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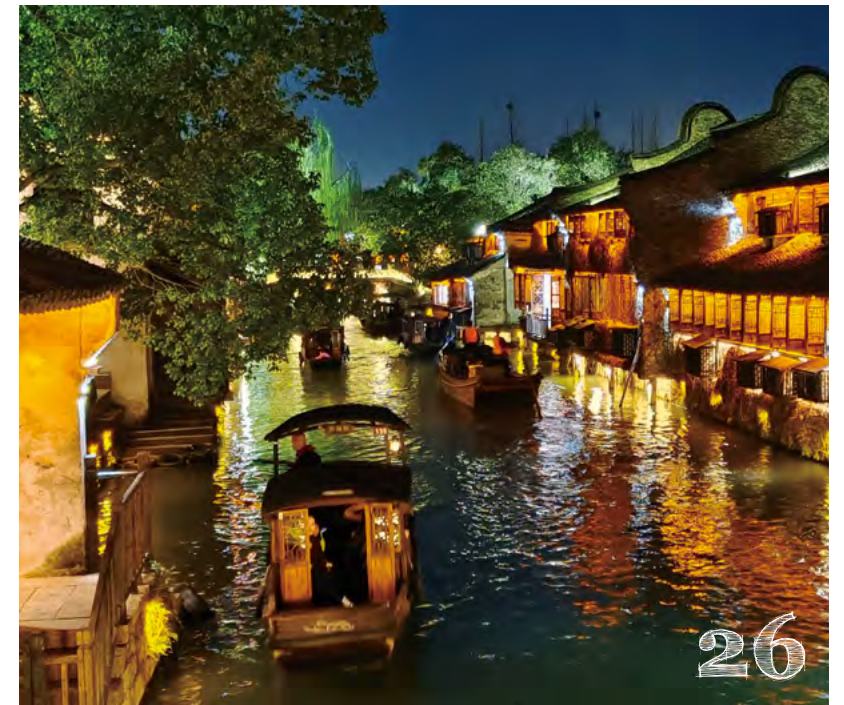


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2021

Dear Readers,

We at **Parents&Kids** and **Shanghai Family** want to provide you with the best content possible, so we've created a survey to help us better understand your interests and needs. 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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## editor's note

Hello everyone, it is a true pleasure to be a part of the Parents & Kids family. As a first-time mum to a vivacious preschooler, I am truly thankful for the opportunity to share some of my interests to other parents. In our first issue for 2021, let us dive deeper into early education and understand the different schools of **early education (10)** that is popular for shaping young minds. Want to see how Montessori is practiced? Get a glimpse at how **Apple Montessori (13)** puts to practice the genuine philosophy in their programme.

As a mum to a preschooler, we are often busy scrolling Pinterest and various online sources for play inspiration. Are we doing too much or too little for our child? Learn about your parenting style and how it impacts your **child's development (18)**. Need play ideas? How about using **books as an inspiration for play (44)**?

As we are inching towards summer, you may want a quick getaway from the city. Go visit some of **Shanghai's famous water towns (38)**, but also don't forget to pack some **healthy homemade snacks (42)** to keep you going.

Do you think your parenting game is off-track? Let Sal Haque share some of his parenting anecdotes in his **dad blog (46)**.

We hope you enjoy!

Anabela Mok  
Managing Editor

On behalf of the editorial team at Shanghai Family

# Parents&Kids

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上海报业集团主管主办  
国内统一刊号: CN31-0062

广告许可证: 沪工商广字 3100020080019

**Shanghai Xinmin Community Media Co. Ltd.**

Head Office: 15th floor, 839 YanAn Zhong Road

Pudong Office: 26C, Block B, 29 Jueshi Building,  
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### Disneyland Celebrates 5th Anniversary

Starting 8th April 2021, Shanghai Disney Resort announced that guests will be immersed in a “Year of Magical Surprises” as the resort raises the curtain on its milestone Fifth Anniversary and birthday celebrations. There will be an exciting line up of exclusive experiences across Shanghai Disneyland, the resort’s two themed hotels and Disneytown in this spectacular year-long celebration. Shanghai Disney Resort will invite every guest to uncover birthday surprises around each corner during their visit. From big to small, to everything in between – surprises of all kinds await guests across Shanghai Disneyland and on the resort’s official app! In the park, a Surprise Squad comprised of Cast Members will appear at different times and locations throughout the day, randomly greeting guests and unveiling additional exciting surprises, including birthday souvenirs or an opportunity to be invited to the specially designed Disney “Surprise!” Show - performed up to four times per day on the Pepsi•E-stage in Tomorrowland.



### Spring Camp

Spring is here and Active Kidz Shanghai has plenty of options in their sports programme allowing kids to enjoy the weather while developing healthy sporting habits. The spring season lasts from 12th April until 20th June 2021. Programmes throughout Shanghai are available for children between 3 to 17 years. For more information follow their WeChat ID: Active-KidzShanghai

### 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 and list of participating schools.



### Doggy Walking Tour

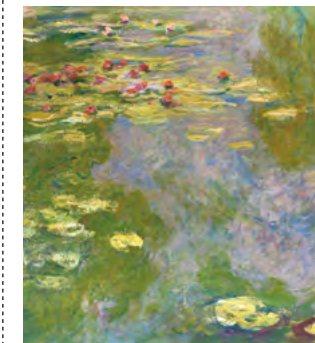
Need something exciting and new to do around town? Time to put your sneakers on and book your Doggy Walking Tour! A collaboration between Happy Nest and Culture Shock Tours, you and your pooch can join other dog owners to explore the cultural side of the city. Your guide from Culture Shock will share 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 message to WeChat ID: Bike-Tours-Shanghai

### Shanghai Young Bakers Public & Exclusive Baking Classes

If your little one is into baking, be prepared to be wowed! Shanghai Young Bakers will offer two exciting baking classes in late April and May that will be exciting for parents as it is for kids. Learn how to make Viennoises & Fougasses (15th April) or Rye Bread (2nd May) with the expert team. However, if you want something more elegant, you can learn how to make heart-shaped chocolates



and marshmallows with the team from Pierre Marcolini (16th May). For pricing and booking, contact Virgine via mobile 136 8168 7194 or email [baking@shanghaiyoungbakers.com](mailto:baking@shanghaiyoungbakers.com). All proceeds will go to charity.



### 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”. 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.)



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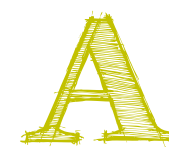




# Early Education in Shanghai

What Are My Options?

By Melissa Dawson



As parents living abroad, decisions about our children's education can be some of the most stressful and time-consuming that we make. With a myriad of daycare centres, preschool and kindergartens, all featuring a variety of educational philosophies the modern era and diverse city of Shanghai afford to us, it can be a struggle to sort through the noise and find the best fit for your child and family. For anyone with kids between the ages of 18 months to 5-years-old, the options for schooling can be just as vast as those for primary or secondary students, and in some cases, equally as competitive. We are here to take some of the mystery out of this complex process.

Before you can begin to choose a school, you'll want to inform yourself of your options and gather information. A lot of confusion stems from the terminology of the types of schools available, which may be vastly different from how education is organised in one's own country. Another big decision revolves around which educational philosophy best suits your goals for your child or aligns with your own parenting principles. Location, scheduling, contingency plans for primary school plus firsthand information from other parents may come into play when making your decision. First, let's cover some of the types of schools most frequently found in Shanghai.





## Distinguishing Programmes

### Kindergarten

There are a few basic types of schools for early childhood, which is considered any schooling before primary begins at age six. Perhaps the most common type in Shanghai is the kindergarten, which is designed for kids aged 3 to 6. Many kindergartens also have a 'nursery' class for 2 to 3-year old children. A distinguishing feature of these schools is that they tend to be programs with 5 full days a week, which can make them more suitable for working parents. These schools also often have a strong academic focus, in preparation for Grade 1. Curriculums will vary by school, of course, so it is important to visit a prospective school and understand their unique offerings. Many kindergartens are bilingual, with both English and Chinese language used. This type of school can be a good stepping stone to a more competitive primary school with an interview enrollment process.



### Preschool

Another type of school is typically called a preschool. While some preschools can accept children up to age 6, the general focus of a preschool is younger, around 2 to 4 years old, and they often enroll children as young as 18 months. Preschools often offer more flexible scheduling, like half days or part time attendance each week. The curriculum is also more likely to be play-based and focuses on social and emotional development, with any academics as supplementary. This structure promotes social interaction and growth, with learning resulting naturally through play. It can also be a gentler way to allow young children to adjust to a school environment, structured days and becoming independent. As with kindergartens, there is a plethora of various philosophies and even language programs for parents to explore, ensuring you can find a place suitable to your specific needs and preferences.



### Daycare

There are also a couple daycare programmes in the city, which are typically non-academic, safe and fun places for children of working parents to spend the work days. However, due to the popularity of the family *ayi* as well as multi-generational families, it may be more difficult to find a suitable place for younger toddlers and infants as compared to your home country where daycares for young children of working parents is a more common phenomenon.

### Nursery

Another type of school parents may want to consider for the early years is the nursery department of an international school. International schools are usually geared towards primary school aged children and above. However, many offer a connected nursery department for those children who are too young to begin formal schooling. This can be a great option for parents that had planned to send their child to that particular school in the future, ensuring a smooth, seamless transition to primary school at age 6.



### Playgroup, or Parent and Me classes

Also called *zaojiao* (early learning classes), these are typically short classes (from 45 minutes to a couple hours long) designed for children as young as 3 months old and extending up to around 3 or 4-years-old. They are usually offered anywhere from once to three times a week. These classes focus on parent-child interaction and participation in a group. They also help with exposing infants and toddlers to sensory play, music and movement, expression through art, and, of course, socialization. You can often drop-in to these classes making them low-commitment, attending when it is convenient for you and your family, paying as you go. Other classes will ask for payment for a certain number of classes, usually after a trial class. This is a very flexible and casual option for those parents not in need of childcare but simply looking to expose their child to a wider variety of experiences. There are a wide range of topics and skills to be found in this category, from art, music and dancing, to yoga or kungfu, and even various languages.





## What Programme Works for You?

Each school or programme typically has their own specific philosophy of education along with a school mission statement, so it is important to confirm that these align with what you are expecting and they are compatible with your own beliefs and goals regarding the education of your children. Shanghai offers a wide range of educational philosophies to choose from. You may have heard of these but are unsure of the meaning or the respective benefits of each. You may be wondering which philosophy might better suit your own children's learning preferences and styles. Let's explore some of the most common educational philosophies you may come across in Shanghai.

### Montessori

Montessori is a method of education and model of human development based on the research and work of Dr Maria Montessori. The model is based in the principle that humans develop through interaction with the environment, and that there is an innate path to this development. This means that Montessori schools create an environment that fosters independence within its students, even allowing students to freely choose what activities to work on at any given time. The idea here is that within the proper environment, the child knows instinctively what sort of activities will suit his or her optimal development,



with teachers acting more as a mentor or guide. Children are given a great degree of ownership over the how, what, and why they learn, empowering them to become active learners.

Students' learning is highly personalized, contextual and relevant to the child. This allows the child to become highly motivated to face and conquer challenges. Another unique feature is mixed age classrooms, with the concept that older students can act as role models and teachers to younger children. There are also a variety of Montessori specific materials found in the classrooms to further those aims. Montessori style learning tends to work especially well for young children who are naturally self-motivated and enjoy unstructured, self-directed environments.

### Early Years Foundation Stage

This is another curricular framework you might come across frequently in Shanghai. This framework represents the national standards in the UK for early childhood and sets standards for the learning, development and care of children from birth to 5 years old. It provides the teachers and school community a set of common principles and commitments, enabling them provide quality education to young children. It sets out certain expected developmental milestones through seven different areas of learning and development. It also aids educators of young children in providing the correct support, guidance, provisions and environment to ensure students are happy and healthy.

This framework was developed around four guiding principles. **A Unique Child** - Every child is a unique child who is constantly learning and can be resilient, capable, confident and self-assured. **Positive Relationships** - Children learn to be strong and independent through positive relationships. **Enabling Environments** - Children learn and develop well in enabling environments, in which their experiences respond to their individual needs and there is a strong partnership between practitioners and parents and carers. **Learning and Development** - Children develop and learn in different ways. The framework covers the education and care of all children in early years provision, including children with special educational needs and disabilities. Practitioners teach children by ensuring challenging, playful opportunities across the prime and specific areas of learning and development.

Learning through play and communication is emphasized, as well as the importance of providing a stimulat-



ing and supportive environment where children are able to explore and take risks during their learning process. It also encourages teachers to focus on observing and addressing the individual needs of each unique child.

### International Baccalaureate

IB, or International Baccalaureate, was initially developed in Switzerland for international schools and now is world renowned for its high academic standards and emphasis on creativity and critical thinking. It is a programme eventually ending with an internationally recognised IB diploma, which is suitable for entrance to universities and colleges worldwide. But what does this look like for ages three to six? The IB Primary Years Program (PYP) offers a curriculum framework for individual schools to implement through units of inquiry. Within each transdisciplinary unit students are encouraged to explore the topic through a variety of perspectives, ask questions, and let their natural curiosity guide the direction of their study and the learning experiences the teacher provides for them. The programme aims to balance the acquisition of significant and relevant knowledge and skills, the development of conceptual understanding, the formation of personal positive attitudes and the capacity to take responsible actions.

Another key feature of IB learning is the focus on holistic development of the child through the IB learner profiles

and attitudes. In addition to more academic goals, these values, such as cooperation, open-mindedness, tolerance, and reflectiveness, aim to facilitate social, emotional and physical health, perceiving students as whole human beings. The focus is removed from simply building knowledge and skills. Instead, each individual child and their educational needs becomes the starting place for curricular development. When students are mentally and physically active in their learning, not only are they highly engaged, but they are becoming skilled at understanding themselves and their relationship to their own learning as well. This improved understanding and self-control propels children to become highly motivated, curious lifelong learners. An IB school may also be a great fit for children who will continue on to IB international or bilingual schools for their primary or secondary years.

### Reggio-Emilia

Reggio-Emilia is another style of holistic, child-centered education. While only schools in the Reggio Emilia region of Italy are considered as authentic, there are a number of schools across the world who are Reggio-inspired, including several in Shanghai. Embracing Reggio-Emilia means a school focuses on the seven guiding principles of the Reggio Emilia approach that are critical in distinguishing Reggio-Emilia from similar or competing child-centred approaches to education.





Perhaps the biggest defining feature of Reggio-inspired schools is the focus on the interactions and relationships between students themselves, as a community, with parents and teachers and even with the classroom environment itself. This principle posits that children are collaborators and work best when included in a community as opposed to working independently. Therefore, Reggio-Emilia places an emphasis on working in small groups, which is based on the idea that we form ourselves through interaction with peers, adults, and the world around us.

Another key component is that of expression and communication. Proponents of Reggio-Emilia firmly believe that children should be encouraged to communicate authentically, through a wide variety of media, using a wide variety of materials and resources to explore, understand, wonder, feel, discover, and imagine. This may include expression through words, movement, dance, drawings, paintings, buildings, sculptures, and more. Children are highly encouraged by the teacher to naturally explore and interact with the surrounding environment and each other as they learn their own ways of expression.

## Making a Choice

Armed with this information, parents can consider what educational philosophy appeals to them. How do we aim to educate our children for success in this ever-changing world? While it is difficult to sort through so many contrasting methodologies, the diversity of styles and educational philosophies available in Shanghai allows us the opportunity to reflect upon our own values and to determine which ones are important to impart into our children. What do we believe will serve them best in their

futures? Here you can consider things like how much of an academic focus you would like.

Another point to consider is the unique personality and educational needs of your specific child. Is your child highly motivated? Extremely social? Does she do well within a more structured environments with clear schedules, or will she thrive with a more relaxed and self-directed environment? Is he extremely active, requiring plenty of room to explore or would he prefer a quieter environment to better enable concentration? In which areas would your child likely need help, and can the school provide this assistance? Is language an important factor for your family?

Once you have considered which type of school may be a potential fit for your child and your family, you can begin to gather information about which specific schools might be available to you, given your location and budget. You might ask friends and neighbours for schooling suggestions, join a WeChat group or two, or flip through the Shanghai Family School directory. Accessing the wide variety of experiences and knowledge available at your fingertips can help you make a more informed decision. Be sure to note what aspects of a school people are focusing on, whether it's the clean and bright environment, student-teacher ratio or that their child is excited to go in the mornings. Are those aspects relevant to your own priorities?

As you are researching, don't forget to consider the basic practicalities. How far is the school from your home or office? Do they offer a busing service? Are the hours suitable to your needs? These basic considerations might seem mundane, but they can have a huge impact on your daily schedule and your child's experience of beginning school. You'll want to find a school that enables a smooth transition into the learning environment for your child and your family as a whole.

## The Visit

After gathering all your options and then narrowing them back down again, it's time to visit the potential schools on your list. Most schools worth your time and consideration will be more than happy to arrange an appointment for you to visit or inform you of upcoming events or open days for potential students and parents. The tour should include classroom and school facilities as well as enabling parents to observe lessons or children at work and play. As you are visiting, it can also be helpful to take notice of your own impressions and experiences by asking yourself these questions:

Do you feel comfortable and welcome in the learning environment? What about your child?

How are the adults in the classroom setting? Warm and engaged, busy and stressed, bored and detached?

How are the children learning or playing? Do they seem happy, confident, relaxed, and curious?

Is the environment safe, clean, and aesthetically pleasing?

What is the school community like? Is there a strong element of parent participation and involvement?

Being prepared for the visit can help you make the most of your time. Some parents will feel it is helpful to bring a checklist of questions and to jot down answers for later comparison. Here are some questions you may consider asking that can help you get the information you need to make the best decision for your family.

Is the school fully licensed? The teachers? How are teachers supported, trained, and monitored?

What are the safety procedures put in place by the school for drop-off and pick-up?

What is the menu like and how does the school guarantee food quality? If your child has dietary restrictions you can bring this up here as well.

How is discipline handled within the school?

How does communication between the parents, school, and teachers work?

What are the payment options and procedures?



You might also want to ask more specifically about their curriculum, languages taught or other activities offered through the school. Talking with other parents is one of the best ways to get more specific information about a potential school and discover first hand the pros and cons, so don't be shy about asking and sharing any concerns you may have. You'll want to feel as sure of your choice as possible, enabling trust to develop between you, the teachers, and your child. Trust your intuition; if you feel relaxed, happy, or excited about a school, it might prove to be a good choice. Meanwhile if you are feeling apprehensive, there may be something about this school that just doesn't align for your family, even if you can't find an objective reasoning.

Hopefully, armed with this new knowledge about early childhood education in Shanghai, you are now poised to jump right in, ready to make a strong decision for your child. Although it can be an overwhelming and even intimidating process, the good news is that this speaks to the variety of options we are afforded in this diverse metropolis.





# Let them Grow

How parenting styles can define a child's character.

By **Ailan Gates**

Parenting is perhaps one of the most daunting professions anyone could do. You never quite master it, you don't get a promotion, or a pay rise, and you certainly are never fully appreciated, but for some unknown reason being a parent is the best job ever! When I was asked to write about parenting styles, I couldn't wait to get my teeth into it, as this very topic has been a much-discussed subject within my friendship circles, mummy groups and family. As a mother of three, I

have embraced a multitude of parenting styles for all three of my children. There have been varying degrees of success and not one was the perfect fit, as each child was unique and different. Additionally, I had to consider their stage of development, needs and age. Consequently, I bounced from one style to another desperately searching for the perfect one.

As our children are a reflection of ourselves, we naturally have an intrinsic need for them to be the best they can be. But as we all know nobody is

perfect. Thus, as parents we shouldn't expect our children to be. There are no quick answers when it comes to being the best parent. In case you were hoping that within these pages the magic answer lies, alas you will not find it. Truth be told, "The perfect parent doesn't exist." Successful parenting is not about achieving perfection, instead we should aim to make decisions in the best interest of our children so they may become healthy, happy, well-adjusted human beings.

## 4 Parenting Techniques

Researchers have classified what is an extremely complex subject into 4 simplified categories that have stood the test of time. Diane Baumrind, a clinical and developmental psychologist, was able to clearly identify and categorise four distinct styles in her observations in 1960.

### Authoritarian or Disciplinarian

Parents who use strict discipline strategies with very little wiggle room for negotiations and punishment.

- Communication is one way from parent to child
- Rules are mandated not discussed
- Expectations are extremely high where failure is not an option

### Permissive or indulgent

Opposite to authoritarians, parents who generally allow their children to do what they want with very limited rules, direction, and guidance.

- Pays too much importance on being a friend to their child
- Have very little to no rules and advocates self-regulation and to work out their own problems
- Communication between the parent and child is extremely open-minded and non-judgemental
- Prefers not to advise and deters from giving directions
- Has a very warm and nurturing relationship with their children

### Uninvolved

Uninvolved parents give children lots of freedom and generally stay out of their way.



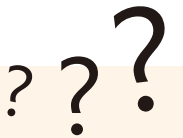
- No discipline style is utilised. Children are allowed to do what they want, probably out of lack of information or concern
- Communication is limited
- Parents offer very little nurturing
- There are few and no expectations of children

### Authoritative

Parents that are reasonable and nurturing and set high, clear expectations. Children with parents who demonstrate this style tend to be self-disciplined and think for themselves. This style is thought to be most beneficial to children.

- Disciplinary rules are clear and the reasons behind them are clear and explained
- Communication is frequent and appropriate to the child's level of understanding
- Authoritative parents are nurturing
- Expectations and goals are high but clear, and children can provide input into the goals.

## Quiz: What is your parenting strategy?



If you can't decipher which category you belong to, review the statements below to find out which statements resonate closely with you:

- You believe children should be seen and not heard
- When it comes to rules, you believe it's 'my way or the highway'
- You don't take your child's feelings into consideration

Answer: Authoritarian

- You put a lot of effort into creating and maintaining a positive relationship with your child
- You explain the reasons behind your rules
- You enforce rules and give consequences, but take your child's feelings into consideration

Answer: Authoritative

- You set the rules but rarely enforce them
- You don't ensure there are consequences for actions very often

- You think your child will learn best with little interference from you

Answer: Permissive

- You don't ask your child about school or homework
- You rarely know where your child is or who they're with
- You don't spend a great deal of time with your child

Answer: Uninvolved

And while you may see yourself in some of these descriptors, it is important to note that parenting is never a one size fits all static approach but most of us find ourselves somewhere in the middle, sharing some of the characteristics from all parenting styles. Also, if you haven't already seen the movie "Parenthood," I urge you to. Like its name's sake title, it's a fabulous fun movie that includes all the above parental techniques in a gently comic way.



## How do You Define Your Parenting Style?

Generation X (people born between 1965-1980) and Generation Y (Millennials born between 1981-1996) have been categorised as having an unprecedented level of over-protectiveness regarding parenting. Parents that rush to school at a whim to deliver forgotten homework or P.E. kits, who challenge teachers over report cards, and mastermind friendships and interfere on the playing field. As writer and teacher Jessica Lahey states, 'Even though these parents see themselves as being highly responsive to their children's well-being' Lahey recommends stepping back and allowing children to embrace failures and accountability for their actions.

Like a painting, each child is like a blank canvas, each stroke of colour that's applied begins to develop a foundation in which a child grows and moves towards building their own unique self and individuality. Your role as a parent is to teach and mould your child through your actions. You are your child's first and most important role model. Your behaviour, character and emotion are your child's biggest influence in their social, cognitive, emotional, and physical development. What you do matters as they love to imitate everything you do.



### Understanding the different parenting styles

Many parents today are attempting to raise star children. Their primary desire to have their children thrive and succeed can come at a very high cost. It leaves very little room for their children to make mistakes and learn from them. Over parenting, or the latest buzz word, 'helicopter parenting', is widely prevalent amongst Generation X and Generation Y parents. Research suggests that this form of parenting has an adverse outcome. Instead of developing independent, self-confident children that are willing to take risks, they encourage their children to feel more anxious and they can't do anything for themselves. They can develop a fear of failing, and at the same time, a feeling of entitlement.

### Helicopter parenting

Most people have heard of it by now, the 'helicopter parent.' The term is used to define a certain type of parent who hovers around their children, over protecting them and failing to instil a sense of independence and a can-do attitude. In summary they micromanage and rescue their children from ever making any mistakes.

### Free-Range Parenting

Free range is the opposite to helicopter parenting. Free range parents happily give their children the freedom to experience the natural consequences of their behaviour within safe parameters. Free range parents believe that minimal supervision fosters independence, confidence, and greater autonomy. This does not mean that parents need to eliminate boundaries, but children should have

the freedom to experience the natural consequence of their behaviour.

### Free range vs helicopter parenting

Most parents naturally want the very best for their children. The fact is whether you're a helicopter parent or a free-range parent, one or the other is not fixed or absolute. What may seem like a good choice for you may not be a good choice for your child. Consider a balanced approach to parenting that considers your child, their needs, and their social and cognitive developmental stage. A good suggestion is blending and balancing both styles by taking a step back and giving your child the opportunity to face consequences and failures with the hope that they won't repeat the same mistakes.

## Give Them Space to Grow and Learn

Children have a natural desire and propensity to learn about the world and the effect they have on their environment. Once born, babies make neural connections in their brains from daily experiences. Children as young as three months show a natural curiosity and use all heightened senses to explore the world around them. They thrive when given the opportunity to engage in open-ended activities. They will examine objects by using their natural senses of looking, touching, listening, and moving it to learn how they can influence the world around them. Allowing your children to explore the world around has exponential benefits as it stimulates important neural connections in the developing brains. It provides cognitive development to occur, giving children the opportunity to enhance their critical thinking by problem

solving, and the ability to make decisions. The ideal way to encourage this well needed cognitive development is by giving them ample opportunities through exploratory play.

Play comes in many forms in your child's development. Even when they are playing alone (independent play), your child is exploring and learning about themselves. Independent play encourages your child to be creative, to problem solve, to learn what they're good at, and therefore builds confidence and self-management skills.

### Activate their Five Senses

By creating a 'YES' environment where your child uses their five senses to see, touch, smell, hear and taste you are giving them permission to explore freely. This has a two-way positive impact on your relationship with your

child. When you allow your child to explore freely, you are in essence creating a safe environment and making them feel secure. A feeling of trust is bestowed upon them, empowering them to become self-confident individuals, ready to brave the great new world.

Furthermore, it's imperative that we let our children know that whatever mistakes, wrong decisions, and wrong turns they may make in life, these will not hinder or define them. Instead, it will lead them on their own path of self-discovery and allow them to develop their own unique individuality and character. Also, don't forget to give the movie "Parenthood" a go. If you're anything like me, you'll probably end up watching it from time to time just to see what parental strategy you're currently using.





# Little Foodies

Menus for the kiddo that parents will also enjoy.

By Anabela Mok

## Colca

If one of the reasons you miss going to a nice restaurant is because you have a child in tow, you can put that worry aside now. Colca offers plenty for your child to enjoy. The Peruvian restaurant on Hengshan Road and also at the North Bund provides interesting dining options, perfect for the little ones. Our kid has yet to grow to appreciate the finer things in life, but it didn't stop us from taking her there and ordering the Macaroni Bolognese Pasta (58 RMB) while we enjoyed our meal. They also offer Cheese Sticks with Guacamole Dip (48 RMB) and also Just Pancakes that are fluffy and naturally sweetened



with maple syrup (48 RMB). Unfortunately, their kids menu is only available on the weekends.

Address: Sinar Mas Plaza, 3F, 588 East Changzhi Road; Tel: 6593 3666 Address: 2F, 199 Hengshan Road; Tel: 5401 5366

## Brut Eatery

Brunch is a Shanghai weekend ritual and it is one we enjoy doing with our little one. Brunching at Brut Eatery on a weekend is relaxing because their menu has a lot of common kid-safe foods like penne, spaghetti, and rice. Their Italian Meatball Linguine (38 RMB) was a hit for our kid, as well as their Cream and Bacon Penne (30 RMB). However, if your child prefers rice over pasta, rest assured they also have offer a Beef Bolognese Rice (36 RMB) and a Seared Chicken Thigh Rice (32 RMB). Plus, their side dish has a variety from french fries to steamed vegetables. As for portion size, the main dish is perfect for a 20-month-old, even if my child couldn't finish her meal, eating the leftovers in addition to my meal was not hard on the stomach.

Address: 1F, 445 Jiangning Road; Tel: 5292 0592 (and multiple locations)



## Chili's

Eating at Chili's is an experience you and your kid will enjoy. It has an unobstructed view of the Bund. Kids will be mesmerised by the boats floating by. If you brought a stroller or a scooter, you can enjoy a lovely after meal walk on Binjiang Avenue. So, what can you expect from the kid's menu? Here, they have four dishes you can select from. You can order a Kids Chicken Crispers on rosemary rice with steamed vegetables and a mango salsa (48 RMB) and if you don't want your child to have their crispy chicken, they also offer a regular Kids Grilled Chicken for the same price. If you need a safe option, they also have a Kids Alfredo Pasta (38 RMB) served with corn salsa and steamed broccoli. If your child prefers a tomato-based sauce, you can consider their Kids Roasted Tomato Pasta (38 RMB).

Address: 3072 Binjiang Avenue Tel: 5835 8035



## El Santo

We have partied at Found 158 plenty of nights before having a child. Who would have thought once we had the kid we would still be heading there? The only difference is we traded our party hats for scooter helmets. This is a particularly fun spot if you got a brunch lined up that involves a few other little friends. Call me biased, but their kid's menu checks off all the favourite foods of our daughter. Quesadilla? They got it! As well as, ham and cheese sandwich and pancakes! All the items on the kid's menu is priced at 50 RMB each. However,

what we really like about El Santo is the sprawling space in front which makes scootering easy and fun for the kids. The food is portioned well so it is suitable for a 2.5-year-old to finish without too many leftovers for the parents to eat.

Address: B1, Found 158, 158 Julu Road Tel: 6333 2181





# Guilt-free snacks for the whole family

By **Gina Batmunkh**

**A**re you in search for healthy snack ideas for your family? Maybe you are looking for something you can whip up from your pantry that can be healthy, nutritious, and wholesome? We got your back! Snacking smart will keep your energy level up and make your tummy satisfied. These delicious treats will not only satisfy every member of the family, but it could also be a crowd pleaser for parties. These recipes require little to no preparation, and will take snacking to a whole different level of yummy.

## Berrylicious Crumble Bars

### For the crust:

- 200 grams old-fashioned rolled oats
- 60 grams rice flour
- 85 grams sugar
- 2 tablespoons coconut flour
- 1.5 teaspoon baking powder
- 1 teaspoon cinnamon
- Half a teaspoon salt
- 80 grams cold butter (cubed)
- 2 tablespoons almond butter
- 2 tablespoons unsweetened maple syrup
- 1 teaspoon vanilla extract

### For the filling:

- 350 grams of berries (strawberry, blueberry, raspberry)
- 2 tablespoons sugar
- 2 tablespoons unsweetened maple syrup
- 2 teaspoons freshly squeezed lemon juice

- 1 To prepare the filling, in a pot add all the ingredients and simmer for about 10 to 15 minutes until it reaches jam-like consistency. Remove from the heat and let it cool.
- 2 To prepare the crust, place dry ingredients in a food processor and pulse it. Next add in the wet ingredients and pulse again until a crumbly mixture forms.
- 3 Preheat the oven to 175 degrees Celsius. Prepare your baking dish by lining it with parchment paper.
- 4 Press  $\frac{3}{4}$  of the mixture into a prepared baking dish, and into every corners.
- 5 Pour berry mixture on top of the crust.
- 6 Generously sprinkle the remaining crumble on top of the berry mixture.
- 7 Bake for 30 to 35 minutes. Let it cool at room temperature for at least an hour. Carefully, remove from the dish and cut into nine equal bars.

## Coconut Flour Chocolate Chip Cookies

- 35 grams melted butter (can substitute with coconut oil)
- 45 grams almond butter
- 65 grams brown sugar
- 1 egg
- 1 teaspoon vanilla extract
- 45 grams coconut flour
- Half a teaspoon of salt
- Half a teaspoon of baking soda
- 70 grams semi-sweet chocolate chips (I used mini ones)

- 1 Preheat your oven to 175 degrees Celsius.
- 2 Prepare your baking tray with parchment paper or baking silicon matt.
- 3 In a mixing bowl, combine melted butter, almond butter, egg, and vanilla.
- 4 Next add in the dry ingredients, brown sugar, coconut flour, salt, and baking soda.
- 5 Lastly, fold in the chocolate chips into the mixture.
- 6 With your clean hands, make six equally sized cookies and place them on the baking tray.
- 7 Bake cookies for 10 minutes.
- 8 Place them on a cooling rack at least 30 minutes.

## Chocolatey Oat Cookies

- 100 grams old-fashioned rolled oats
- 55 grams unsweetened cocoa powder
- 1 teaspoon of baking powder
- 1 teaspoon ground cinnamon
- Pinch of salt
- 20 grams melted unsalted butter
- 1 mashed banana
- 1 teaspoon vanilla extract
- 120 ml unsweetened maple syrup
- 30 grams chocolate chips (I used mini ones)

- 1 Preheat oven to 175 degrees Celsius. Prepare a baking tray with parchment paper.
- 2 In a large mixing bowl, mash the banana and add the ingredients except chocolate chips. Combine the ingredients well, then gently fold in the chocolate chips.
- 3 With clean hands, make six equally sized cookies, or you can use an ice-cream scoop and place them on a baking tray. Gently flatten the cookie dough with the back of a spoon.
- 4 In a preheated oven, bake 10 minutes.
- 5 Cool on a cooling rack after baking for at least 20 minutes.

## No-bake Energy Bites

- 75 grams walnuts (unsalted)
- 36 grams almonds (unsalted)
- 5 pitted dates
- 15 grams cocoa powder
- 1 teaspoon vanilla extract
- Pinch of salt
- 20 grams of chocolate chips (I used mini ones)
- 1-2 tablespoons water, as needed

- 1 Place all the ingredients in a food processor except chocolate chips.
- 2 Process it with patience until a sticky dough forms. If it's crumbly rather than sticky add water and process it again. Additional moisture helps to stick all the ingredients together.
- 3 Transfer the dough into a bowl, and gently fold in the chocolate chips.
- 4 With your clean hands, roll them into bite-sized balls.
- 5 Store them in an airtight container and keep them refrigerated. It should last for a week.



# Travel Through Time in Water Towns

By Gina Batmunkh

As the weather is getting warmer, my family is really excited to explore places surrounding Shanghai. On the first trip of the year, we decided to start exploring water towns. There are many famous water towns near Shanghai and it seems that people usually visit the towns one at a time depending on the popularity, location or sceneries. However, we decided to take advantage of the pleasant weather and chose to visit three water towns in one weekend. With careful research and planning, it is a perfect way to spend a weekend getaway with your family and friends.

## Zhujiajiao

Our first stop was Zhujiajiao, because it was convenient to reach without any

hassle. Simply take Shanghai Metro Line 17 and alight at Zhujiajiao station. It is an ancient water town in Qingpu District, which has almost 1,700 years of history. It was great way to kick off our journey.

Upon entering, it is easy to take a boat ride along the canals, but it is recommended to take a stroll around the town first while admiring those century old buildings and their beautiful details.

Kids will be immediately distracted with artisans making sugar art which can be made-to-order on the spot. It's really interesting to see those little faces focusing so much on how they make these figurines while waiting in line so patiently. Although you will get to see many souvenir shops along

the river, I was most intrigued by the street food. One of the famous dishes is braised pork wrapped in palm tree leaves. It is savoury (goes well with white rice), a little sweet and it melts in your mouth. Secondly, you should try the local *zongzi* which is popular in Zhujiajiao. When you walk along the streets, you can't escape the fragrant smell. This is one local bite you will have to try. It's mouthful after mouthful packed with flavour. Needless to say, put your low-carb diet on hold. If the *zongzi* doesn't fill you up, you can try snacks from some of the other vendors such as, sweet breads, deep fried dough cookies...you won't get hungry in Zhujiajiao.

Street snacking aside, there are also various cafe's and restaurants you can explore.

## Wuzhen

Out of the three water towns we have visited, Wuzhen was the biggest. Once you enter the water town, you will see spacious paths where people are strolling around and taking photos. Next to the entrance, you will see Muxin Art Museum and Wuzhen Grand Theatre which is surprising to see in a water town.

The town is picturesque and its small network of *longtang* (alleyways) are so beautiful, you will want to wander around. You will be surprised to find some hidden gems, like a flower field which we discovered that was breathtakingly gorgeous.

Of course, walking along the very narrow *longtang* side by side with someone can be tricky. This is one Instagram-worthy photo you don't want to miss posting on your feed. Another thing you cannot miss while in Wuzhen is experiencing the tea houses. You may choose to visit a traditional or modern tea house along the water's edge. Order a cup of steaming green tea (sunflower seed is commonly on the house) and watch the boats go by.



Some of the tea houses have pretty terraces overlooking the water.

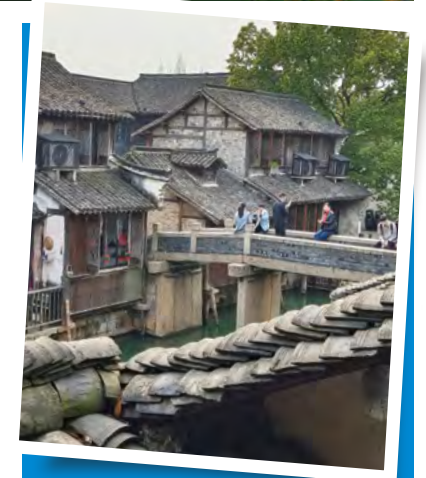
If you are travelling with your little one, taking a boat ride is a must-do in the evening. The evening river views of Wuzhen is stunning. Some boats offer an in-boat dining experience, while taking the boat ride which is a one-in-a-lifetime moment to enjoy.



## Xitang

In order to reach Xitang, we took a taxi (Didi) from Zhujiajiao and it's approximately a 50 km (30 minutes drive). The water town rose in popularity because Mission Impossible 3 was filmed there. Not to mention, it is also famous for its beautiful scenery, delicious food, and vibrant nightlife. Xitang is definitely

worth an overnight trip if you are already in Shanghai. Spring weather is the perfect time to explore the water town before the scorching hot summer arrives. Evening is actually the best time to walk around Xitang because of all the lights, red lanterns, and vibrant nightlife.



## Tips:

- 1 Shanghai health code is accepted.
- 2 Please note that some hotels inside water towns do not accept foreign nationals.
- 3 To buy tickets to water towns, you need to present your passport at the ticket office. Online tickets are not available for foreign nationals.
- 4 An entrance fee applies to some of the water towns.
- 5 Hotels: Ji hotel (Xitang), Crown Plaza Hotel (Wuzhen).
- 6 Visit the water towns late in the afternoon, around 3p.m. to 4p.m. to get the best of the day and night scenery.



# Twinning Tutorial

Outfit coordinating for your family.

By **Eve Wee-Ang.**  
Photos by **Park Jin Young**

**A**lbert Einstein once said, "Example isn't another way to teach, it is the only way." As parents, we know all too well no amount of nagging will change a child as powerfully as modeling the desired behavior. After all, our children's earliest education was schooled by us since they learnt best by copying, us.

When I trace back my lifelong obsession for quirky dresses and skirts in monochromatic shades paired with a comfortable pair of sneakers, my late mother's sense of style immediately springs to mind. Indomitable and self-assured, she believed if men could dress comfortably and ruled the world, it was a women's prerogative too. Since then, I've always operated under the codeword comfort.

And within the family, what better way to learn style tips than twinning! Whether it's the children copying their parent's style or vice versa, twinning is a fun, getting to know each other game that families can try together!

For this spring issue, we invited the Lantz family, a beautiful union of an American and a Korean couple with their three children, to a fashion challenge by twinning their outfits.

## Mother and Daughters

Full-time mum Park Jin Young who radiates kindness, is a nature lover whose best spring memory was spent at the countryside in the outskirts of Seoul, Korea with her grandfather when she was a child. With three young kids to tend to, Jin Young feels most at ease in her mum uniform of leggings and baggy shirts. But when a twinning challenge beckoned, she promptly laid out three identical sets of mother-daughters combo of floral dresses paired with denim jackets. Asked if twinning is second nature for them, Jin Young shook her head and replied twinning outfits is usually for fun with her littlest one who is home with her. Jin Young relishes hand-me-downs from friends and the fashion street stalls in Korea. Otherwise, there's always the dependable Zara and H&M for kids in Shanghai.

Elisabeth Ha-Seon Lantz who just turned 8 years old, lit up when asked what's her favorite activity for spring, "It's my birthday!" Bubbling with excitement for her upcoming party, it was obvious Elisabeth loves the camera and is completely at ease chatting about her favorite colour ("purple because it's a mixture of light and dark shades") and her well-loved glittery backpacks.

The littlest one in the family, Joanna Ha-Mi Lantz, 5 years old, is looking forward to starting school with her siblings this Fall. Engaging and personable, she loves pink, giraffes and wearing dresses because "pants are for boys". Before I left, she insisted I take a piece of chocolate home, bless her heart.

Men's knitted pullover from Massimo Dutti, 350 RMB



Men's straight leg jeans, Muji, 258 RMB



Men's long-sleeved tee from Zhizhimen @Tmall, 260 RMB

Girl's hat from Deesha @Tmall, 49 RMB



## Father and Son

Jim Lantz is a teacher in an international school. Originally from Arizona, USA, he and his family has been in Shanghai for four years. His fondest childhood memory of spring was catching MLB spring training with his father. An educator with a no fuss fashion sense, Jim does his shopping in bulk whenever he travels home. Fashion twinning with his son is a rare occurrence as father and son nodded and grinned at each other sheepishly.

Benjamin Ha-Jong Lantz, 10, is a reserved boy of few words who prefers reading quietly in his room. When queried about his favorite clothes, he shyly admitted that he doesn't care much about clothes, "as long as they aren't itchy!" But his eyes twinkled when I asked for his favorite colour, "Red because it matches everything." I never thought red was a complimentary color but after researching online, Benjamin is right. Red is one of the most visible color therefore when paired with others, it outshines all colours. This explains why red is the most popular colour used in 77% of flags in the world.

Children can teach us more than we give them credit for.



Women's Denim Jacket, Levi's, 629 RMB

Women's canvas shoes from Huili, 69 RMB



Women's floral dress from Vera Veins @Tmall, 698 RMB





# Early Eye Exams are Critical for Children

Let **United Family Healthcare** explain why it's never too early to take care of your eyes

**R**outine eye exams are recommended yearly for all children. Especially after uncertain COVID-19 times spent indoors. Outdoor time is critical to a child's visual development; especially more frequent online coursework can take a toll on their sight. Starting from preschool age, all children should receive eye exams from an eye doctor, even if there is no apparent problem with their vision or ocular health. Some conditions may be difficult for caretakers to discern, and early intervention can make a big difference in the outcome.

## Pupil Dilation and Cycloplegia

When your child receives an eye exam, your eye doctor may recommend to use eye drops to dilate and cycloplege their eyes. This is a normal part of a routine eye exam, and side effects are generally mild. The dilation of the pupils allows for a clear view of the retina, the back section of the eye, to check the overall eye health. Cycloplegia refers to the temporary relaxation of the muscles that control accommodation, which allows for a much more accurate refraction (measurement of near or far sightedness and possible astigmatism). The side effects of pupil dilation and cycloplegia are light sensitivity and difficulty focusing up close for around half to a full day, depending on which medication is appropriate for your child. It is a good idea to bring sunglasses for your child to wear after the visit.

The accommodative system of the eyes allows for focus to shift between longer and shorter distances. When your eyes are focused further in the distance, accommodation is relaxed, and when you shift your focus to a near target, accommodation is engaged. More accommodation is needed for closer distances. Children have stronger accommodative ability in their eyes than adults do, and it can often be difficult for them to fully relax their accommodation on their own. If their accommodation is engaged, the refractive error in their eyes will appear more minus, which means less farsighted for a farsighted child, and more nearsighted for a nearsighted child. Having an inaccurate measurement of refractive error would be detrimental for visual development, which is why using eye drops for pupil dilation and cycloplegia is recommended for a complete eye exam.

## Amblyopia

One of the most important conditions to screen a child's eyes for is amblyopia, commonly referred to as "lazy eye." A person who has amblyopia is unable to see clearly even when wearing corrective lenses, in the absence of other eye disease. Amblyopia can occur in one eye only, or both eyes



together. It is very difficult to know when a child has unilateral amblyopia without a complete eye exam, since the other eye will have clear vision and the child will appear to not have any visual problems. A high refractive error, strabismus (misalignment of the eyes), or conditions such as congenital cataract or ptosis (droopy eyelid) can all cause amblyopia.

The earlier the treatment for amblyopia is initiated, the faster the vision will improve. There is a critical developmental period for vision which lasts from birth until around 8 years old, after which it is extremely difficult to stimulate visual acuity to improve. The prevalence of amblyopia in children is high. Treatment involves first correcting any refractive error by wearing glasses, and often covering one eye with a patch and using visually stimulating activities. Shanghai United Family Hospital offers the Doboso visual rehabilitation program to help patients recover their vision not just from amblyopia, but certain types of strabismus and visual fatigue as well.

## Myopia (Shortsightedness)

Although the majority of children are hyperopic (farsighted) when they are very young, the amount of hyperopia will gradually decrease and many children will become myopic around age 6 and older. Limiting screen time, maintaining proper posture and distance from reading material, and bright

ambient lighting are all important for controlling the progression of myopia, however, increasing the amount of time a child spends outdoors is continually recognized as a key variable for myopia control in research studies. Three hours of outdoor activity a day is recommended for the best results, but even if three hours cannot be attained, getting your child outdoors and exposed to sunlight for a shorter amount of time could still help. Stay safe, wear a mask and remain cautious, but taking walks outside, riding a bicycle, having a picnic, and doing nature scavenger hunts are all good ways to incorporate more outdoor time into a child's life. Make sure to schedule routine eye exams every 6-12 months (depending on the speed of myopia progression) to check the updated status of the eyes.

Contributed by Hui Sheng, MD, Associate Chief Physician, Section Chief of Eye Clinic and June Cheng, OD, Optometrist from United Family Healthcare.

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Shanghai Family Fengshang Clinic  
689 Yunle Road, Minhang District  
Shanghai Family Xintiandi Clinic,  
Suite 402, Taoyuan Road, Silver Court Building, Huangpu District



# 2020 Luxury Living Award Ceremony

The 2020 Luxury Living Award Ceremony was held on 7th December 2020 at The Portman Ritz-Carlton, Shanghai. This event celebrates the establishments and businesses working at the highest level of real estate, hotels and dining. Luxury Living is a continuation and upgrade of our Luxury Homes supplement, to include restaurants, spas and more. The Luxury Living Awards recognizes our partners and businesses who exemplify excellence in its industry.

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# Reclaiming Family Spaces

How to peacefully manage shared spaces.

By **Eve Wee-Ang**

**S**chools equip us and our kids with life skills like counting and cooking, but in my opinion, the knowledge of tidying up after ourselves warrants a curriculum too. Although most of us are blessed

with *ayi* in China, learning to return things after we are done and letting go of items that no longer serve are skills that will benefit our physical and mental spaces. Tidying tips are therefore usually picked up from home. If your caregiver was tidy, chances are

you will be too. Unfortunately, the opposite is true too. My late mother, bless her, used to think tidying meant buying more storage containers until we realized much later that they were just temporary band-aids.

When my kids were little, getting them to put their toys back was always a pain. Our family room perpetually resembled a war zone. Trying not to step on the LEGO pieces was like avoiding landmines. If I could time-travel now, I would tell my flustered self to give each of my kids their own personal space. According to the KonMari™ method, this is the most effective way to teach kids responsibility and independence from as young as three years old. When kids (and adults) have their own storage space, they take pride in keeping it neat and tidy. I especially love it when parents give their kids the permission to decorate their own space to their heart's content. The excitement that radiates from the child is heartwarming.

Now that you've demarcated each child's personal cave, what next? I rounded up some mums to tap their creative juices on how they teach their little ones to keep their family spaces tidy.

## House Rules

Every family has their own rulebook where kids first learn boundaries. Candy Lim, mum of four runs her home like a school. A label addict, everything has its home, and they are all clearly marked. "They don't move to another activity until they cleaned up the last one. Everyone knows the rules and abide by them. Be very clear and specific but most importantly, follow through so your kids know you mean what you say." Yes Ma'am.



## Boomerang

Teresa Koh, mum of two, reclaimed her sanity and common space through tough love. Whenever she sees her kid's belongings lying around unclaimed by the end of the day, she boomerangs to their room. No questions, no nagging just straight-up understanding that everyone sorts and tidy their own personal belongings. "I once left a swim bag in their room that was filled with wet towels and swim gear. They had no choice but to deal with it otherwise there wouldn't be any dry swimwear for their next lesson, oops." Coolest Mum award.

## Timer Toss

If all else fails, there's always the last resort I call the Timer Toss. Mums of three kids each, Lyn She-Wu and Judith Teong swear by their trusty Big Black Trash Bag. When mum brandishes that, it means all previous chances that were handed out are about to expire. She is all-business now. A timer is set for 30 minutes of grace to reclaim and tidy up. Otherwise, it will all go into the big black hole, never to be resurrected. Both mummies observed that within half hour, their family spaces were restored faster than lightning.



Eve Wee-Ang became a certified KonMari™ tidying consultant when her kids were tweens. Since then, she has never stepped on a LEGO and her children flee at the sight of a black trash bag.

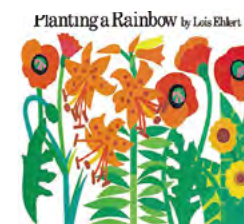


# Books to Inspire Play

By Anabela Mok

Selecting books for a preschool-age child can be tricky. After all if it has too many words they may lose interest. Books that are too simple may leave them bored. I enjoy reading to my toddler and books help inspire our creative play. Whether it is planting a rainbow in our living room, planning a trip to the zoo, or making vegetable soup, I want to make her literary world come to life.

As the weather is getting warmer, let's go adventuring and create some meaningful play. ▶



## Planting a Rainbow by Lois Ehlert

Learn the colours of the rainbow as kids watch a plants grow in a beautifully vibrant garden.

Through brilliant, textured cut paper collages, the story follows the progress of a mother and daughter in their backyard as they plant bulbs, seeds, and seedlings and nurture their growth into flowers. Bold, spare text and dazzling illustrations will inspire readers to take a closer look at the natural world and maybe even start a garden of their own.

This book is great inspiration for doing simple counting and colour sorting exercises.



## Flower Garden by Eve Bunting

This is a well thought out book about a little girl and her father planting flowers to surprise mum for her birthday. The beautiful illustrations document the process of going to the supermarket, checking out, taking the bus and the process of gardening.

It is the perfect book to get your child ready for a shopping trip or build a special garden on the balcony.

## Little Mouse on the Big Farm By Annabel Blackedge

This book showcases the adventure of a little mouse on a big farm and how he meets all the animals, and their offspring. The illustrations are simple and the flaps are fun for the child to explore what is underneath.

Whether you are going to a farm or just a simple walk around the block, this book introduces the concept of large and small. Plus, animals and their offspring introduces them to matching. After all mummy sheep needs to be near her baby sheep.



## Peep Inside The Zoo By Anna Milbourne

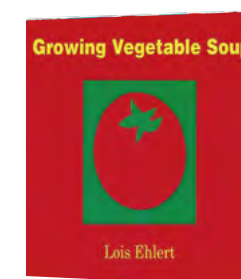
This is a wonderfully illustrated book about what animals you can see at the zoo. Children can open doors, go under trees to find their favourite animals. For younger children they will focus more on what the animals are doing, while older children can read along with the text. It is a fun story to read, especially when we are about to go to the zoo to see these animals in real life!



## Abracadabra, It's Spring! By Anne Sibley O'Brein

The beautiful illustrations show the transformation from late winter to spring. The story is heavy on the rhymes, which is great for kids as it allows them to identify different sounds. Illustrations by Susan Gal brings the book to life. This is a magical way to introduce small children to the wonder of seasonal change.

To make the book come to life, take your little one to the park where they see spring flowers blossoming or little tadpoles swimming in the pond.



## Growing Vegetable Soup by Lois Ehlert

The colours are bold, and the story allows for basic vocabulary building related to gardening. The story reads really nicely, and leads children to the understanding that their food comes from a garden, and a garden can produce vegetables for cooking soup. Whether it is using the plastic vegetable toys in their toy kitchenette or using playdough, you can act out making vegetable soup with our child.





## A Bit of Leisure Goes a Long Way

By **Sal Haque**

We put a lot of weight on early education. Which is fair. Reading, writing, math...all good stuff. Plus, a great number of studies show that starting school early has clear benefits to learning. Fair enough. But while Kindergarten or Grade 1 are important, they're clearly not the defining factor in who your kid is, they still have lots of time and potential to grow his intellectual prowess.

My kid is in Grade 1, and to be honest, I'm not super concerned about his academic performance. I worry more about how he is on the playground, or how he handles challenges to his ethics. For me, primary school provides

great exposure to his growing, malleable sense of self. Ultimately, it helps build character.

Early education is also important in fostering personal responsibility. My kid's teacher is pretty awesome at that. She encourages kids to care for their own personal belongings, and to meet deadlines. It's working. I can already see a strong sense of consequences developing in my son, and he's clearly growing more independent. Respect.

But outside of developing his sense of responsibility and social skills, my only real motivation to push him academically is so he stays on par with the other kids in his class. I don't really care if he's colouring inside the lines.

I will be more concerned, if he's the only kid in his class who can't colour inside the lines. Like when his art is up on the classroom wall, and it's the only one that's all mashed-up, that might irk me a little.

Too often we try and make our kids achieve just so we can look good, and too often we are angry at our kids for failing because they make us look bad. I think that there's a philosophical balance in there we need to explore. If my kid falls behind the rest of the class, I feel bad. I want to see him learn. Learning is cool. I respect the process.

So now I'm at home crushing my kids homework till like 7:30 or 8 p.m. so he can stay on par with the other kids (or hopefully exceed it). Which sucks because I work all day and instead of beer, I get to look forward to doing "6 x 3=18" for like forty minutes until the kid kinda gets it. Homework sucked when I was in school. It sucks for my kid right now. At some point, I straight-up reassess our priorities, and assume the time honored tradition of "screw it".

Let's watch a movie, or go out for dinner. No learning outcomes today man. A bit of leisure could do us both good. Lay back in the beanbag chair, eat nachos, and play street fighter. Nesta will at some point know "6 x 3=18".

But he has to make that decision himself, and it has to be guided in the right way. Like most 7-year-olds, my kid makes a great many decisions based on how much trouble he'll get in if he does or doesn't do something. Whether to forego his math worksheet and play video games, or suck it up, and do the work. Most of the time, he's chosen to do the work.

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



## Just Let Them Play

Play-based learning opened my eyes.

By **Anabela Mok**

Two years ago, when I was sharing my daughter's future education plans with my mum, she just looked at me and said, "why don't you just let her enjoy childhood". At that time, I was enrolling her in weekday mummy & me classes that she takes with the nanny, and weekends we would be taking her to swimming and crafts class, trying to give her an advanced start. Knowing how competitive seats were for school enrolment, I even made a non-refundable down payment for reserving a spot in a Pre-Kindergarten (for when she turned two and a half) while she was only 10 months old (don't judge, she was born in a somewhat prosperous zodiac year and I wanted to be certain we had a spot).

We had a good plan going. But it did not account for game changing dis-

ruptions like COVID-19. With all the structured classes cancelled, I was also getting anxious about my ability to homeschool. By the third week, I had the sense to hire a private tutor to help me. This set-up is not how I would have imagined my daughter's first foray to proper learning, but this was a welcomed change.

Pretty soon, some of my mummy friends also joined the private tutoring session in our living room. These home sessions were fun, especially watching the little ones learning to interact with each other, exploring the teacher's magical bag of teaching aids and ransacking my living room. Don't get me wrong, they learned, but the method of getting them to learn was through curiosity and play. The kids were allowed to explore, take their own breaks and ask questions. Quite different than the school I selected for her.

They played, sang, crafted, and learned along the way. These kids traded toys and learned emotions by experiencing them. These kids were not forced to participate in group activity, or to memorize their 1,2,3's. I realized then that all my planning for my daughter's education was based on my own childhood. Instead of giving her the confidence to shine in school, I was preparing her to excel by conforming to the classroom.

Mum was right, they do not need to have their early education years filled with anxiety. All they needed was to play.

**Anabela Mok** is a hands on mum, gym junkie and the managing editor of Shanghai Family.





In the City

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

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

Schools

Schools: K-12

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

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

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

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

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

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than 130 afterschool activities. The school caters for students from 12 months to 18 years. [admissions@naispudong.com](mailto:admissions@naispudong.com); [www.naispudong.com](http://www.naispudong.com)

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

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Schools: Pre-K

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

**Fortune Kindergarten 海富幼儿园** This school believes in interactive learning for primary school preparation, and incorporates games and field-trips [www.fkis.com.cn](http://www.fkis.com.cn)

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

**Happy Bridge Kindergarten** They are a kindergarten that aims to offer a well-rounded and immersive education to all our students. They

foster a multilingual environment coupled with a creative learning structure that helps students to develop all the necessary skills for early life, while encouraging them to express their creativity and imagination. Their small class sizes and extensive facilities, including a theatre and art studio, give students a place to grow and explore while in a safe environment. 淮阴路 489 号 489 Huaiyin Road 6223 8870

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

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

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

virtue and a global mindset. [www.luc-china.com](http://www.luc-china.com), Tel: 021-51872889 [admission@luc-china.com](mailto:admission@luc-china.com), 230-233, 779 Fangdian Road, Pudong.

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

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

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



**Sino European International Preschool 中欧国际早教中心** This foreign-managed preschool offers a bilingual early childhood curriculum that includes European philosophies combined with Chinese culture and language, preparing children for a multicultural and international education. info@seips-china.com. www.seips-china.com

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

Health Items


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

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

Medical

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

Jiahui Health



Jiahui Health's experienced dentists provide dental health services for adults and children,

including dental check-ups, fillings, prevention of tooth decay, painless dental pulp treatment, and treatment and protection against periodontal disease. Dentistry Department also carries out multi-disciplinary collaboration in the hospital, such as working with dermatologists to offer invisalign orthodontics and solutions to skin problems for beauty seekers; working with E.N.T. specialists to help adolescents with problems such as mouth breathing, adenoidal hypertrophy and allergic rhinitis; working with MSK to provide sports lovers a comprehensive range of preventive strategies on sports injury. Address: > Jiahui International Hospital: 689 Guiping Road, by Qinjiang Road > Jiahui Medical Centre (Yangpu), 1F/2F, Suite 3, 99 Jiangwancheng Road, by Yingao Dong Road > Jiahui Clinic (Jing'an), Suite101, 88 Changshu Road, by Changliao Road. Mon - Sat, 9am - 6pm. Website: www.jiahui.com/en; Telephone: 400-868-3000

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

ParkwayHealth



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

Website: www.parkwaypantai.cn

**Puresmile Orthodontics & Dentistry** PureSmile provides exemplary dental care and treatment in a comfortable, friendly environment. Combining the highest level of clinical training with the most advanced dental and orthodontic technology, they are committed to skin problems for beauty seekers; working with E.N.T. specialists to help adolescents with problems such as mouth breathing, adenoidal hypertrophy and allergic rhinitis; working with MSK to provide sports lovers a comprehensive range of preventive strategies on sports injury. Address: > Pudong: Lane 1-4, 650 Biyun Road Jinqiao > Changning: 2268 Hongqiao Road, 2nd Floor, Unit 2P > Minhang: 569 Yunle Road, Shop 111, Huacao Town > Jing'an: 818 West Nanjing Road, Room 1201, Jing'an. Telephone: Pudong, 6105-9400; Hongqiao, 6237-6969; Minhang, 3490-9068; Jing'an 6363-6388. Website: www.puresmile.com; Daily 10am-6pm

Eye Care

**Essence Eyecare Clinic** An advanced Eyecare Clinic with international and local experienced doctors, we strive to provide comprehensive eye examination and comfy environment. We will check for the presence of any ocular condition that may prevent you from seeing clearly and efficiently. Services Include: Eye health examination, fundus disorder, medical optometry, myopia control, presbyopia solution, pre and post refractive lens implant management, amblyopia (Lazy eye), strabismus (close eye) treatment. Address: 1st floor, Landseed hospital, 102 Qinjiang Road., Xuhui District, Shanghai. Appointment Hotline: 6195-7885; Open Mon-Sat: 9am - 5pm; Wechat ID: zjyk61957885

Health Clinics

**Body & Soul Medical Clinics** Combining the best of both hemispheres, Body & Soul brings together the natural healing techniques of TCM with Western diagnostic and treatment science, in a comfortable multilingual, multidisciplinary environment, with experts from all over the world in holistic disciplines. Services Include: Acupuncture, cupping, dermatology, functional medicine, gynecology, herbal medicine, infertility treatment, kid's health, orthotics, osteopathy, physiotherapy and rehabilitation, podiatry, psychology & family therapy, TCM and internal medicine, tuina massage, alternative healing, chiropractic, medical imaging, laboratory services, Western and Chinese pharmacies. Address: > Xintiandi, 14F, 760 South Xizang Road; Telephone: 021 6345 5101> Hongqiao, 211 Chengjiaqiao Zhi Road; Telephone: 021 6461 6550; Call individual clinics for opening hours. www.tcm-

shanghai.com. Call individual clinics for opening hours.

**Columbia Clinic** Columbia China is a Shanghai based healthcare company founded by Columbia Pacific Management from the USA and Sheares Healthcare Management from Singapore. To meet the growing needs for international standard medical services, our team of multilingual doctors, rehab team and sta from USA, Malaysia, Japan and China assure you of quality medical care that is safe, reliable and hassle-free. The right treatment for the right patient every time.Address:Puxi Bainuo Clinic: 25F United Plaza, 1468 West Nanjing Road; 021-6327-5599; Mon-Sun 8am-7pm; Pudong Yihui Clinic:Room511-513, 5th floor, Building B, LCM, No.2389, Zhangyang Road;021-6882-1212;Mon-Fri 9am-6pm;columbia-bainuo.com

**Deltahealth Hospital Shanghai And Deltahealth Clinic Hongqiao** DeltaHealth is a foreign-funded healthcare provider based in Shanghai. Operating in Qingpu and Changning, DeltaHealth provides a range of comprehensive healthcare services including 24/7 ER services, preventive health, general practice, emergency, internal medicine, surgery, orthopaedics,thoracic, gynecology, paediatrics, ophthalmology, rehabilitation, medical imaging, traditional Chinese medicine and more, to people living in East China and beyond. DeltaHealth hospital has also maintained a strategic collaboration with Columbia Heart Source, with a focus on cardiovascular care.DeltaHealth Hospital: Xule Road, Xujing Town, Qingpu District, Open24/7. DeltaWest Clinic: 5th Floor, Building B, 2558 West Yan' An Road (Next to Grand Millennium Shanghai HongQiao, in Shanghai Workers' Sanatorium); Open Mon-Sat, 8.30am-6.00pm; www.deltahealth.com.cn; (400 821 0277)

**LIH Olivia's Place** Shanghai has served thousands of children and their families since 2010. They provide one-stop, international standardised high-quality developmental and behavioral services for children from birth to age 18. Our highly skilled team of international and Chinese clinicians work with families through evidence-based practice to support children's physical development, well-being, independence, family life, learning, emotion and social interactions to fulfill their potential. Services Include: Developmental Behavior Pediatrics, Speech therapy, Occupational therapy, Physical therapy, Psychology support (including assessment and consultation), Learning and Behavior support, ABA, Social Skill Groups, Parents Education, Professional Education for teachers,

doctors, therapists and other related professionals. Address: > 1868 Pudong Avenue, 3F, Oriental City Tower, Shanghai; > 35 Yongjia Road, 19th Floor (near Maoming Road), Huangpu District, Shanghai; Telephone: 021-6075-3100/021-5404-0058/59; Website: sh.changhedayun.com

Jiahui Health



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

**ParkwayHealth** With more international doctors and a wider range of services than any other health care provider in Shanghai, ParkwayHealth provides premium medical and dental services for the whole family. Each clinic offers laboratory, radiology, and imaging services, with an onsite pharmacy. Services include: adult & family medicine, cardiology, chiropractic, dentistry, dermatology, ENT, hand & plastic surgery, gastroenterology, general surgery, nutrition, gynecology, ophthalmology, orthopedics & sports medicine, pediatrics, mental health services, TCM, urology. >Address: Shanghai Centre Medical and Dental Centres Suite 203-204, West Plaza, Shanghai Centre, 1376 Nanjing Xi Road > Specialty and Inpatient Centre 3F, 170 Danshui Road > Gleneagles Medical and Surgical Centre 4F, Tomorrow Square, 389 Nanjing Xi Road > Jin Mao Tower Medical Centre J-LIFE, Gate 15, Jin Mao Tower, 88 Century Avenue > Jinqiao Medical and Dental Centre 997 Biyun Road > Hongqiao Medical Centre 505 Gubei Road. Telephone: 24-hour

appointment, 400-819-6622 Website: www.parkwaypantai.cn

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

Shanghai Renai Hospital International Department



Renai is the first private hospital in Shanghai. It has over 20 clinical departments with outpatient and inpatient services. It is inRoadential throughout the East China region and enjoys a high reputation. It is located in the city centre with very convenient transportation. Free parking is available within the hospital compound. Services include: cardiology, family medicine, internal medicine, general surgery, gynecology, dental, dermatology, ENT, TCM, urology, pediatrics, orthopedics, ophthalmology, urology, cosmetic dermatology, plastic surgery, vaccination and immunisation. Address: 127 Caoxi Road, Xuhui District. Telephone: 8621-5489-3781. Website: www.renaihospital.com Mon-Sun 9am-5pm

**Shanghai Yosemite Clinic** Yosemite Clinic is a full-service clinic providing convenient walk-in medical services in Central Pudong. Our team of experienced physicians and nurses are dedicated to practicing according to strict patient safety standards and evidence

based medicine. Services Include: Family Medicine, Internal Medicine, General Surgery, Orthopedics(Sports Medicine), Dermatology & Medical Cosmetology, Dentistry, Gynecology ,Ophthalmology , Pediatrics, ENT, Vaccination Service, Anesthesiology, Rehabilitation Medicine, Medical Imaging, , Pharmacy, Laboratory, Psychiatry Address: > B1-1F, 1398 Fang Dian Road, Pudong District, Shanghai; Telephone: Appointment center, 4008 500 911Website: www.yosemiteclinic.com; Open: Mon-Sat: 9am-9pm, Sun: 9am-5pm

United Family Healthcare (UFH)



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

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

Dining

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

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

Spa & Wellness

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

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

**Subconscious Day Spa** This eco-conscious spa uses only organic products for it body massages and spa treatments. It also offers mani and pedis using OPI nail polish, honey based waxing and facial using Pevonia and Sothys products. Nanjing Xi Road > 458 Dagu Road (near Shimen Yi Road) 大沽路 458 号 (近石门一路) .Tel: 6327-1193. info@subconsciousdayspa.com. www.subconsciousdayspa.com. 9am-11pm.





Life Success Starts  
with Concordia



**Concordia**  
INTERNATIONAL SCHOOL SHANGHAI  
上海协和国际外籍人员子女学校