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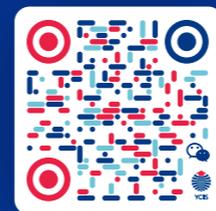


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Dear Readers,

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! Autumn is one of my favourite seasons. It beckons the cosy sweater weather, and the onset of the joyous festive season. But as any parent knows, once the weather turns cooler it also means we need to find ways to keep our child entertained. Gone are the pool days of summer. Kids in Shanghai have it great, so let our **Little Kid-Friendly Guide (10)** show you all the different places you can go with your little one. The experts from **Parkway-Health explain why children need to play (28)**.

When kids are young, not only is it important to nurture them, it is also important to create an **open communication channel(18)**. Let our expert mum, Ailan Gates show you how.

As a new mum once, it was so important for me to stay stylish without too much effort. Our style expert, Eve Wee-Ang gives us a glimpse into some **stylish mums (40)** and how they keep their beauty and style, simple yet chic. We also explore ways to **baby proof your home (42)** without compromising adult taste. After all, home is a place for everyone! And, are you looking for some seasonal indulgences? Check out what **Bulgari Hotel Shanghai (38)** has to offer!

We wish you a season filled with warmth and happiness.

Anabela Mok
Managing Editor

On behalf of the editorial team at Shanghai Family

Parents & Kids

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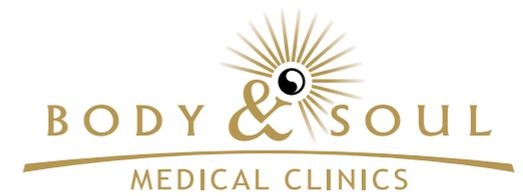
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TCM: INTERNAL MEDICINE & THERAPIES

Traditional Chinese Medicine (TCM) is a medical system proven effective in treating a vast array of diseases naturally. TCM treats the person as a whole and restores balance physically and emotionally, by reestablishing a smooth flow of qi and blood. It is effective for digestive and respiratory disorders, gynecological and menstrual issues, pain, skin problems, and many seasonal and chronic conditions. Fertility specialists also focus on thoroughly diagnosing and treating couples seeking to conceive and have a baby. This includes the support of ongoing or planned Western treatments (IUI, IVF, ICSI, etc).

There are vast methods in TCM like Acupuncture, Tuina-massage, cupping and moxibustion, etc. For example, acupuncture consists of placing needles in the body into designated acupuncture points, along the meridians to restore a free flow of Qi and stop pain. These methods are effective yet natural ways to restore balance, heal the body and find peace of mind that kick off a self-healing process in the body.

PHYSICAL THERAPY

Physical therapy focuses on relieving pain and removing blockages by strengthening the muscles and correcting the posture. Physiotherapy can improve mobility, functional abilities, muscle functions, back and abdominal strength and proper alignment. It is effective for back and neck pain, joint pain, posture disorders and realignment, rehabilitation after an injury or a surgery, post-natal rehabilitation, and athletes or those wishing to improve their fitness.

OSTEOPATHY

Osteopathy is a soft to high impact manual therapy for muscles, tendons and bone. It promotes proper functioning of the body by correcting mechanical imbalances within and between the body structures (muscles, bones, ligaments, organs and connective tissue). Osteopathy treats acute and chronic pain, improves blood circulation and increases energy levels. It is especially indicated for trauma patients who have experienced accidents, surgeries, or birth trauma since it can identify the underlying causes of chronic pain.

CHIROPRACTIC

Chiropractic care corrects acute and chronic bone and spine disorders. Chiropractic treatments are high impact bone-setting and manipulations that help to adjust the body without the use of drugs and surgery. A combination of powerful manual procedures, such as spine adjustments, joint manipulation, joint mobilization and stretching helps to correct imbalances in the musculoskeletal system.



Rozo Wine Bar

New casual winebar in Jing'an has opened. Rozo Wine Bar, located on Wuding Road offers a wide array of old and new world wines that go well with their pan-Asian inspired menu, designed by consulting chef Carlos Solomayer. Address: 2F, 968 Wuding Road near Jiaozhou Road.



The Playful World of Eric Carle Extended

Due to popular demand, the exhibit will be extended until 7 November. In collaboration with the Children's Museum of Pittsburgh this exhibition is considered the first of its kind in the Chinese mainland. The exhibition takes over the 5th floor of the South block at the Bund Financial Center with multiple areas for children to

play, explore and create. The exhibit highlights famous books of Eric Carle. Through music and projection, his best-selling books are brought to life. Great for fans of the series, the exhibition is fun and engaging for the kids senses. Address: 5F Rooftop Garden, BFC Now, South District, 600 2nd Zhongshan East Road.

Mami&Me at IKEA Xuhui Location

Successful and playful Mami & Me will begin hosting classes at the newly renovated IKEA in Xuhui District. Their sensory play programme will be great for little ones up to preschool aged kids. This will be a great chance for the kids to learn through discovery and imagination. Add WeChat: Mami_n_Me for more information and class times.



Shanghai Astronomy Museum

The world's largest Astronomy Museum at 38,000 square metres has opened along the shores of Dishui Lake. This museum is a branch of the Science and Technology Museum as well as the Shanghai Natural History Museum. Here you can experience a planetarium and see the stars look into the different planets and how early civilizations use stars for charting purposes. It's impressive and worth the visit and wait. Address: 380 Lingang Dadao. Purchase tickets on the Wechat Mini-program, search: shanghai tianwen guan.



Kaos Trip - A Color Journey by Okuda San Miguel

Spanish contemporary artist Okuda San Miguel is famous for splashing vibrant hues across architectures in different corners of the world. Okuda has brought together some twenty pieces of large format and spectacular installations, in addition to presenting in public some of his latest

visual research in the form of kaleidoscopes and dark rooms. The show is an organic fusion of colors and geometric figures is visually impactful. 70 RMB per adult and 49RMB for students. Children under 1.2metre free of charge. Address: Bund 18, 2F, Jiushi Art Gallery, 18 Zhongshan 2nd East Road.



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We Are Here For You!

Your Little Kid-Friendly City Guide

Time to paint this town red!

By Anabela Mok



Being a kid in Shanghai is fun. There are lots of places in town that are extremely child-friendly with plenty of activities to keep your little one entertained. Whether you are searching for indoor play areas or hotels with children's amenities, you can easily find it. With so many choices nowadays, it is really a kid's world here.

Let's explore all the places you and your little one can enjoy, and get ready to paint the town red!

Indoor Play Areas

For families with young children, finding a place to take them on a rainy or cold day can be tricky. However, with the many indoor playgrounds offered, Shanghai is the city where the young ones can paint the town red. Here are some of our favourite places to go when the weather is against us.

NBA Playzone

It is spacious and offers lots of activities for kids to release some pent up energy. If your kids are like the energiser bunny looking to jump and throw hoops, then the NBA Playzone is for you

Address: 2nd floor, 150 Hubin Road. Huangpu District
Bookings: 5302 0520

Jump360

Jumps, air somersaults, cannon balls, you got it! There are plenty of trampolines and jumping pits where kids can show off their jumping skills. They have an age restriction to enter, so if you meet that expect a day of total play. If you, the adult also have some pent up stress, just jump around and sing "Let it go".

Address: 99 Xingyi Road, Changning District





Thomas and Friends

Riding through train tracks, this child friendly playground and restaurant is perfect to stir the imagination for your little ones.

Address: 3F, Rm L314, Jin Hongqiao Plaza, 179 Maotai Lu, Changning District
Hours: 10:30am to 8:30pm

MeLand

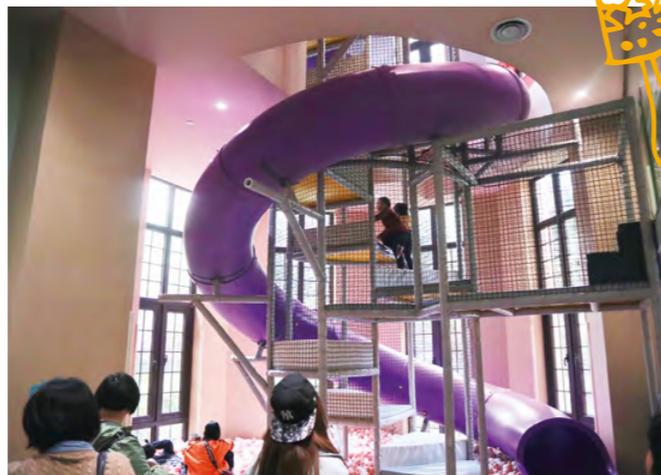
With different locations offering a different experience in Shanghai, it is great for very young children to explore their minds in a playful environment. *Multiple locations*



Mini Mars

This large indoor playground has multiple locations throughout Shanghai and is a great place to visit if you have an energetic child whether your child enjoys dressing in costume or playing within their imaginary world.

Address:
Jing'an location: 1F, Jing'an Sports Center, 428 Jiangning Lu, Jing'an District
Changing locations: 1F, 1900 Tianshan Road, Changning District



Neo Bio

Neo Bio has a massive area offering different zones to kids seeking unique experiences. From a large bookstore to DIY zones, it is also equipped with expansive play areas equipped with tunnels, slides and a restaurant. *Multiple locations*



Family-Friendly Hotel

Holiday travel require keeping your little one in mind, especially if you need hotel ideas for outside of Shanghai or maybe one or two staycation ideas within the city.

Sanya Club Med

Club Med Sanya embodies a fun seaside spirit, chic and natural, easy-going and comfortable; a thrilling fusion of Chinese culture and French art-de-vivre. At Petit Club Med, pint-sized pirates aged 2 and 3 discover the water, sand and tropical vegetation of this peaceful bay. At Mini Club Med, young corsairs set a course for creative pursuits, team games with their families and a range of sports. Karaoke, climbing, circus skills, sailing or mountain biking; at Junior Club Med, bigger buccaneers have an exciting voyage ahead.

Hyatt Regency Chongming Island

If you enjoy the beauty of nature but with the comforts of an international five-star hotel, then Hyatt Regency Chongming is a great place for you. Located on the east side of Chongming Island, there are many charming areas in and around the hotel that will entertain your little one. You can expect a lobby full of singing birds, a petting zoo in the back and plenty of local farms in the area that you can enjoy. If you miss your fur baby, the hotel is also pet-friendly!

Fairmont Yangcheng Lake Hotel

Just outside of Suzhou in Kunshan, the Fairmont



Kerry Hotel Pudong

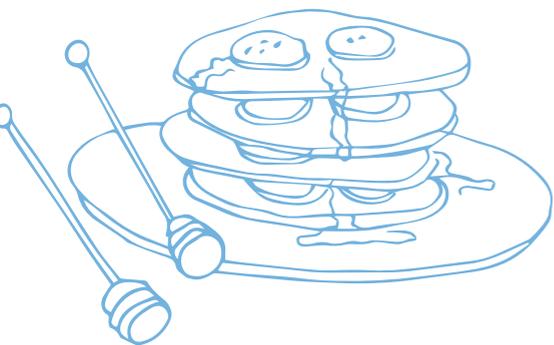
Kerry Hotel Pudong offers families an engaging stay at every turn. From their indoor Adventure Zone which will keep your kid entertained for hours climbing and sliding, jumping in large ball pens etc... adults can also treat themselves to their 24-hour gym. There are also three swimming pools and outdoor tennis courts and specialised exercise rooms. Their in-room amenities for little guests provide them an adventure to look forward to. It is one hotel where you don't need to worry about having an itinerary of events. It is as easy as following the fun.

Yangcheng Lake is a wonderful hotel to take your family. It has an indoor play area and, direct shuttle bus to the nearby farm where there are plenty of activities to enjoy. You can go pick vegetables, see the farm animals or do activities such as go-karting, kayaking or archery. There are plenty more to discover such as tie-dye art and other handicraft workshop. The hotel is less than half an hour away from downtown Suzhou so you won't be lacking variety in food and cuisine. If you want to swim there is an indoor pool with a gym, and in the summer you can also go for a dip in the majestic outdoor pool with views over the lake.



Disney Resort Hotel

If you have a special occasion, go check out the Disney Resort Hotel. It is absolutely the place to go if you want the full Disney experience. From having breakfast with the characters, to seeing characters wander around the hotel and interacting with guests in the lobby, your kid will enjoy themselves. With hotel guests having the option to enter the park one-hour earlier and priority access to certain rides, you get to have a head start in making the most of your park visit.



Kid-Friendly Restaurants

Taking your kid out to dine should not be a chore. Sometimes it is, especially if they are picky eaters. But, some restaurants in town have come up with some amazing menus that are reassuring for worried parents.

Geneva Café

Not only is Geneva Cafe flexible for you to bring your own inflatables, like an indoor pool for special parties. They also have a wonderful indoor play space for kids to run and play. Menus have their own kids section and adult food can be customised if needed to suit the needs of your child.

Address: 112 Jinbin Road, Changning District
Tel: 5239 9197

Colca

Located at the North Bund inside Sinar Mars Plaza, Colca has a weekend kids menu that carries the same sophistication as the adult menu. Located near the ferry terminus that can take you across the river to the Bund, the river view is absolutely stunning and can get keep your boat-loving kid entertained. But what we like about Colca is the event space, which is perfect if you are looking for a birthday venue.

Address: Sinar Mas Plaza, 3F, 588 East Changzhi Road, Hongkou District
Tel: 6593 3666



Chili's

Chili's offer an unobstructed view of the Bund at their Binjiang Avenue location in Pudong. With a kids menu featuring a mix of pasta or rice in a modest portion, adults do not have to worry about packing in all the extra calories if their kids cannot finish their meal. The location is perfect for a wonderful walk after a filling lunch (or dinner) as it's near the biking lane and also, the pedestrian walk way. Only caveat is, no scooters.

Address: 3072 Binjiang Avenue, Pudong New Area
Tel: 5835 8035



Tacolicious

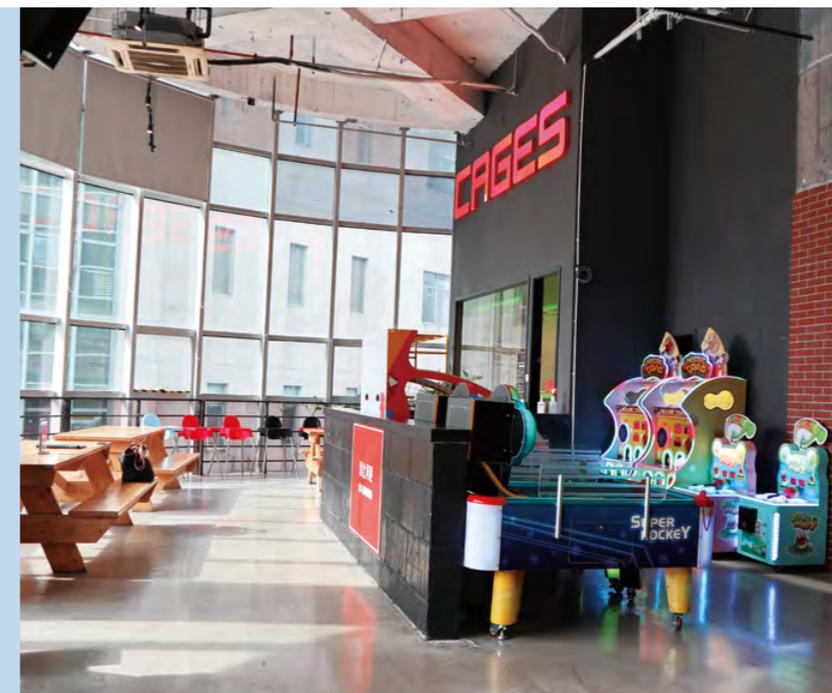
This is a newcomer to offer a kid's menu. But rightfully so! With so many young parents in Jing'an who enjoy a casual vibe eating good tacos, why not make it easy for kids that come with the parents? Here kids can build their tacos and have fun colouring. With so many activities that goes on in Tongle Fang, this is the perfect lunch spot for the kids to gather!

Address: 104-105,34 Yuyao Road, Jing'an District

Cages

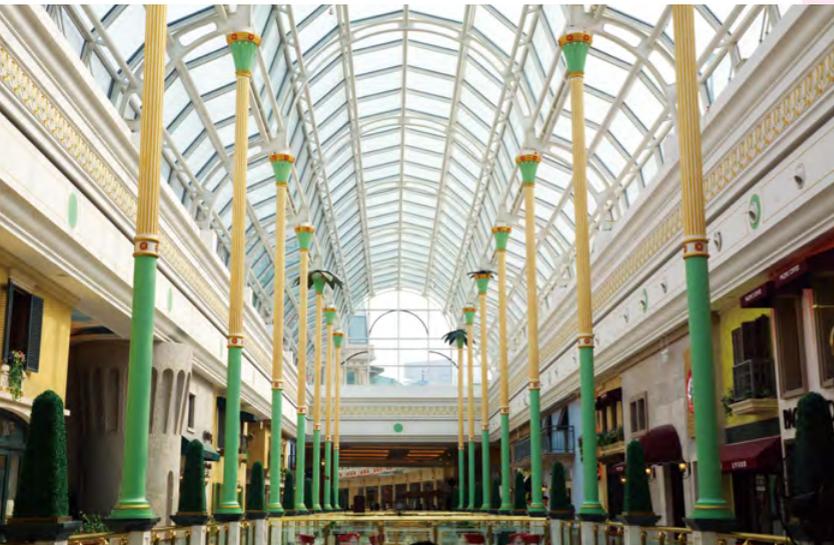
For parents with children, Cages is the spot for you. There is a dedicated section that offer child-friendly arcade games that is specially sized for a toddler! You'll even find an indoor playground with slides, a trampoline and a swing! There is a height maximum for children who reach 1.2 meters, so it's perfectly safe if you have a tiny toddler. They have a healthy kids menu and adults can always indulge in American food like pizza, sliders, and healthy salads.

Address: 3F, 428 Jiangning Road, Jing'an District
Tel: 5299 52173



Shopping for Kids

Let's face it, at one point in your parenting life in Shanghai you will need to pick up something for your kid. Whether it is a pacifier, a milk bottle or snacks. Here are some malls that can be your one stop destination for all things kid related.

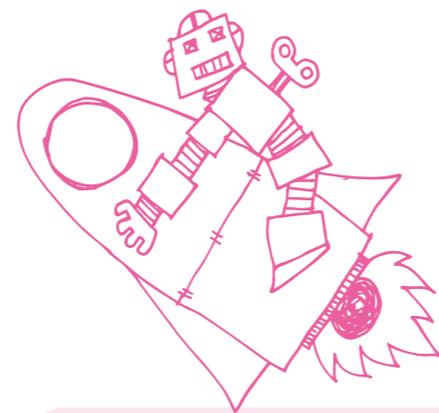


Jing'an Kerry Center

If you are looking for a convenient place where shopping meets kids' entertainment, look no further than the Jing'an Kerry Center. Whether you are a new mother or if you need a place to shop while your kid is entertained you can certainly find it here. The 4th floor of Jing'an Kerry Center North Block is one area that every parent should visit at least once. From their nature-inspired and colourful KerryOn Living Room, the semi-enclosed area provides a series of weekly classes and DIY activities for children, plus flexible spaces for workshops, events, pop-ups and exhibitions.

For new moms who are looking for a spot to walk around, this is truly a great spot because the nursing and changing rooms are really spacious. If you are looking for necessities you can find it on this floor. Beginning with Motherswork, you can find everything a new mother would need including a fine selection of car seats, strollers and high chairs to pacifiers, bibs, eating utensils and baby bottles. If you want to look for more, hop over to i-lollipop, they also have a fine selection of baby products and things a young toddler would need. There is even a Kidsland with toys and dolls that is a great spot if you need to pick up a birthday, housewarming, or any-occasion gift for the little ones.

Address: 1515 Nanjing West Road, Jing'an District
Hours: Daily, 10am to 10pm
Tel: 6025 7511; 6025 8888



Global Harbour

Next to the Hyatt Regency Hotel, Global Harbour offers plenty of shopping opportunities for children. You have a wonderful indoor playground called Joypolis, and you also have plenty of shops dedicated to kids.

There are big brand names such as Balabala, Good Baby, Motherworks, H&M (kids), Baby GAP, the list goes on. All you need is to make sure you don't overspend. If you need furniture for your kid's room, you can also find specialised furniture shops.

Address: 3163, 3F, 3300 Zhongshan Bei Lu, Changning District
Tel: 021 6245 5309

Kerry Parkside, Pudong

Kerry Parkside Pudong is more than meets the eye. Not only is it next door to the Kerry Parkside Hotel with Adventure Zone, it is also a full fledged department store! On the B1 level of the shopping mall, the KerryOn Living Room is a social meeting space for young minds, where a series of curated curriculums and fun activities take place. If you are not a member and wish to join, there are paid classes, which includes outings and complimentary workshops. To find out more information about being a Kerry Parkside member, you can go to WeChatID: kerryparksideplus and register.

The mall has a Daniel Toys with all sorts of toys and educational aids. Also, you can find boutique shops selling finely knit wool clothing to French brand, Petit Bateau. The shop i-lollipop is also located on this floor where you can find baby items big and small that will be helpful for you



and your baby. If you are a new mother and in need of some baby supplies, check out Motherswork on B1, where you can find everything suitable for babies. From car seats to pacifiers, you can find anything, big or small that will make your early parenting years a breeze.

Address: 1378 Huamu Rd, Pudong New Area
Hours: Daily, 10am to 10pm

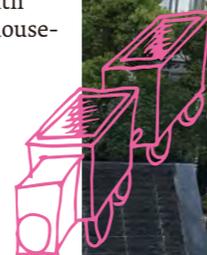


The PLACE

Located in Hongqiao, the PLACE offers so much selection for kids activities and shops. On the third floor, you have Space Zoom, which is an indoor area for kids to play. They can jump in ball pens or race cars. If your kid needs a hair cut, take them to ZiCool, where they can sit on cars and watch TV while their hair gets done.

On the second floor, the kid's club Maggie & Rose just opened. For a unique activity, you can also Build-A-Bear plus plenty, plenty more kid-friendly shops and little play zones. You also can find Babycare and Babemax, which specialise in newborn and infant supplies.

Address: 100 Zhunyi Road, Changning District





Great Communication, Great Relationships

Conquering the generational divide

By Ailan Gates

The art of communication between parent and child could be described as the ‘Holy Grail,’ or ‘Unicorn’ (something that is highly desirable but difficult to find or obtain) of parenting. It’s so important, but so complex. Parents will desperately scour through literature to try and find the magic answer. If any parent were lucky enough to find it, it would be like winning the lottery, as it comes with unbelievably great rewards. I’d like to start by defining what communication means.

Dictionary.com defines communication as an ‘act or process of imparting or interchanging thoughts, opinions, or information through speech, writing, or signs.’

Therefore, great communication is integral and essential to enabling parents to build trust, self-esteem, and stronger, healthier relationships with their children. Moreover, it allows children to develop good relationships with others. It is important to note that communication is a two-way process, where listening is just as important as talking.

Whilst researching on this topic, I was fortunate enough to come across a brief synopsis of a classic parenting book called “How to Talk so Kids Will Listen,” and “Listen so Kids Will Talk.” Even though it was published over 30 years ago, it is still highly revered by many parents and professionals. Both authors, Adele Faber and Elaine Mazlish, believed that before parents can work on their children’s listening skills, they must first help their children process their emotions and feelings.

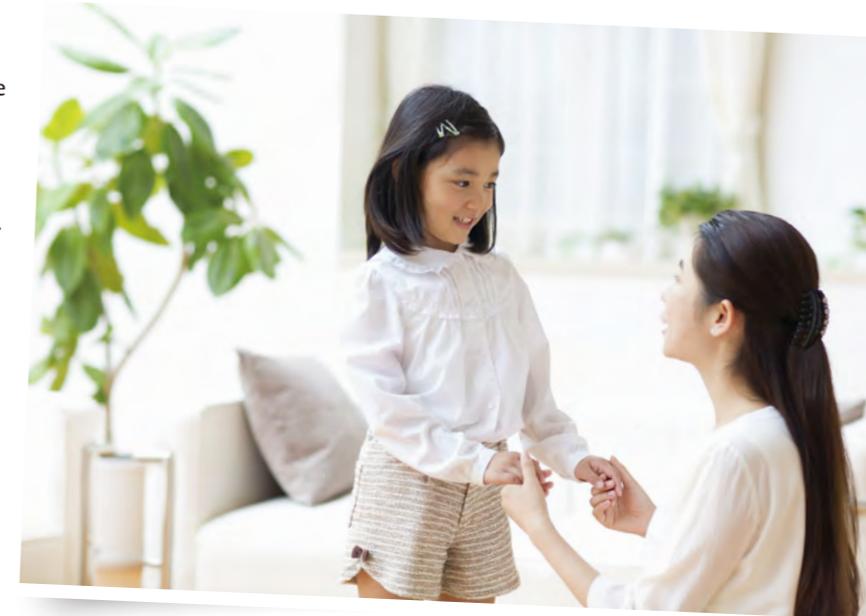
Below are nine tips that I’ve managed to gather from various research articles.

1: Recognize your child’s feelings

The way children feel affects their behavior. You are perplexed when your child is having a total meltdown because their shoes are a little scuffed or wet, or their food is not arranged the way they want it on their plate. Identifying the basal emotion behind the behavior is the first step towards addressing the issue.

Denying or not taking your child’s feelings into account will only exacerbate the problem. You want your child to trust their emotions and not doubt themselves. Knowing why the food is touching is much more important than the meltdown. To put it into perspective, it’s like when you’re having a whine about something to a friend and your friend responds by offering fake pity, psychoanalyzing you, offering unwanted advice, points to you as the source of the problem (yikes) or tells you you’re overreacting (double yikes!!!!) The unwarranted advice would most likely make you livid.

As parents, we should affirm to our children that we value their feelings.



“I can see you’re unhappy that your food is touching.”

“I can see you’re upset because your shoes are a little wet.”

By naming the feeling, being empathetic, and viewing the situation from their perspective, your child will view you as part of the solution and not the problem.

2: Encourage and collaborate rather than punish

Punishing just simply modifies bad behavior. Bad behavior is the problem, not a character flaw, and punishing your child is just a quick fix solution with short-term results. It doesn’t teach, inform, or enlighten your children’s behavior, and ends up demoralizing parent and child.

Try using these alternatives to punishments:

Give information about the problem rather than accusations.

Instead of, “you are ruining the floor”, try “the water on the floor might go through the floorboards and damage the ceiling below.”

Use descriptors rather than declarations. “You better not spill water on the floor” instead use, “I can see water on the floor.”

Make it personal. Let them know how their behavior impacts your life and how it makes you feel. Brainstorm solutions together. Write down your combined suggestions, eliminate the ones you both decided won’t work, and go through the list till you both decide which ones fits.

3: Encourage autonomy and self-confidence

Give them space to grow with abundant opportunities to be independent and to make their own decisions. Foster our children to be self-governing by building their self-esteem, but be mindful not to over praise either, as this will only end with them feeling overly entitled. Finding a



balance can be like traversing through a dark tunnel, but you will instinctively find the right balance.

4: Encourage two-sided conversations

As parents we don't often recognize that sometimes we talk at our children, especially when our children have limited vocabulary. If you're looking to foster a healthy open relationship with your child, psychologists recommend that we get into the habit of talking *with* them, and not *at* them.

5: Encourage your child to say more

Getting your child to say more and to share their feelings and thoughts can be a challenging task. If you want your child to communicate more, experts encourage parents to use "door opener" statements.

For Example:

"Fantastic"

"How about that!"

"Really?"

"Tell me more."

"How did it make you feel?"

"Oh."

"That's incredible."

"Wow"

"Amazing"

The above statements along with direct eye contact, will give your child the sense you're genuinely interested.

6: Change the pronoun

As parents we don't always realise that we tend to use 'you' statements when communicating with our children. "You're so silly." "You need to clean up," "You need to get ready." By simply changing it to "I" we're allowing our children to see another person's point of view. It gives them insight into how their behavior affects us, and an idea of what is expected of them.

"You need to hurry and get ready" becomes, "I need you to get ready as I'm running late."

"You need to clean up" becomes, "I need you to clean up before dinner."

7: Don't be vague, be specific

To make sure your requests are heard, it is recommended that you make them specific. Speak firmly, and earnestly. Give them reasons why they should follow your requests but be flexible with your timing. If they are preoccupied, it might be near impossible for them to hear you. Instead, pick another time to engage with your child.

A successful request should sound something like this: "David, would you please put away your bike,

otherwise it will get ruined in the rain."

Avoid: "David please put away your bike before it rains."

8: Use thoughtful words

Communication with your child is a two-way street. If you speak to your child with respect and appreciation, they will return the gesture. Research has shown that children who are spoken to with respect and appreciation have a higher self-regard, and this spurs them to thrive and succeed.

9: Accept them unconditionally

By accepting and loving your child unconditionally and being less of an authoritarian parent, you'll instill fantastic traits in them. They'll have higher self-worth and a compulsion to take risks.

Examples:

"Hurry up, you're late for school!" This statement would make your child believe that you don't value her.

Instead, try:

"I know it's hard to get organized in the morning when you're tired. Should we try to aim for an earlier bedtime, so you feel less tired in the mornings?" It acknowledges your child's struggles and provides a solution she might like to consider.

In a nutshell, great communication is a two-way process. Listening is just as important as talking. To be a successful communicator what, how, when, where and why you say something matters. What you don't say is equally important. Take the time to foster your relationship by developing an open and comfortable pathway. Be engaged and talk often and this will improve your child's relationships with others, and especially with you.



The Value of a Literacy Rich Educational Programme

How Concordia International School Shanghai cultivates a balanced approach to reading and writing.

By Dawn De Koker, Concordia Shanghai Elementary School Assistant Principal

In the midst of the hustle and bustle of the day, I find myself in a conversation about literacy, a topic that I love to dive into. My principal recounts the story of a student he taught, let's call her Mandy. Mandy was a new student to Concordia, and the first day she arrived she announced, "I don't like to read." It surprised him.

At that time Mandy was not reading on grade level and she had come for a school where student choice, time to practice and the love of reading and writing were not valued. For the two years that he worked with Mandy, he was amazed by her growth as a reader. She went from being one of the lowest readers in the class to

being one of the top readers. What impressed him most, was when Mandy was in her book club. She and her group members were given the power to make their own decision about how much they would read every evening. He explained that this group of girls assigned themselves more reading than he, as a teacher, would ever assign. And, they loved what they were doing. They felt ownership, independence and they felt empowered.

This story of Mandy is a reminder of the beauty of the workshop approach to teaching reading. There is something beautiful about empowering students to make their own decisions. There is something beautiful about giving students freedom to run as readers. And, seeing a student develop a deep love for reading is a gift that we desire for all students.

Building a literacy rich program is essential in preparing our students for the ever-changing complex nature of our world. When students become confident, powerful readers and writers, reading and writing for real reasons they learn to advocate for themselves, inform others, and contribute in meaningful ways to the world they are part of.

Time, Volume, Interest

"Practice isn't the thing you do once you're good. It's the thing you do that makes you good."

- Malcolm Gladwell

Well-known author, Malcom Gladwell and education professor, John Hattie maintain that there is a direct correlation between the amount of time we spend in pursuit of a habit, goal, or skill and our individual growth in relation to that goal, habit or skill. The more time you spend doing something,

the better you become, the more skilled you are in the end. In reading and writing, the same is true. To maintain a rigorous literacy program, students need to be given long stretches of time to read and write independently, up to 45 minutes daily.

The research suggests that the amount of time a child spends reading is a strong predictor of reading achievement and academic success. In conjunction with protected time to read, students should also be reading texts that they can decode and comprehend with a high level of accuracy. Matching students with reading material that they can read and understand independently, supports their overall growth and builds their confidence as a reader.

Similarly, the amount of time students spend engaged in writing is essential to their growth and development. When students have uninterrupted, daily time to write, it leads to greater fluency and proficiency. Choosing their own topics develops a sense of ownership and empowerment as they take their writing through the stages of the writing process. Providing time to practice, allowing choice, coupled with direct instruction are valuable components for a literacy program and for student progress.

Concordia Shanghai has adopted the Columbia University Teachers College Reading and Writing Project as part of a balanced literacy program from Kindergarten to Eighth Grade. One of the most important aspects of the program is the concept of choice. The students choose what they want to read and write about, ensuring that they are active participants in their learning. Teachers ensure a balanced approach

through daily practice of read-alouds, guided reading, shared reading, shared writing, phonics practice, independent reading and writing, and interactive writing. This balanced approach to literacy provides students with multiple opportunities for guided and independent practice in foundational literacy skills, supporting a gradual progression towards independence in these skills.

Never Underestimate the Impact of Interactive Reading Aloud

The benefits and value of reading aloud to students are numerous, but by far, the most meaningful benefit is that reading aloud immerses students in the delights of reading, the joy of good literature and the richness of learning new things. Read aloud shows students how to read and why we read. This component of a literacy program is vital and stands apart from independent reading time. Aside from the value of exposing students to a variety of genres, reading aloud also exposes students to text that are beyond what they can read independently, it builds their vocabulary, enhances their ability to envision and predict, and increases their critical thinking skills.

“There is little doubt about the value of well-planned, engaging interactive read-alouds as one of the key avenues for supporting young children’s language for thinking and understanding.”
- Lennox 2013

Interactive read-alouds provide teachers with the opportunity to model their thinking, use reading strategies, and demonstrate practices of proficient readers. An additional benefit of interactive read-alouds is that it can be used across the curriculum in content areas such as science or social studies. Interactive reading aloud provides students the opportunity to respond to the text with questions and thoughts, develop a love for reading, and provide the chance to practice reading skills.

Applying Literacy Across Subject Areas

Throughout the day in any classroom, and in any subject area, there are opportunities to support students’ growth in knowledge and literacy practices. There are a variety of engaging, effective strategies to get students to think about, write about, read about, and talk about the content that is being taught. The goal is for students to be able to effectively communicate their understanding of the content and

literacy is the vehicle.

In his book, “Content Area Reading: Literacy and Learning Across the Curriculum”, Richard Vaca states, “Adolescents entering the adult world in the 21st century will read and write more than at any other time in human history. They will need advanced levels of literacy to perform their jobs.” As we prepare students to be contributing members in their communities, we need to be mindful of the skills that will be required and purposeful in how we incorporate those skills into the learning experiences at school and at home. Integrating reading, writing, listening, and speaking in the content areas with intention enables students to make deeper connections, apply strategies in authentic ways, and increase their overall comprehension of academic content.

Intentional Investment in Vocabulary

“You can’t build up a vocabulary if you never meet new words. And to meet new words, you must read.”
-Abraham Lass, Educator and Writer

The research strongly suggests that students who have a strong vocabulary knowledge experience greater academic success. Intentionally developing a vocabulary component in a literacy program is beneficial for students. Creating a print rich environment in the classroom and providing multiple opportunities for students to interact with new vocabulary across the day supports students in broadening their vocabulary. In the article, “Building Word Consciousness,” Jeff Barger, explains that when kids are engaged in word play activities, it boosts their vocabulary growth. He goes on to say that when students have the opportunity to play with words, their comprehension also increases.

The single most important thing in order to enhance your students’



vocabulary development is to entice them to read extensively. When students read from a diverse menu of books and across different genres, they will encounter a wide range of words that will support their vocabulary growth.

Personalized Learning Opportunities

Meeting the needs of all students in the classroom is essential to promote student growth. A ‘one-size fits all’ approach to teaching reading and writing is not an effective way to meet the diverse needs of the learners in the classroom. The instruction inside the classroom is best when it is tailored to the needs of individual students and is in response to the needs.

During a reading or writing lesson, teachers take their prompts from the students, assisting with strategies and instruction, planning next steps and setting attainable goals based on standards. One effective practice is for a teacher to study the student’s data and plan instruction that is responsive to those needs and strengths. Small group work and meeting with students in a one-on-one setting, provides the teacher with multiple opportunities to personalize instruction.

The Forgotten Skill of Listening

Developing the skills of listening well and speaking confidently are essential in helping students be effective team members and individuals who can contribute in the class environment and beyond. A lifetime of listening does not make someone a good listener, but there is research that shows that better listeners are better readers and better learners. So, it is important to pay closer attention to developing the skill of listening and speaking in students.

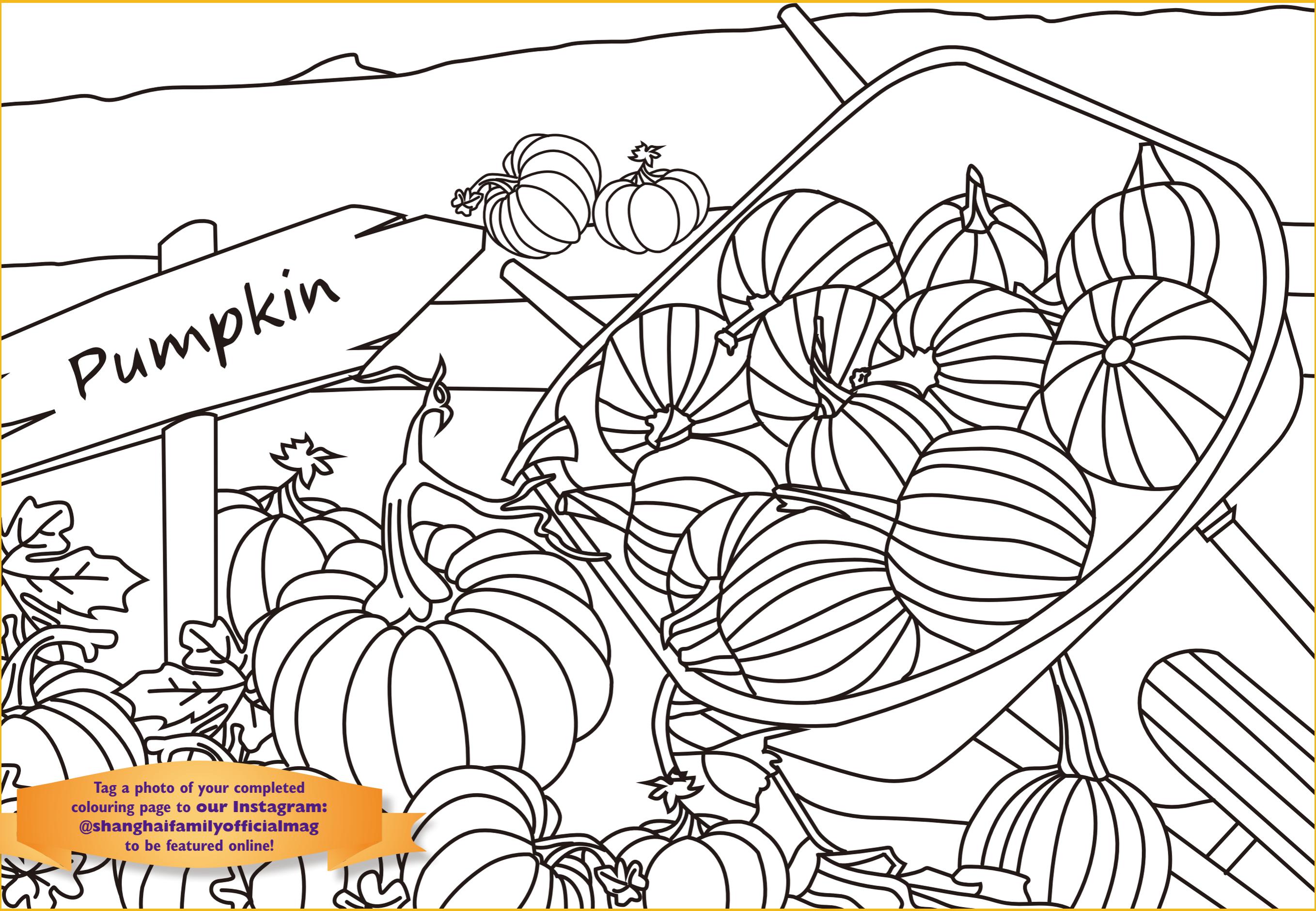
Listening is a key part of language development. Research tells us that students can listen at a higher level than they can read, so when we provide opportunities for students to listen to audio books, podcasts or selections to provide content background knowledge, we are supporting their learning. Exposing students to words that they do not know, expanding their background knowledge, providing opportunities to listen to sentence structure and syntax are all skills that are enhanced through listening.

When students are able to listen to something as a group, it can increase the feelings of social safety

and acceptance. As students listen, they are developing empathy for the people they are hearing from and also, from the people they are sharing the experience with. Listening within a classroom is another way to include students who are multilingual or include students who are not yet reading at grade level standards. Listening is not leveled down, instead, listening is a skill that can support growth because students can slow the audio down, they can listen again, or they can follow along using a transcript. With so many benefits to developing the skills of listening there is no doubt that adding components of listening into a literacy program is beneficial for students.

We can all agree that student success and preparing students for the future are top priorities. For educators, parents and caregivers, it is essential for us to provide students with a variety of rich experiences that will build their skills in literacy. Whether it be a word game, a read-aloud, telling a story, or listening to a story, each of these experiences adds value and builds their confidence to be successful in a complex world.





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Develops a strong imagination

We already know that structured playtime helps children reach specific physical, cognitive and emotional milestones, but did you know that unstructured playtime helps to develop essential life skills as well?

Unstructured play has no specific learning objective and is fully led by your child. Following instructions to build a Lego kit, for example, is structured play. Building something creative using the same Lego blocks is unstructured play.

According to a report by the American Academy of Paediatrics (AAP), this is the key to developing a strong imagination. With child-driven play, your child learns how to make their own decisions and is free to explore their own areas of interest. These are essential skills later in life.

Try and find a balance between educational activities (eg. playing shop to learn how to count money) and having fun for fun's sake (eg. just playing dress up).

Builds self-confidence

You may not believe it is possible for your child to be stressed at such a young age. However, according to the AAP, too much scheduled activity and not enough downtime can lead to stress or even depression as your child gets older.

Numerous studies demonstrate that there are psychological benefits to playtime. Children manage stress better when they are encouraged to play more often.

Participation in physical activity has also been shown to build self-confidence, facilitate self-expression and enable social integration.

Later in life, there is a higher chance that a well-rounded, physically active child will choose to adopt other healthy behaviours, such as avoidance of alcohol and drug use.

Play keeps the heart healthy

According to the WHO, children aged 5 to 17 should be getting at least 60 minutes of moderate to vigorous exercise a day.

This not only helps to improve their coordination and motor skills, but also develops healthy bones, muscles, joints and a healthy heart and lungs.

Physical play is essential to get the heart pumping and build strong cardiovascular muscles, which helps to lower the risk of heart disease later in life.

Play helps to prevent obesity

Regular physical activity helps to protect your child from developing conditions like obesity or diabetes.

This is more important than ever now that Singapore's Health Promotion Board has reported obesity to be on the rise, with rates projected to hit 15% over the next 7 years.

Play-based outdoor activities, such as kicking a ball, using a skipping rope or heading to the local playground, are an ideal way to ensure your kids keep moving for at least an hour a day.

Strengthens the bond among family

Studies show levels of the hormone oxytocin, which plays an important role in social bonding, increases in your and your child's system when you play together.

Known as the 'cuddle hormone', oxytocin acts as a neurotransmitter to the brain, increasing feelings of empathy and generosity and acting as an antidote to sadness. Perhaps this partly explains why playtime brings us all so much joy.

Contributed by Dr. Dacy Wang, Pediatrician at ParkwayHealth.

ParkwayHealth
Website: www.parkwaypanantai.cn
Tel: 400 819 6622



5 Science-Backed Reasons You Should Let Your Child Play More

Let **ParkwayHealth** experts explain why your kid should play more

Playtime is recognised by the Office of the United Nations High Commission for Human Rights as a right for every child.

Not only is play crucial for your child's cognitive, emotional and physical development, it is a chance for them to bond with you, other family members and their peers.

However, families are spending less and less quality time together for several reasons, including longer working

hours for the parents, more schoolwork for the children, and the use of TV and video games from a young age.

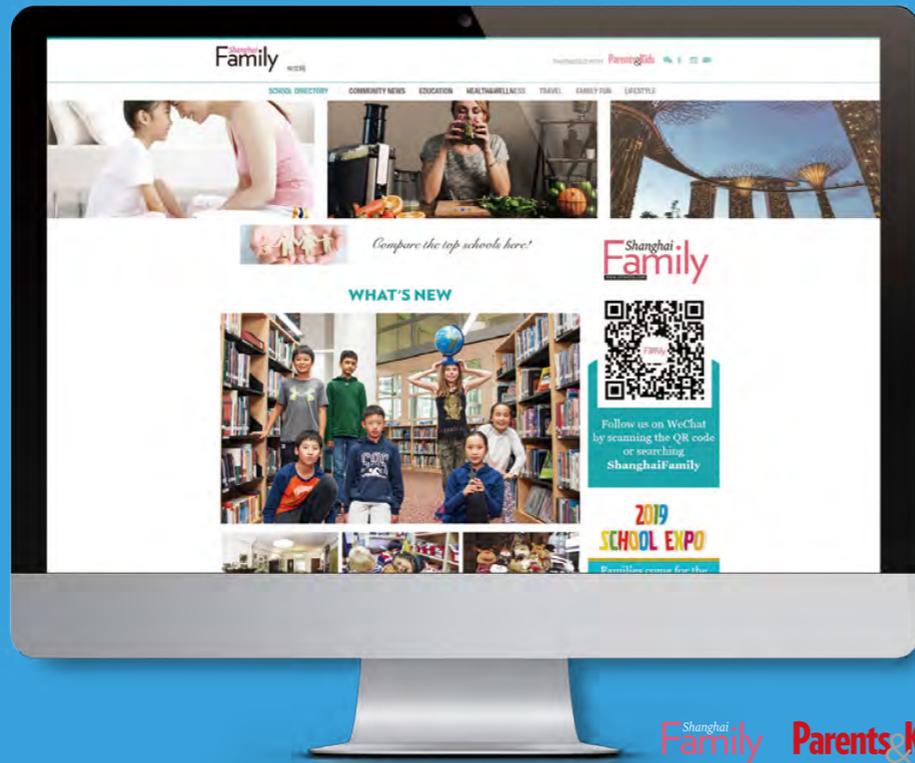
In addition, some parents are choosing to restrict playtime in favour of more academic and enrichment activities, believing that this will increase their child's chance of success in life.

Not all activity needs to be focused around education. Playing just for fun has its own benefits for your child. Here are some of them.



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Let's get creative!



By **Anabela Mok**

Repurposing has the charm of teaching a child how to use their imagination to create. Taking old items and giving them a second life as a child's toy is fun for the entire family. Whether it is making a doll house, a dinosaur or an airplane, possibilities are endless. Here are some things we enjoy making with our recyclable products.

Toilet Roll Puppet

Materials:

- Two empty toilet paper rolls
- Popsicle stick
- String
- Glue
- Four bottle caps

Instructions:

Take an empty toilet paper roll and cut it in half. This will be the head of the puppet. Poke a hole all the way through the roll. On the full-sized toilet paper roll, make two holes on the top, large enough to pull strings through the holes, this is the body. Thread a string through one hole and attach to the popsicle stick. Thread a longer string through the other hole and through the head and attach to the stick. On the

ends of the strings that are inside the body paper roll, make a knot.

To make the legs, make four small holes on the opposite side of the body roll. After the holes are made, take four pieces of string and string it through. The inside string should be knotted and the other end hangs free. The string legs can be glued to feet made of bottle caps. You can paint the puppet after as whatever animal you want. A horse, a tiger, a cat? Put your imagination to use!

How to play:

Once the animal figure is painted, this is your kid's puppet! We had more fun making this than playing with it. It was very helpful for our kid to understand the step-by-step process.

Suggested age:
3 years+



Doll House

House Materials

- Large cardboard box
- Packaging tape
- Paint, glitter, aluminum foil

Instructions:

This is one structure where creativity roams free. Just use a large cardboard box, turn it upside down, cut open one side of the box for the doorway. Where the box opens, you can turn the box flaps into a roof. How you paint it is up to you. Whether it is a princess castle or a spaceship, it is up to you and your child!

How to Play:

Let your child's imagination run free! Whether it is their dolly's home or a place to store their toy cars, the house is theirs!

Suggested age:
15 months+

Counting Board

Materials:

- Cardboard square
- Contact Paper
- Pompoms
- Cutting Knife

Instructions:

Draw small circles in the size of your pompom on your cardboard square to represent a numerical value. Then cut out the small circles. On the back of the cardboard stick contact paper.

How to play:

Let children stick the pompoms on the card. This allows them to visually see a number and later connect it with how it is written. You can have many cards representing different numerical values.

Suggested age:
15 months to 2 years+





Toddler Fun for Everyone

Spots for your kids and their little friends

By Anabela Mok



Cages

This is one of our favourite go-to spots in town. Not only do they have a revamped menu that is great for kids. There are also plenty of options for adults too! Kiddos can have their choice of pizza and pasta, there are plenty of activities to keep them entertained. The arcade area has games that are suitable for kids under five. You got the classic whack-a-mole, or whack-a-frog game. There is also bowling. And, even pinball machines (played of course with an adult and for height, a nearby chair). Parents can enjoy all the menu can offer including assorted cocktails and beers. After all, aren't

weekends also supposed to be for parents to unwind a little? Batting cages, shooting hoops, Cages is a great spot for kids and the kids at heart.

Address: 3F, 428 Jiangning Road, Tel: 5299 5273

Ding Tai Feng

For an easy night out, parents can consider a group dinner at Ding Tai Feng. The restaurant is ready with enough high chairs that you can easily manage a night out with three or four kids. While waiting for food, the little ones will get some homemade play dough to keep them entertained. Noodles, soup, rice, you got it! The best thing about going to Ding Tai Feng as a group is sharing. Plus, adults can order what they want without feeling the pressure as we parents (in my experience) to need to finish everything—whether in the restaurant or taking it home.

Address: L339, H.K.R.I Taikoo Hui, 288 1st Shimen Road, Tel: 6266 8385 (and multiple locations)



D.O.C Gastronomia Italia

Their spacious location on Dagu Road is great for group gatherings. High chairs are easy to get, portion sizes are large enough to share. They can adapt the choice to what is suitable for your child, and their staff is knowledgeable about the ingredients that goes into your food. If you are afraid of food that's too spicy, peppery or salty you can ask the helpful staffers.

Address: 392 Dagu Road Tel: 6473 9394

Taste at Tongpai

Newly opened, Shanghai Hongqiao Tongpai hotel has a fabulous Sunday brunch deal that is only 99 RMB. Here you can order one egg-based entree, and while you wait you can enjoy their assorted breakfast buffet. You can expect a variety of Asian and Western dishes, plus for kids there is a fresh juice corner where everything is freshly pressed to order. The hotel's lobby is also a fun space for the little ones. Their open communal lobby allows kids and adults a cosy and friendly environment to enjoy and have fun. Our toddler enjoyed playing on the snooker

table and exploring the different areas in the open lobby design.

Address: 115 Minbei Road, Minhang District, Tel: 3328 8600



Creative Ways to Turn Cereal Into Dessert!

Your healthy snacks with Epermarket awaits!

If you love cereal but can't seem to finish off a whole box, don't worry we have some crafty ways to turn your leftovers into delicious desserts! From corn flakes, bran cereal, Cinnamon Toast Crunch, Fruity Pebbles, and others you can make delicious cheesecake, muffins, granola bars, and coffee cake bites, so you can have your cake and cereal at the same time!

You can also enjoy our fair price guarantee on all Epermarket cereals. Our international supply team works hard to get you the fairest price in the market for cereals, beverages, produce, and more so when you shop at Epermarket, you know you're getting fair market prices.

PREPARATION

Preheat oven to 350 degrees F.

For the streusel:

In a small bowl, toss cereal and walnuts. Add cold butter and mix until a fine crumble forms. Set aside.

For the cake:

Sift flour, cinnamon, baking soda, and salt into a mixing bowl. Set aside. Place softened butter and sugar into a medium bowl and cream together with a hand mixer (on medium speed). Add eggs one at a time. Add sour cream, yogurt, vanilla, and mix. Combine flour and butter mixtures.

Lightly grease a mini muffin pan. Fill each hole to 1/3 with batter, and sprinkle streusel. Layer more batter over the streusel to about 3/4 full. Bake in the oven for 25 to 30 minutes or until a toothpick comes out clean when inserted into the center. After 5 to 10 minutes of cooling, carefully remove from the muffin tin. Place powdered sugar into a small bowl and add milk and vanilla. Gently stir with a fork until smooth. Pour about 1 tsp of glaze over each bite.

- 1 1/2 cups all-purpose flour
- 1 1/2 tsps cinnamon
- 1/2 tsps baking soda
- 1/2 tsps salt
- 1/2 cup unsalted butter, softened
- 1 cup sugar
- 2 eggs, room temperature
- 1/2 cup sour cream
- 1/2 cup Greek yogurt
- 1 tsps vanilla extract

For the vanilla glaze:

- 1 1/2 cups powdered sugar, sifted
- 3 tsps milk
- 1 1/2 tsps vanilla extract

Coffee Cake Bites

These coffee cake bites are deliciously soft but sturdy, thanks to a personal favorite, Cinnamon Toast Crunch cereal. Enjoy this delicacy with tea or coffee.

INGREDIENTS

For the streusel:

- 1/2 cup finely crushed Cinnamon Toast Crunch
- 1/4 cup finely chopped walnuts
- 4 tsps cold, unsalted butter

For the coffee cake:



Granola Bars

Fruity Pebbles are gluten-free and using gluten-free oats makes this recipe great for gluten allergies or dietary restrictions.

INGREDIENTS

- 2 cups Fruity Pebbles cereal
- 1 cups rolled oats
- 1 cup almond slivers
- 1/2 cup chopped pecans
- 1/2 cup chopped macadamia nuts
- 1/2 cup chopped dried pineapple
- 1/2 cup chopped dried mango
- 2 tablespoons ground flax seeds

- 1/5 cup butter, melted
- 1/4 cup honey
- 1/4 cup light corn syrup

PREPARATION

Preheat oven to 350 degrees F.

Mix all ingredients and coat well. Line a 9x9 pan with foil and add cereal mixture to the pan. Press into the pan to smooth out. Bake for 15 minutes.

Allow to completely cool overnight. Cut into bars and granola bars are ready to go!



Cheesecake Bars

Honey Bunches of Oats make the perfect crumble cheesecake crust for delicious cheesecake bars. They are so easy to make, you'll have to find reasons not to make them.

INGREDIENTS

For the crust:

- 3 cups Honey Bunches of Oats, Strawberry
- 7 tablespoon melted butter

For the cream cheese filling:

- 8 oz softened cream cheese
- 1 large egg
- 1/2 cup sugar
- 1/2 tablespoon vanilla extract
- 1/4 cup milk or heavy cream

For macerated strawberry:

- 5 strawberries hulled and cut into thin-slices

Pro-Tip: For the cheesecake filling, double the amount if you want more.

PREPARATION

For the crust:

Preheat oven to 325 degrees F and line 8 x 8-inch baking pan with parchment paper. Pulse the Honey Bunches of Oats with Real Strawberries in a food processor once or twice, or lightly crush them with a rolling pin in a zip-lock bag. Add melted butter and mix well. Spread into pan evenly.

For the cream cheese filling:

Combine softened cream cheese, egg, sugar, vanilla extract, milk, or heavy cream, and layer them over the cereal layer. Spread it uniformly.

Bake at 30 minutes at 325 degrees F. After baking, the center should have some movement. Once cooled, keep it in the refrigerator until ready to serve.

Before serving, cut into 2 to 3-inch pieces, place strawberry slices on top and enjoy!

All-Bran Muffins

Packed with fiber and a recipe that makes up to 5 batches of muffins, these delicious bran muffins are great a great source of fiber that can be enjoyed as a quick breakfast or snack. Freeze the muffins after you make them for the snack that keeps on giving.

INGREDIENTS

- 5 cup All-Bran cereal, divided
- 2 cup boiling water
- 1 (15 oz.) box raisins
- 1 cup sugar or 1 cup honey
- 2 cup molasses
- 1 cup canola oil
- 4 eggs, well beaten
- 1-quart buttermilk
- 5 cup all-purpose flour
- 5 tsp. baking soda
- 1 tsp. salt

PREPARATION

In a medium-sized bowl, combine 2 cups All-Bran cereal and raisins. Pour boiling water over the mixture and set aside to cool.

Place sugar in a large mixing bowl. Stir in oil, molasses, eggs, buttermilk, and the remaining 3 cups All-Bran cereal.

Stir together flour, baking soda, and salt; add to the sugar mixture and stir to combine. Stir in the cooled raisin-cereal mixture.

Spoon batter into muffin tins coated with non-stick cooking spray, filling cups 3/4 full. Bake at 400 degrees F for 20 minutes.





Bulgari Hotel Shanghai-Former Chamber of Commerce Shanghai

Autumn Indulgences from Bulgari Hotel Shanghai

By Anabela Mok

Bulgari Hotel Shanghai brings the best of Italian design and hospitality, coupled with Shanghai architectural elements for their luxury hotel in the heart of the city. From exquisite bedrooms curated for the finest traveler to cuisine suitable for the discerning epicurean, a stay at the hotel is not only memorable it is a fascinating journey for city travelers who are passionate about life.

Dynamic Heritage and Design
Situating on the third floor of the former Shanghai Chamber of Commerce Building, two-Michelin star restaurant Bao Li Xuan encompasses a strong historical heritage. Its dynamic

Art-Deco architecture is a match with Bulgari's strong Roman spirit. Named after the Bulgari brand, meaning natural treasure and magnificence, Bao Li Xuan brings forth a unique blend of Chinese and Western styles.

The restaurant's checkered ceiling, turquoise raw silk wallpaper, black lacquer panels, and Art Deco patterned carpets pay homage to Shanghai's golden era. Tan armchairs designed by Italian brand Maxalto and floor lamps by Flos offer a distinct Italian charm. The restaurant fuses appealing Italian style and the elegance of Chinese culture.

Explore Artful Flavours
As the fall season unfolds, Bao Li Xuan

presents its new autumn set menu crafted by Executive Chef Bill Fu. Each delicacy combines traditional Cantonese cooking methods featuring hairy crab and seasonally selected ingredients to explore more creative flavors through classics.

Specialties are only available for a limited time, and each dish has its unique characteristics, colour, aroma, and taste. For the Baked Crabmeat and Crab Roe Pastry, crabs are simmered gently, making the texture extremely smooth and bouncy. Braised Live Lobster with Radish and Chives takes on a rich and fascinating aroma with the naturally steamed vegetable and fresh lobster, featuring classic cooking techniques and contemporary

presentation style. The nutritious Cantonese-style chicken soup with lamb and fish maw stewed for several hours has an intense and robust taste. The freshly made Braised Deer's Sinew cooked with Mushroom and Soft-Shelled Mock Turtle in Abalone Sauce, presents a silky smooth mouthfeel and a tantalizingly charming taste of autumn.

Led by Executive Chef Bill Fu Wenbiao from Hong Kong, Bao Li Xuan serves exquisite Cantonese classics. Mr. Fu has more than 25 years of experience in the culinary world. He has developed his craft of integrating contemporary and traditional Hong Kong-style Cantonese cuisine, which is served in a modern fashion, featuring traditional flavours and simple, elegant style. Mr. Fu is always sharpening and refining his techniques, presenting each guest with an artful experience.

Experience a Modern Spa
Roman baths were designed for bathing and relaxing and were a common feature of cities throughout the ancient Roman empire. At the Bulgari

Hotel Shanghai, the spa experience is enhanced by offering market-leading advanced beauty treatments using La Mer products alongside authentic treatments inspired by Chinese wellbeing rituals. Renowned for its luxury treatments, signature journeys include the 90-minute Bulgari Signature Face Care, a luxurious treatment utilizing the power of gemstones and bespoke techniques created by La Mer to transform the face and décolletage leaving the skin softened, strengthened, and renewed.

The Bulgari Spa Autumn Package
Taking afternoons to new heights of indulgence, Bulgari Hotel Shanghai launches their 'Autumn Rejuvenation' package designed for those that appreciate life's most refined pleasures.

The package includes a 60-minute La Mer Body Treatment and 60-minute La Mer The Lifting Facial with Dr Arrivo The Zeus II Magic tech-lifting Treatment, alongside authentic treatments inspired by Chinese wellbeing rituals. The superbly restorative body treatment nourishes the skin

from top to toe. A signature blend of stretching, shiatsu, acupuncture, and Swedish massage helps enhance circulation, balance energies and encourage an overall sense of wellbeing. The legendary La Mer skin products infused with nutrient-rich algae, protective antioxidant extracts, and semi-precious stones help bring skin back to its healthiest state.

Hairstyling and beauty treatments are also available at Quadra Salon, located within The Bulgari Spa. Exclusive to the Bulgari Hotel Shanghai, Quadra Salon carefully selects only the finest international products and offers a full range of bespoke styling services, including hairstyling, manicure and pedicures, eyelash services, and a barbershop.

The Bulgari Spa features eight spa treatment rooms, including two couple's spa suites replete with a Roman-inspired marble hot tub and a 68sqm deluxe couple's suite where guests can enjoy the luxury of a private sauna.



Bao Li Xuan Chinese restaurant



Executive Chef, Bill Fu



Spa treatment room



Braised lobster with radish and chives

Beauty Brigade



Mouse Mummies left to right Saylee Surette, Lian G, Claire Watson, Lisa Renstroem, Anja B, Allison Kopher, Celeste Ruaud with babies Kilian, Remy, Cleo, Sixten, Lucas, Tim & Benedict.

Unravelling Secrets of New Mothers

By **Eve Wee-Ang**
Photos by **Mavindu (WeChat: mavinduzero)**

Once walked out of my house in winter wearing mismatched socks, an inside-out sweater, and a mop of bird's nest hair. I was simply too tired to care after bundling up my toddlers, loading up my mammoth baby bags and wrestling them out the door. When I arrived at the restaurant, a mum sashayed in with perfect hair and makeup, parked her shiny pram and rested her tiny designer bag on the table next to me. A feeling of betrayal arose. Didn't all new mothers make a pact to look like lunatics? How dare she looked so gorgeous! How could she betray the rest of us? What did she know that I didn't?

A decade later, I seek to find the answers in the chic living room of Allyson Kopher and her mummy friends, who gather for their weekly playdate for their littles ones. These Mouse Mummies, as they are called, whose babies were born in the Year of the Rat in 2020, shared their tips on looking good while caring for their young ones.

Allyson Kopher

Mum of two boys and founder of Modern Littles (Mini Program: Modern Littles), a one-stop shop that carries beautiful and high-quality toys, interior products, and furniture. Allyson, who was clad in a linen ensemble accessorized with tasteful gold jewelry, relies on a uniform of simple and comfortable clothes. Her go-to brands are ARKET, & Other Stories, Club Monaco and Charlotta Gandolfo.



Anja B

Believes in squeezing every second of her time that she is free into pampering herself. Coming from Germany, Anja enjoys yoga and spa sessions at Subconscious Day Spa. In Shanghai, her favorite shopping brands are Zara, COS and Massimo Dutti as they cater to tall ladies like herself.



Celeste Ruaud

Fun-loving and spirited, Celeste cheered and clapped while trying to get all the babies to focus on our camera. Her secret to looking good is her trusty Kate Wood sunglasses, especially useful when walking her dog in the morning. Her must-have beauty weapon is a swipe of mascara, and she is good to go.



Claire Watson

Mum of two from the UK recently moved to Shanghai from Xiamen. Claire, who is recovering from a knee injury is eager to get back to kickboxing again. Claire shops on Taobao and excitedly shared that she recently discovered this children's brand, Happyology on Tmall.



Lian G

Tall and beautiful, a result of German and Chinese mixed parentage, Lian's honest answer as to how she looks gorgeous is having an *ayi* in China, a blessing that most expat mums are grateful for. Finnish brand Marimekko is a favourite brand to shop for her baby's clothes.



Lisa Renstroem

A moderator at ShanghaiMamas.org - a support group for expat mothers, Lisa is a wealth of information. Top of her list are weekly blowouts from Gravity Hair or Scale Salon, spa at Subconscious Day Spa, facials at The Sanctuary and a dermatologist by the name of Dr Alva Zhou from Sino- United Health.



Saylee Surette

Saylee sneaks out for pampering when her daughter naps. She loves doing her nails at Flower Fingers. For massages, it's UR Spa at The Puli or Auriga Spa at Capella Shanghai. Facials at Skin City and hair color by Jason Zhang from Scale Salon.



I conclude the answers to looking good for new mothers is having a circle of girlfriends trade their tried and tested secrets over wine, while keeping an eye on their little munchkins.

Babyproofing Your Home

How to keep it safe and stylish

By **Eve Wee-Ang**

When my kids were wee little, their favourite hobby was hacking my husband's sound system that he'd saved up to buy when we were newlyweds. My munchkins were discreet. They waited for daddy to leave for work before they struck in a pair. My daughter was the resident DJ, whose job was inserting bread slices into the CD player – remember those? My son was the soundman, whose goal was to expand those tiny holes from the two speakers into large ones by poking them vigorously with colour pencils. By the time they got caught, my husband's beloved sound systems were disfigured beyond repair.

When the kids came, my husband and I tried to minimise babyproofing our home as we were hoping they would learn to adapt to their surroundings. Also, if I was being honest, babyproof homes aren't exactly aesthetically pleasing either. But with the demise of his sound system, it was time to admit defeat that our toddlers' sense of wonder and curiosity were here to stay for a while. Here are some ideas on how to babyproof your home without sacrificing (too much) style:

Promote your favourite decorations to the top floor

Rescue your cherished decorations and raise them to the highest level in your house. How high is high enough? Get down to your toddler's eye level and see from their perspective. Their inquisitive eyes are razor sharp, so also make sure any miniscule objects lying around have all been evacuated. For display items that you treasure, send them for a long vacation by locking them up in a safe place for now.

No need for coffee tables

Toddlers love space as they love to run and jump. I haven't met any kids who dislike jumping off the couch. Ditch the coffee table so they can jump to their heart's content without your heart jumping out of you. And let's be honest, there's no way you will be placing a cup of hot coffee on that coffee table for a while too. To catch their fall, place a thick carpet or playmat on the floor. Just be sure they are anti-slip.



Replace commercial detergents with food ingredients

Did you know we can clean our entire house with just vinegar, lemon, and bicarbonate of soda? If fragrance is important, simply add a few drops of essential oils. Run a search online and you will be amazed how food ingredients can keep our floors to toys to laundry clean enough and without the nasties from commercial detergents. I also like the peace of mind when little ones opened the detergent cabinet and being relieved it was just vinegar that they chugged.

Baskets!

One of my favorite storage containers besides drawers, are straw baskets. Not only are they eco-friendly and chic, but they make any homes look rustic and cosy. Perfect for housing your toddler's stuffed toys and other knick knacks, get them in different shapes and sizes to suit your needs. Choose soft straw baskets should your toddlers decide to empty the contents and put them over their heads to wear as hats, like mine did.

Setting boundaries

When I was a toddler, I once crawled into the kitchen while my mother was cooking. Unaware of my presence, my mother dished the hot food on a plate, turned around and tripped over me. The dish scalded my entire body. When I became a mum, my kids weren't allowed into the kitchen till they turned three. I believe it's important to teach young children that there are places at home that are out of bounds till they are older. It could be the balcony, if you stay in a high-rise apartment, or the bathtub. Research has shown that teaching children to respect boundaries is an important life skill in self-control.

Eve Wee-Ang is a mum of two adolescents and a certified KonMari™ tidying consultant from Singapore who still uses good old vinegar to clean her whole house.



Books to Inspire Kindness and Curiosity

By **Anabela Mok**

For young children who are entering school for the first time, reading is a great way to help them express and understand feelings. Stories teach them to face the unknown, find the confidence to make friends and learn how to make sense of differences. Books are a conversation starter. They open opportunities for my child to communicate and express her feelings. The books that I have selected below were some of my favourites as a child, which I have started to share with my little girl because they inspire kindness and curiosity. We hope you enjoy these books as much as we do! ▶



The Giving Tree
By Shel Silverstein

This is a tender book illustrated and written by Shel Silverstein. It's about a young boy that befriended a tree. Every day the boy would come to the tree to eat her apples, swing from her branches, or slide down her trunk...and the tree was happy. But as the boy grew older he began to want more from the tree, and the tree gave and gave. As sad as the story is, it does a beautiful job in illustrating the gift of giving and the acceptance of another's capacity to love.



Swimmy
By Leo Lionni

School is a wondrous place. In class, kids learn to work together and this is exactly what *Swimmy* is about. Deep in the sea there lives a happy school of little fish. Their watery world is full of wonders, but there is also danger, and the little fish are afraid to come out of hiding... until *Swimmy* comes along. *Swimmy* shows his friends how, with ingenuity and teamwork, they can overcome any danger.

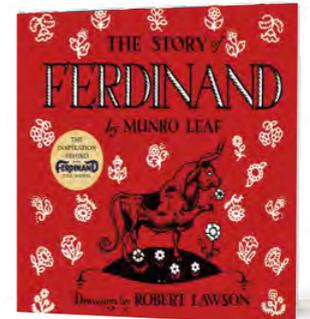
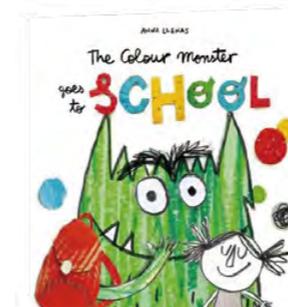
The Night Dragon
By Naomi Howarth

For children starting in a new school environment they will realize that everyone is different. Maud is not like other dragons - she has colourful skin, she's small and she doesn't fly. But when her friend Mouse gives her the courage she needs, she discovers something wonderful. Instead of breathing fire, Maud breathes colour!



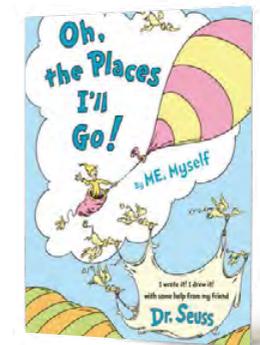
Color Monster Goes to School
By Anna Llenas

Monster doesn't know what school is at first, and the items he wants to bring in his backpack will have readers giggling (and making lists of their own). You can see how Monster feels because his mood makes him change shapes and colours. The school day unfolds as most do, with the typical first-day firsts and class activities. You can see Monster changing colours as he is handling different emotions throughout the school day.



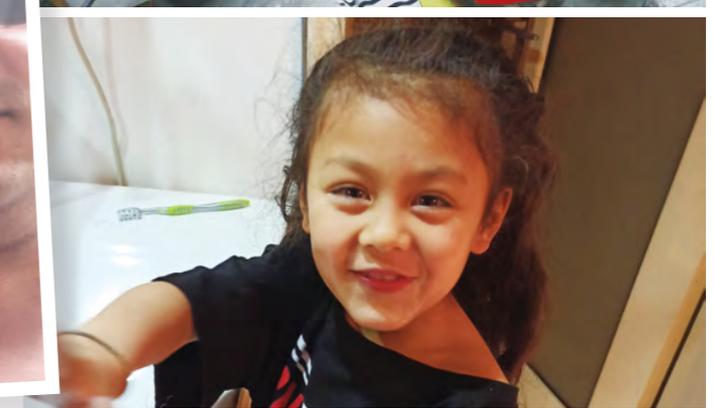
The Story of Ferdinand
By Munro Leaf

Another story about cherishing differences. This story has enchanted readers since it was first published in 1936. All the other bulls would run and jump and butt their heads together but one is unlike the others. See how a bumblebee and some men from the Madrid bullfights give gentle Ferdinand a chance to be a star.



Oh the Places You Will Go
By Dr Seuss

This is a classic book that should be on your book shelf. "Oh, the Places You'll Go!" was first published one year before Dr Seuss's death at the age of eighty-seven. In a mere fifty-six pages, it is the perfect send-off for children starting out in the maze of life, be it nursery school grads or newly-minted PhDs. Everyone will find it inspiring.



Back to School: Easy Like Sunday Morning

By **Sal Haque**

Summer is nice. But not as nice as dropping your kid off to school for eight hours a day, five days a week. That's eight hours of You. No one whining. No one complaining. No worrying about lunch. No bored kid flopping around on the sofa. No need to entertain him. For eight hours, that kid is someone else's problem. I drop that kid off, go home, get back in bed, eat Lucky Charms and watch "Rick and Morty" for like two hours...living my best life.

Then I work. It's incredible how much I'm able to accomplish when uninhibited by the extensive needs of a seven-year-old.

I've welcomed back the school year with a bear hug. It's a momentous occasion for both parent and child.

My kid's stoked. Grade 2 is a Big Deal. He's got a brand new Dragonball backpack with matching pencil case. He's essentially bulletproof. He's feeling the pressure, and pride, of growing up. He's embracing the full emotional gambit; apprehension, excitement, fear, and the occasional longing for the simpler times of grade 1. He talks about grade 1 like it's the "good-ol-days", before the weight of the world wore him down. Back when it was ok to put your shoe on the wrong foot. Before multiplication tables. Before reading lexiles. A time when Ultraman reigned supreme on the playground,

and Tag was a nonsense mélange of running aimlessly and rolling around on fake grass. He misses it. Where he once ruled over his regime, he is now rediscovering his place within it. Yet he accepts his new beginning, and new expectations with dignity, Avengers water bottle in hand.

For me, the new school year comes a renewed sense of chill. I get time. Whether barley getting your kid to the school bus, subwaying his ass over, or Didi-ing it, that sigh of relief once your kid is safely off to school is absolutely priceless. It exudes freedom. The day is ripe for the seizing, and seized it shall be. Maybe even sneak in an afternoon patio session while the weather's still nice. That'd be huge.

Also, I gotta hand it to China on this one...the new government mandate to cap homework to an hour a day for primary students, is a Big Move. Respect! If there were "rate-my-performance boxes" I would tick satisfactory, for I am indeed satisfied. An hour of homework a night is chill. Compared to the onslaught of homework we faced last year, both my kid and I are breezing through our evenings. Real talk. Thanks China. Good looking out.

Also, maybe not a popular opinion, especially among some of the more tiger-ish moms, but with training centers shut down, the academic level in my kids' class has kinda balanced out. He's definitely in the race. Pair that with increased extracurricular after-school classes (my kid's doing pottery), and I've got significantly more time, more chill, and way less pressure.

I'd say the only downside to starting school again is the classroom parent group-chat. The moment September hit, that thing fired-up quick. It's a relentless stream of small talk, pas-

sive-aggressive complaints, and soft, soft humor, with occasional practical info. It's like a PTA meeting, but all the time. Even back in the eighties, the only reason to go to a PTA meeting was to get free brownies.

I'm not pointing any fingers, and I'm sure that each of these parents is as cool as any parent can be. And from time to time, there is some useful information on CCA sign-ups or homework. But all of that is far outweighed by the mildly charming, parent observations (and I'm using "mildly" with creative license). "Little Yuan Yuan said the cutest thing", "Jenny forgot her bag at school Lol". I'm not trying to throw shade at any individual parents...I get it. Your kid's bewilderment is amusing. Fair enough. But that said, there must be some restriction on the flagrant use of emojis. There's a time and place for the "laugh-to-tears" emoji, and I have yet to have seen one...not one, applicable situation in that group. Yet there it is, row after row. Two big tears and a big open smiley face, duping me into

translating what ends up being the softest dose of humor, barely prudent of a run-of-the-mill smile emoji. Not being able to find your kids homework doesn't warrant a "laugh-to-tears" emoji. Fix up guys.

But I digress...and that's my only real complaint. Other than that the 2021-22 school year has kicked off stellar. Expectations are reasonable, no more late-nights smashing homework, father and son are in good form, and we're on world six of Mario 3. Things are looking up. Now we just gotta maintain it for the next eight months, and it should be "easy like Sunday morning"...Lionel Ritchie style (or The Commodores, if you wanna be real about it).

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



In the City

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

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

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

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

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

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

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

Schools

Schools: K-12

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

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

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

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

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

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

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

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

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

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

SHANGHAI AMERICAN SCHOOL Independent, non-profit and non-denominational school provides Shanghai's expatriate families with a rich cultural and social learning environment, as well as an exemplary core American educational program for Pre-K through grade 12 in both Puxi and Pudong. IBD and AP programs offered, participation in a diversity of activities and sports encouraged. Fully accredited by WASC. 258 Jinfeng Road, Minhang District; 1600 Lingbai Road, Pudong New Area, Tel: 6221 1445*2152 (Puxi Campus), 6221 1445*3305 (Pudong Campus), info@saschina.org, www.saschina.org, WeChat: SASEagles

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

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

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

WELLINGTON SHANGHAI INTERNATIONAL SHANGHAI 上海惠灵顿外籍人员子女学校 Opened in August 2014 and located in the New Bund area, Wellington College International Shanghai is a fully co-educational day school with over 1,400 pupils, aged 3 to 18 years old. Consistent with the ethos of its prestigious partner in the UK, the College seeks to develop the 'Wellington Identity' in every child. Wellingtonians are encouraged to be Inspired, Intellectual, Independent, Individual and Inclusive. Boasting a state-of-the-art campus, Wellington has built a vibrant community where all pupils strive to achieve academic excellence and engage in a comprehensive range of opportunities in music, performing arts and sports. Annual Tuition: ¥242,000 - ¥328,000/year (2020-2021) 1500 Yaolong Road, Pudong New Area; Tel: 5185 3866 #3885; Early Years Centre address: (Nursery and reception): 195 Tongwan Road, Pudong New Area; Tel: 3175 6687, admissions.shanghai@wellingtoncollege.cn; shanghai.wellingtoncollege.cn

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

Yew Chung International School of Shanghai (YCIS) Yew Chung International School of Shanghai (YCIS) is renowned for offering one of the most progressive and globally-minded programmes of international education in China. Established in 1993 as the first international school officially recognised by, and registered with, the Chinese government, the school now has five campuses in prime locations in Puxi and Pudong. The school's unique multicultural and bilingual approach to education is known globally and is just one of the features that sets the school apart from others. In addition to its reputation for excellent

academics, the school is also known for its sports, arts, and music programmes. With over 2,400 students, aged 2-18, from more than 50 countries, YCIS provides a truly international education that develops caring, well-rounded, global citizens. www.ycis-sh.com Tel: 2226 7666

Schools: Pre-K

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

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

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

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

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

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

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

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

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

virtue and a global mindset. www.luc-china.com, Tel: 021-51872889 admission@luc-china.com, 230-233, 779 Fangdian Road, Pudong.

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, www.mais-china.com, Tel: 400-820-6905.

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

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

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

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

Health Items

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

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

Medical

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

Jiahui Health

Dentistry
Mon-Sat, 9am-6pm
400-868-3000

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

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

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

ParkwayHealth

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

Website: www.parkwaypantai.cn

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

Eye Care

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

Health Clinics

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

shanghai.com. Call individual clinics for opening hours.

Columbia Clinic

Columbia China is a Shanghai based healthcare company founded by Columbia Pacific Management from the USA and Sheares Healthcare Management from Singapore. To meet the growing needs for international standard medical services, our team of multilingual doctors, rehab team and sta from USA, Malaysia, Japan and China assure you of quality medical care that is safe, reliable and hassle-free. The right treatment for the right patient every time. Address: Puxi Bainuo Clinic: 25F United Plaza, Shanghai; > 35 Yongjia Road, 19th Floor (near Maoming Road), Huangpu District, Shanghai; Telephone: 021-6075-3100/021-5404-0058/59; Website: sh.changhedayun.com

Deltahealth Hospital Shanghai And Deltahealth Clinic Hongqiao

DeltaHealth Hospital
4008-210-277

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

SHANGHAI JIAHUI INTERNATIONAL HOSPITAL
400-868-3000

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 > JinMao Tower Medical Centre J-LIFE, Gate 15, Jin Mao Tower, 88 Century Avenue > Jinqiao Medical and Dental Centre 997 Biyun Road > Hongqiao Medical Centre 505 Gubei Road. Telephone: 24-hour appointment, 400-819-6622 Website: www.parkwaypantai.cn

Shanghai East International Medical Centre SEIMC

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

Shanghai Renai Hospital International Department

RENAI
400-868-3000

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

orthopedics, ophthalmology, urology, cosmetic dermatology, plastic surgery, vaccination and immunisation. Address: 127 Caoxi Road, Xuhui District. Telephone: 8621-5489-3781. Website: www.renaihospital.com Mon-Sun 9am-5pm

Shanghai Yosemite Clinic

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

United Family Healthcare (UFH)

United Family Healthcare (UFH)

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

金桥路 1598 号, 近东陆路 (Open 24/7)

Dining

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

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

Spa & Wellness

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Services

MAWOX Custom made furniture that is unique and timeless as a result of close collaboration between the client and MAWOX. The team of well trained and experienced craftsmen from cabinet makers, painters and upholstery professionals create high quality furniture mainly from imported wood. Besides new furniture, MAWOX also provides renewal service for your beloved pieces. They have a 25-year history in Shanghai. Sino-German Innovation Park 222 Middle Huacheng Road, Jintan District, Changzhou, Tel: Joyce (EN/DE/KOR/CN) 173 2104 1917 or George (EN/DE) 189 6241 2911, mawoox_team@outlook.com, www.mawoox.com



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