inherent strengths of Eastern and Western education principles, giving pupils both the "fish and bear's paw" in a truly immersive bilingual learning environment. 235 Linyao Road, Pudong New Area, Tel: 3177 5080, www.huilieducation.cn/shanghai-school, admissions.hss@huilieducation.cn, WeChat: HuiliSchoolShanghai

### LIVING WORD SHANGHAI

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. 688 Jiyou Road, Huacao Town, Minhang District, Tel: 6296 8877, admissions@lwchina.org; www.lw-school.org

### 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)

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. 1399 Jinhui Road, Minhang District, Tel: 5226 0539; www.nacis-shanghai.com, apply@nacis.cn; Wechat: NACIS\_Shanghai

### 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. 258 Jinfeng Road, Minhang District; 1600 Lingbai Road, Pudong New Area, Tel: 6221 1445\*2152 (Puxi Campus), 6221 1445\*3305 (Pudong



# community listings

Campus), info@saschina.org, www.saschina.org, WeChat: SASEagles

## SHANGHAI COMMUNITY INTERNATIONAL SCHOOL

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. Tel: 6261 4338 (Hongqiao Campus), 6295 1222 (Hongqiao ECE Campus) and 5812 9888 (Pudong Campus), www.scis-china.org, admission@scis-china.org; WeChat: scishis

## SHANGHAI SINGAPORE INTERNATIONAL SCHOOL

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

## SHANGHAI UNITED INTERNATIONAL SCHOOL

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. www.suis.com.cn, suischool@gmail.com

## THE WESTERN INTERNATIONAL SCHOOL OF SHANGHAI (WISS)

WISS is a leading international school in Shanghai that has been inspiring young people from around the world since 2006. Offering all four IB programmes, WISS provides the ideal environment for students to explore their passions and to succeed. www.wiss.cn, admissions@wiss.cn

## WELLINGTON COLLEGE INTERNATIONAL SHANGHAI

Opened in August 2014 and located in the New Bund area, Wellington College International Shanghai is a fully co-educational day school with over 1,400 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 (2020-2021) 1500 Yaolong Road, Pudong New Area; Tel: 5185 3866 #3885; Early Years Centre address: (Nursery and reception): 195 Tongwan Road, Pudong New Area; Tel: 3175 6687, admissions.shanghai@wellingtoncollege.cn; shanghai.wellingtoncollege.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 programs 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 programs. 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. Tel: 2226 7666; www.ycis-sh.com

## Schools: Pre-K

### FORTUNE KINDERGARTEN

This school believes in interactive learning for primary school preparation, and incorporates games and field-trips www.fkis.com.cn

### HAPPY BRIDGE KINDERGARTEN

We are a kindergarten that aims to offer a well-rounded and immersive education to all our students. We 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. Our 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. 489 Huaiyin Road, Tel: 6223 8870; www.happybridge.org

### HUILI NURSERY SHANGHAI

Located in the New Bund area in Pudong, Huili Nursery Shanghai represents a marriage of traditional values and evidence-based practice from the UK and China. The nursery has been designed to use indoor and outdoor learning spaces to promote recognised areas of learning and development in the unique child. The nursery team are a like-minded group of professional practitioners with a shared vision. For ages: 2-6 years old. 215 Longwan Road, Pudong New Area, Tel: 3158 0010, www.huilieducation.cn/shanghai-nursery, admissions.hns@huilieducation.cn; WeChat: HuiliNurseryShanghai

### LITTLE LIONS CHILDHOOD DEVELOPMENT CENTRE

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. 3221 North Zhangyang Road, Pudong New Area; Tel: 153 1792 5705, www.littlelions.cn

### 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. 2777 East Jinxiu Road, Pudong New Area; 588 Hongfeng Road, Pudong New Area; Tel: 6179 9559, info@scholaracademy.org

### MONTESSORI SCHOOL OF SHANGHAI

The Montessori School of Shanghai (MSS) offers an engaging bilingual Montessori curriculum that nurtures children to become inquisitive global citizens. Teachers create nurturing and beautifully designed classrooms to encourage exploratory learning and discovery for curious minds. The Montessori School of Shanghai (MSS) is the only Montessori school in Shanghai accredited by the

American Montessori Society (AMS) and accredited by the Middle States Association of Colleges and Schools (MSA-CESS). MSS leads the way in quality and standards in China and School. 586 Gaojing Road (close to Huqingsping Road), Qingpu District, Tel: 5988 6688, admission.whq@montessorisos.com; 21 Donghu Road, Xuhui District, Tel: 5403 7699, admission.xuhui@montessorisos.com; 1313 Xiwang Road, Jiading District, Tel: 5910 2208, admission.jiading@montessorisos.com; 3852 Duyuan Road, Minhang District, Tel: 3403 1000, admission.minhang@montessorisos.com; www.montessorisos.com, WeChat: mss2005shanghai;

### 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 globalised 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. No. 230-233, 779 Fangdian Road, Pudong New Area, Tel: 5187 2889; www.luc-china.com, admission@luc-china.com

### X²B MONTESSORI

X²b Montessori is a beautiful, elite Montessori located in the heart of Shanghai. It's a certified, bilingual institution in the Xintiandi area, Huangpu District. Their teachers hold master's degrees in children's psychology, children's early education and also children's arts' and education. X²b's concept is a balanced combination between Montessori and different educational, artistic and emotional development. Your child will be welcomed with warm smiles every morning and will leave the campus with glowing, happy faces. 368 Xujiahui Road, Huangpu District, Tel: 6335 3773

## Sports & Fitness

### ACTIVE KIDZ SHANGHAI

A not-for-profit youth sport organization offering activities from age 3 in several locations around the city. Soccer, basketball, baseball, gymnastics, ballet, field hockey, volleyball, tennis and more! Tel: 6406 6757, www.activekidz.org, activekidz@gmail.com

### CETA ELITE TENNIS ACADEMY

This academy - which is the International Tennis Academy of the Shanghai ATP Masters - is renowned throughout Asia for its proven results. With programs ranging in level from beginners to professional players in four locations throughout Puxi and Pudong on indoor courts, deco turf, and red European clay, they are sure to have a program that suits your needs. Coaches can also go to your compound for private lessons. Summer camps are available in Puxi and Pudong. Tel: 139 1812 8067, academy@cetatennis.com, www.cetatennis.com

### ICONX

If you love to skate or want to learn, iconx offers after-school classes for kids as well as Shanghai's first indoor skate park. The brand also has a shop by Suzhou Creek Westbund that carries professional-grade wheels, trucks, decks, clothing, shoes and more. 3399 Longteng Ave., Xuhui District; 151 Kangding

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Road, Tel: 5410 8570, Customer Service: 173 2128 5456, [www.iconx.com.cn](http://www.iconx.com.cn), [info@iconx.cn](mailto:info@iconx.cn)

## SHANGHAI GYMNASTICS

Shanghai Gymnastics offers a safe and fully equipped gymnastics facility for you and your family. With a coaching staff certified by the United States Association of Gymnastics (USAG), the gym offers fun and safe classes where children and adults of all ages and skill levels can learn and have fun. Classes include acrobatics, cheer, dance, gymnastics, tumbling, trampoline, parkour and a special summer camp program. Birthday party slots are available each week. 789 Hongahong Road (near West Yan'an Road); 59, Bldg. 1, 2622 Jinqiao Road (near East Jinxiu Road), Tel: 186 2178 1281, [shanghai.gymnastics@gmail.com](mailto:shanghai.gymnastics@gmail.com)

## SHANGHAI INTERNATIONAL YOUTH SOCCER LEAGUE (SIYSL)

Shanghai International Youth Soccer League (SIYSL) is committed to providing a safe, fun, and progressive learning environment to develop recreational and competitive youth soccer players (ages 5-16) to the best of their ability. More than 4000 players from around 20 international schools have participated into the league during the last six years. SIYSL has spring and fall seasons every year composed of four age groups, and two tournaments every season. Tel: 183 0198 7976, [www.siyslchina.org](http://www.siyslchina.org), [info@siyslchina.org](mailto:info@siyslchina.org)

## SPORTS FORCE

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. Tel: 186 1690 8035; [ProTeam@SportsForce-China.com](mailto:ProTeam@SportsForce-China.com), WeChat ID: Runfast2day

## Teen Activities

### DISCKART INDOOR KARTING

High-speed go karting on a 4,500 sqm indoor track on 60cc engines. 80RMB for eight minutes (buy five tickets get one free). Open 2pm to 2am daily. 809 Zaoyang Road, near Jinshajiang Road (inside Chang Feng Park), Tel: 6222 2880, [www.kartingchina.com](http://www.kartingchina.com)

### JIANGWAN SMP SKATE PARK

This 12,000 square meter park has something for rollerbladers, skateboarders and BMXers. Fees from 15-25RMB for members and 40-60RMB for non-members. 655 Yuanshen Road: 2100 Songhu Road (near Guohao Road), Tel: 5525 0901

### ROCK DANCE SPACE CLIMBING CENTRE

Located inside an old factory that's been converted into a sports centre, this indoor rock climbing centre has eight climbing walls, as well as an indoor basketball court, snooker club, badminton and table tennis, and an outdoor track. 60RMB on weekdays, and 70RMB on weekends includes equipment hire. Block 1, Bldg A, Rm 105, 128 Huayuan Road (near North Zhongshan Road), Tel: 3636 8028

### SHANGHAI STADIUM ROCK-CLIMBING SPORTS CENTRE

With climbing walls range from 15 to 25 meters high, suitable for beginner and experienced climbers. Entry fees from ¥40-50 and harness and shoe rentals ¥10. Climbers under 18 must be accompanied by an adult.

Stall 6, Stand 1, 1500 South Zhongshan 2nd Road (near North Caoxi Road), Tel: 6426 5178 or 6426 6666, [www.rockclimb.cn](http://www.rockclimb.cn)

## THE GENIUS WORKSHOP

Providing a range of workshops in engineering, robotics and animation, The Genius Workshop encourages children between the ages of 3 and 14 to let their creativity flourish, as they master the basics of building, programming, film editing and so much more! Unit 105, 1F, 1099 Meihua Road, Expo Plaza, Tel: 5033 3053; Unit 504, 5F, Tai Hao Building (above City Shop), 3211 Hongmei Road, Tel: 6446 6766; Unit 38-40, 3F, Xujiahui Block, 618 Xujiahui Road, Tel: 6126 6526, [www.g-workshop.com.cn](http://www.g-workshop.com.cn)

## WELLINGTON ACADEMY PROGRAMME

This after school and weekend programme is open to all children, not just Wellington College attendees. The Academy provides a wide range of activities including swimming, football, tennis, fashion design, debating, singing, dancing and acting, Fun with English, and many more sports, arts and musical activities. Coaches and teachers are all experts in their chosen fields. Tel: 5185 3872; [www.wellingtoncollege.cn/academy](http://www.wellingtoncollege.cn/academy)

## Tutoring & Test Preparation

### MANDARIN KING

Mandarin King Language Training Institute provides systematic Easy-to-Learn Mandarin training modules, proven training methodology, and tailor-made learning programs by its certified Mandarin instructors. 1F, Bldg 6, Lane 416, Yongjia Road (near Taiyuan Road), Tel: 400 618 6685, [www.mandarinking.cn](http://www.mandarinking.cn)

### SHANGHAI EXPAT TUTORS

Shanghai Expat Tutors is the leading tutoring service in Shanghai. We provide one on one tutoring sessions for all grades and courses of international schools (IB, IGCSE, SAT, AP). We focus not only on grade improvement, but also in study habits, time management, organization and discipline in order to achieve a long term improvement. We have the most rigorous selection process for our tutors to make sure they not only have excellent academic backgrounds, but also wide experience in tutoring international programs. We create customised programs specifically designed to address the student's specific strengths and weaknesses therefore we can ensure the highest level of information retention during tutoring sessions. 1661 Changning Road, Changning District, Tel: 6227 8161, [shanghaiexpattutors@mail.com](mailto:shanghaiexpattutors@mail.com), [www.shanghaiexpattutors.com](http://www.shanghaiexpattutors.com)

### THAT'S MANDARIN

That's Mandarin is one of the top Chinese language schools in China and has more than 10 years of experience in offering high-quality Chinese language courses with the use of modern technology. Classes offered by That's Mandarin cover useful words and phrases that you need to have conversations with friends and professionals on topics related to daily life. Bldg 6, 149 Jiaozhou Road, Jing'an District, Tel: 6208 9357, [www.thatsmandarin.com](http://www.thatsmandarin.com)

### THE PRINCETON REVIEW

The Princeton Review is the leading test prep company in the U.S. and have operated worldwide since 1981. As the leading publisher of SAT, SSAT, GMAT, LSAT, TOEFL and GRE publications with over 165 in print, The Princeton Review ensures that all their teachers undergo a rigorous training programme to receive a Princeton Review certification and that they are amongst the highest

scorers on the tests they teach. Building B, 5F, Bai Nao Tong Building Complex, 1010 Kaixuan Road, Tel: 5108 2798, [www.PrincetonReviewShanghai.com](http://www.PrincetonReviewShanghai.com), [tprenquiry.sha@sarabeattie.com](mailto:tprenquiry.sha@sarabeattie.com)

## MEDICAL SERVICES

### Health Clinics & Services

#### 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: TCM and internal medicine, acupuncture, herbal medicine, gynecology and fertility treatment, kid's health, cupping, tuina massage, dermatology, functional medicine, chiropractic, osteopathy, physiotherapy and rehabilitation, psychology & family therapy, orthotics, alternative healing, medical imaging, laboratory services, Western and Chinese pharmacies. 14F, 760 South Xizang Road, Tel: 6345 5101; 211 Chengjiaqiao Road, Tel: 6461 6550, [www.tcm-shanghai.com](http://www.tcm-shanghai.com), call individual clinics for opening hours

#### COLUMBIA KAIYI 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 staff 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. Pusi Bainuo Clinic: 25F United Plaza, 1468 West Nanjing Road, Tel: 6327 5599; Mon-Sun 8 a.m.- 7 p.m.; Pudong Yihui Clinic: Rm. 511-513, 5F, Building B, LCM, 2389 Zhangyang Road, Tel: 6882 1212, Mon-Fri 9 a.m.- 6 p.m.; [columbia-clinic.com](http://columbia-clinic.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, internal medicine, gynecology, pediatrics, dermatology, combined TCM and western medicine, cardiology, ENT, rehabilitation, psychology, nutrition, medical imaging cardiology, cardiac surgery, surgery, thoracic surgery, digestive medicine, endocrinology, orthopedics, VIP Vaccination 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. Hospital: Xule Road, Xujing Town, Qingpu District, Open 24/7; Hongqiao Clinic: 5F, Bldg B, 2558 West Yan'an Road (Next to Grand Millennium Shanghai Hongqiao, in Shanghai Workers' Sanatorium), Open Mon-Sat, 8.30 a.m.- 6 p.m., Tel: 400 821 0277, [www.deltahealth.com.cn](http://www.deltahealth.com.cn)

#### ESSENCE EYE 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,



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myopia control, presbyopia solution, pre and post refractive lens implant management, amblyopia (Lazy eye), strabismus (close eye) treatment. Suite 1001-1003, 315 Yuyuan Road, Jingan District, Tel: 5292 1853, (Hotline) 189 3989 6079; *Open Mon-Sun: 9 a.m.-5 p.m. except Wed, WeChat: ayyk18939896079*; 533 Lujiazui Circle Road (Lanhai Clinic), Pudong New Area, Tel: (Hotline) 189 3989 6079, *open on Sunday*; 401-N1, 9 Xizi international, Jingtan Road, Jiang'an District, Hangzhou, Tel: (Hotline) 130 6779 7679, *open Mon-Sun 9 a.m.-6 p.m., except Tues.*

## JIAHUI HEALTH



Jiahui Health's integrated healthcare system covers all major areas of Shanghai and consists of a comprehensive international hospital, along with a network of outpatient clinics. Our experienced and multilingual physicians hail from around the globe, and deliver leading global healthcare covering all major medical specialties, such as family medicine, pediatrics, obstetrics & gynecology, breast health, orthopedics & sports medicine, and our international cancer center, among others. The state-of-the-art Emergency Services Department at Jiahui International Hospital offers full-spectrum, 24h medical services, including COVID-19 PCR testing and a fully equipped rabies clinic able to provide both pre-and post -exposure rabies vaccines. 689 Guiping Road (near Qianjiang Road), Mon - Sun, 24h; 1F/2F, Suite 3, 99 Jiangwancheng Road, by East Yingao Road, Yangpu district, Mon - Sat, 9 a.m. - 6 p.m.; Suite 101, 88 Changshu Road, by Changle Road, Jing'an district, Mon - Sat, 9 a.m. - 6 p.m., Tel: 400 868 3000, [www.jiahui.com/en](http://www.jiahui.com/en)

## LIH OLIVIA'S PLACE

LIH Olivia's Place Shanghai has served thousands of children and their families since 2010. We 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. 3F, 1868 Pudong Avenue, Oriental City Tower, Pudong New Area; 35 Yongjia Road, 19F (near Maoming Road), Huangpu District, Tel: 6075 3100, 5404 0058/59, [sh.changhedayun.com](http://sh.changhedayun.com)

## PARKWAYHEALTH



With more international doctors and a wider range of services than any other healthcare 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. Suite 203-204, West Plaza, Shanghai Centre, 1376 West Nanjing Road, Jing'an district; 4F, Tomorrow Square, 389 West Nanjing Road, Huangpu District; 997 Biyun Road, Pudong New Area; 505 Gubei Road, Changning District; 1-4F, Plaza 336, 336 Middle Xizang Road, Huangpu District; Tel: (Hospital Direct Line) 6033 2345; 24-hour appointment 400 819 6622; [www.parkwaypantai.cn](http://www.parkwaypantai.cn)

## RAFFLES MEDICAL SHANGHAI

A premier medical centre staffed by an international and multi-disciplinary team from Singapore, Germany, Malaysia and China. Our services include Family Medicine, Women's Health, Men's Health, Paediatrics, Dentistry and Orthodontics, Health Screenings, Diagnostic Radiology, Mental Health & Psychological Counselling, Urology, Chiropractic, Internal Medicine, etc. We provide state of the art medical services and professional medical expertise to our patients. Tel: 6197 2300, <https://www.afflesmedicalgroup.com/shanghai>, [enquiries\\_shanghai@afflesmedical.com](mailto:enquiries_shanghai@afflesmedical.com)

## SHANGHAI RENAI HOSPITAL



Renai is the first private hospital in Shanghai. It has over 20 clinical departments with outpatient and inpatient services. It is influential 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 immunization. 127 Caoyi Road, Xuhui District, Tel: 5489 3781, [www.renaihospital.com](http://www.renaihospital.com), Mon-Sun 9 a.m.-5 p.m.

## 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. 23-24F, Bldg B, 551 South Pudong Road, Pudong New Area, Tel: (24-hour service) 5879 9999 or 150 0019 0899; *Outpatient services Mon-Fri 9 a.m.- 7 p.m. and Sat-Sun 9 a.m.- 6 p.m.; Medical and emergency services available 24 hours/7 days; www.seimc.com.cn*

## 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. B1-1F, 1398 Fangdian Road, Pudong New Area; *Open Mon-Sat: 9 a.m.- 9 p.m., Sun: 9 a.m.- 5 p.m.* Tel: 400 850 0911; [www.yosemiteclinic.com](http://www.yosemiteclinic.com);

## UNITED FAMILY HEALTHCARE (UFH)



United Family Healthcare (UFH) is an experienced, comprehensive, patient-centred caregiver that has

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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 Centre at 400 639 3900 to experience Shanghai's foremost medical care. 1139 Xianxia Road (near Qingxi Road), *Open 24/7*; 1598 New Jinqiao Road, (near Donglu Road), Pudong New Area, *open 24/7*; 8 Quankou Road (near Linquan Road), *open Mon-Sat 8:30 a.m.- 5:30 p.m.*; 689 Yunle Road (near Jinfeng Road), *open Mon-Sat 9 a.m.- 5 p.m.*

## Dental Clinics

### ALPHA DENTAL

Alpha Dental is a Singaporean-managed private dentist established in Shanghai since 2004. We 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. Unit 206, Tower 1, SOHO Tianshan Plaza, 1737 Tianshan Road; Tel: 6270 2875 (24hr emergency hotline 139 1811 1319); *open daily 10 a.m.- 7 p.m.* except public holidays, [www.alphadental.cn](http://www.alphadental.cn)

### JIAHUI DENTAL

#### SHANGHAI JIAHUI INTERNATIONAL HOSPITAL

Address: 689 Guiping Road, Xuhui District, Shanghai

Regular Opening Hours: Mon-Sun 24 hours

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- Emergency Medicine
- Dentistry
- Rehabilitation
- Ophthalmology
- Fertility service
- Pediatrics
- Obstetrics & Gynecology
- Orthopaedics
- Dermatology
- Breast Institute

Contact: 400-868-3000

The experienced dentists at Jiahui Health provide dental health services for adults and children, including dental check-ups, fillings, tooth decay prevention, painless dental pulp treatment, and treatment and protection against periodontal diseases. The Dentistry Department also carries out multidisciplinary collaboration with other departments within the hospital, such as working with dermatologists to offer Invisalign orthodontics; 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 for sports injuries. 689 Guiping Road (near Qinqiang Road), Mon - Sun, 24h; 1F/2F, Suite 3, 99 Jiangwancheng Road, by East Yingao Road, Yangpu district, Mon - Sat, 9 a.m. - 6 p.m.; Suite 101, 88 Changshu Road, by Changle Road, Jing'an district, Mon - Sat, 9 a.m. - 6 p.m., Tel: (24 hour service) 400 868 3000, [www.jiahui.com/en](http://www.jiahui.com/en)

### 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 29 East Fugui Road, Changning District; 28 Hongfeng Road, Pudong New Area, Tel: 6278 1181; *Mon-Sat 10 a.m.- 7 p.m., closed on Sundays*; [www.newyorkdentalchina.com](http://www.newyorkdentalchina.com), WeChat: NYDC-Shanghai

### 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. No. 1-4, 650 Biyun Road, Jinqiao, Pudong New Area, Tel: 6105 9400; Unit 2P, 2F, 2268 Hongqiao Road, Changning District, Tel: 6237 6969; Shop 111, 569 Yunle Road, Huacao Town, Minhang District, Tel: 3490 9068; Room 1201, 818 West Nanjing Road, Jing'an District, Tel: 6363 6388; *Daily 10 a.m.- 6 p.m.*; [www.puresmile.com](http://www.puresmile.com)

### PARKWAY HEALTH DENTAL CENTRES

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, team of highly-qualified dentists offering a comprehensive range of Orthodontics and Dental Services. Suite 203-204, West Plaza, Shanghai Centre, 1376 West Nanjing Road, Jing'an District; Jinqiao Medical and Dental Centre 997 Biyun Road, Pudong New Area; Tel: (24-hour appointment) 400 819 6622; [www.parkwaypantai.cn](http://www.parkwaypantai.cn)

## LIFESTYLE

## Health & Beauty

### BANYAN TREE SPA

The Westin's luxury downtown spa is located just off the Bund. Spa features treatments based on the five Chinese elements, Traditional Chinese Medicine, and more. 16 Gongping Road, Hongkou District; [www.banyantreespa.com](http://www.banyantreespa.com)

### BODY CONCEPT PILATES

Body Concept is a Pilates, GYROTONIC and physiotherapy studio that holds a variety of classes for every fitness level. Room 5089, 3211 Hongmei Road, Hongqiao District, Tel: 3468 1328; 5F, 118 Qinghai Road, Jing'an District; [www.bodyconceptpilates.com](http://www.bodyconceptpilates.com)

### BENSON

With highly skilled stylists and colourists, this salon specialises in colouring as well as luxurious hair treatments including their KeraStraight conditioning treatment for perfectly straight hair for months. 1208 Biyun Road, Pudong New Area, Tel: 5030 3878; 8F, Golden Bridge International, Jiangning Road, Jing'an District; 4F, City Plaza, 1618 West Nanjing Road, Jing'an District, Tel: 6277 8778; [www.bensonsalon.com](http://www.bensonsalon.com)

### BIKRAM YOGA SHANGHAI

This studio was the first authorised Bikram studio in Shanghai and adheres closely to the practice of that school of yoga. The simple space features a hot room with good heat distribution and a high level of moisture. 3F, 81 Jiangning Road (near Nanyang Road), Jing'an District, Tel: 157 2135 2048, [www.bikramyogashanghai.com](http://www.bikramyogashanghai.com)

### CHUAN SPA AT THE LANGHAM XINTIANDI

Chuan Spa at The Langham Xintiandi offers a pool, a spa and 24 hour fitness as well as 60 varying health and beauty treatments including massage, facials, nail treatments and TCM treatments. 99 Madang Road; Tel: 2330 2288, [xintiandi.langhamhotels.com](http://xintiandi.langhamhotels.com)

### DVA BOUTIQUE SPA

A tranquil sanctuary in the heart of Shanghai, DVA Boutique Spa on South Shaanxi Road reveals a world of utmost indulgence. Whether you go for a personalised deep cleansing facial, a whole-body wellness session for his and her, a wax/laser treatment for personal care, or a manicure to prepare for an evening out, DVA's environmentally friendly, vegan, gluten free, and chemical free products will leave you feeling fresh, revived and rejuvenated. They have flexible membership and VIP packages to suit all budgets/ needs and able to customise for celebrations or special occasions. Lane 11, 186 South Shaanxi Road, Xuhui District, Tel: 5465 7007; Lane 812, 900 North Sanxin Road, Songjiang District; Tel: 5761 8578; [booking@dvaspa.com](mailto:booking@dvaspa.com); [www.dvaspa.com](http://www.dvaspa.com)

### DRAGONFLY

This tranquil retreat has locations all over the city, providing busy urbanites with services that include a variety of massage styles including oil, Chinese, Japanese and foot massage, facials, nails and gentle waxing. 1378 Huamu Road, Pudong New Area, Tel: 2025 2308; 193 Jiaozhou Road, Jing'an District, Tel: 5213 5778, and 2F, 559 Middle Huaihai Road, Xuhui District; 206 Xinle Road, Xuhui District, Tel: 5403 6133, [www.dragonfly.net.cn](http://www.dragonfly.net.cn)

### ECO & MORE

An Australian brand of 100% plant-based, chemical free home care and personal care products that are highly effective and guaranteed to be better for you and for the environment. Available at City Shop; [www.eco-more.com](http://www.eco-more.com)

### KARMA LIFE YOGA CENTRE

The studio, the city's first and largest, features world-class yoga instruction for practitioners of all levels. 160 Pucheng Road (near Shangcheng Road), Pudong New Area, Tel: 5887 3121, [www.unispa.com](http://www.unispa.com); B2F, 758 South Xizang Road (near West Jianguo Road), Huangpu District, Tel: 5321 0688 or 150 0003 0588; [www.karmayoga.com.cn](http://www.karmayoga.com.cn)

### 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. 615, 6F, IAPM Mall, 999 Middle Huaihai Road (near Xiangyang Road) Xuhui District, Tel: 5466 1266, [www.pure-yoga.com.cn](http://www.pure-yoga.com.cn)



# Carol Ong: Bebebalm

**Busy mum of three kids, advertising veteran and entrepreneur Carol Ong shares how she found inspiration out of her own desperation, to create skincare brand, Bebebalm.** *By Anabela Mok*

I am a third generation Chinese Filipino, who was born and raised in the Philippines. I came here 15 years ago to help with the China startup of ad agency BBH (Bartle Bogle Hegarty). Back then, China advertising wasn't as developed; coming over meant I had to let go of everything I held dear—my thriving career and an established life for the unknown. But I've been yearning to come full circle with my China roots and to learn Mandarin. I also felt that I'd regret passing up the opportunity to work at one of the world's best ad agencies. I was the first Filipino to join BBH globally, and the first Filipino creative in China advertising. What if I failed? I stopped overthinking and packed a suitcase.

## What inspired you to develop Bebebalm?

I didn't intentionally start a business. It was born from my desperation. My baby was born with very dry, itchy

eczema. Nothing was working. We tried medicine, moisturizers, even changing our diets. We were prescribed with steroids, which was okay at first, but it thinned out our baby's skin. His rash kept rebounding faster and angrier. Eczema has no cure, I learned. So, I changed the question, "How can we help skin get healthier?" My husband is a doctor and biochemist, I'm geeky in traditional remedies. We combined our knowledge in Science and Nature to find effective yet gentle plant-based solutions. Ta-dah! Bebebalm was born.

## What is the factor that contributed to your success?

It is a business being built by fans, who call themselves Bebelievers. Each original Bebebalm product was created to solve a need of a loved one. They had to work. They were not for sale. I would make batches out of my kitchen, and gift extras to friends in need. Word got around

*I have a tagline for my life, "Less Regrets". Whenever I'm on crossroads, both paths have equal pros and cons, I ask myself: When I'm 90 years old and look back, which path would make me regret less?*

and we would get calls from strangers, from China to Singapore, Philippines, Indonesia, USA, even Europe & Africa! Fans convinced us we must make it available to help more families. Fans designed our first packaging, opened our first Taobao shop, got us in bazaars and in media features. They sell in their circles and recommend to their friends. We are so grateful for our angels.

## How do you stay motivated?

I know what it's like to see the discomforts in my child, how it could disrupt a household. If someone needed a product urgently, when I'd get home from the office at 1 or 2 am, I would make a batch. Receiving random fan messages or good reviews add fire to my belly, and I grow strong.

## What made you decide to quit your job and focus on your business?

In advertising, I'd get a high when we win in international awards or launch a successful campaign. In Bebebalm, I get the same joy when I receive notes from people thanking us for these little comforts. A dad wrote that his baby had diaper rash for weeks and kept everyone awake with her cries. They tried Bebebalm, that's the first night everyone slept. Bebebalm allows my creativity to help families stay healthy and feel good. That's more fulfilling than getting people to consume more booze and candies through advertising. In the end, it wasn't courage. It was my fear of regretting it if I don't give this dream a chance.

## What is your proudest moment?

What really makes me beam with pride are my kids. Workwise, milestones such as the first time we produced in a factory. Inventing a product that solves a problem. Big brands noticing what we do & want to do collaborations. Our Mead Johnson x Bebebalm product is finally out! **SF**



# Shanghai Family

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