



COMMUNICATE | NURTURE | CONNECT

AGENDA

AGENDA

TIME	EVENT	SPEAKERS	MODERATOR
09:30 - 10:00	WELCOME TO THE PCWC CONFERENCE		
10:00 - 11:00	<p>Food for thought: Nutrition throughout the years. An indepth look at why we are changing the way we eat and how we feed our children.</p> <p>It has long been acknowledged that 'we are what we eat'. The panel will explore the direct relationship between the foods our kids eat and the impact on their development and behavior.</p> <ul style="list-style-type: none">· How do we encourage good eating habits from the beginning?· How can we lead by example?· What is the importance of family mealtimes and food as a social setting for interaction and connection? What are the connections between nutrition, behaviour and emotional balance?	<p>ZAHRA ABDALLA Cooking with Zahra</p> <p>BERNADETTE ABRAHAM Wellness Coach Nutritional Therapy Practitioner b by Bernadette</p> <p>DR. YASMIN KOTTAIT Pediatric Dentist</p> <p>MIRNA SABBAGH MUSLMANI Nutritionist/Dietician & IBCLC MyPediaclinic</p> <p>ABDULLAH HASSAN Communication manager Tetrapak</p>	<p>TAGHRED CHANDAB Author, moderator, ex-news journalist</p>
11:00 - 12:00	<p>Emotional Intelligence: Are we repressing kid's Emotions unintentionally?</p> <p>As parents we need to be aware of the important role emotions play in our daily life. Children are terrified of their strong emotions so they try to repress them until they feel safe enough to experience them. And because</p>	<p>TANYA FAKHOURY Emotional Intelligence Specialist, Sleep Talk Consultant and a communication expert Change Associates</p>	<p>DALYA TABARI Co-founder TDCC The Developing Child Centre</p>

AGENDA

TIME	EVENT	SPEAKERS	MODERATOR
	<p>emotions are stored in the body, Tantrums are nature's way to help young children vent. Here we will explore;</p> <ul style="list-style-type: none">• The direct relationship between emotional needs and behavior.• The reasons behind tantrums, being clingy, whining, not listening, eye rolling• 5 skills on how to become and Emotionally Intelligent parent	<p>DR. KHALED KADRY Lead Clinician (Child & Adolescent Mental Health Services) Maudsley Health, Abu Dhabi.</p> <p>CHASITY O'CONNELL Mental Health Councilor Human Relations Institute & Clinics</p> <p>DR. HUSSAIN MUSEEH Sector expert - Social Development & Care Sector Community Development Authority - Dubai</p>	

12:00 - 12:15



COFFEE BREAK

12:00 - 13:00

Connection in the digital age: 'Analogue versus Digital, is there an argument? Are we too connected as parents?'

Today we live in a world where at the push of a button we can Tweet the president of a country or instantly access the entire works of Shakespeare! Here we will explore how we can change this and take some of the good habits from it & to make sure that we stay connected to those around us at the same time as enjoying our new connections to the information world.

- How do we nurture our children so that they

LINDA BONNAR

Life Coach | Author

DR. ELENA ANDRIOTI

Clinical Psychologist | The Psychology Center at The Carbone Clinic

DR. AZHAR ABU ALI

Clinical Psychologist | Latifa Hospital - Dubai Health Authority

ANISA AL SHARIF

Parenting Educator and Social Entrepreneur

TIME

EVENT

SPEAKERS

MODERATOR

can use technology for good and protect them from cyber-bullying, hours of screen time and a lack of activity that adds to obesity?

- How can we use these communication devices so that we can connect more strongly with others around us and not retreat into a world where we only interface with screens?
- How can we maintain our real relationships with family and friends while social media takes more and more of our time?

DINA BUTTI

Media Professional

13:00 - 14:00

Are we good enough - "Are we good enough? What is considered as being 'good enough parenting in the 21st Century? "

Modern day parents' greatest fear Worrying about how we are as parents is as natural as being a parent. Every parent worries about whether they are good enough and strives to be better. In this section we will be exploring what we are doing right with our children and what else we might do and what we might be doing better. Communication, connection, support and boundaries will all be examined as we strive to unpick what makes a parent a good parent.

OMAIRA FAROOQ AL OLAMA

Founder | ALF Foundation

IMAN BATTIKHA

Montessori & Child Health Blogger | Baby Melons

DR. SARAH RASMI

Family Psychologist & Professor. | Dr Sarah Rasmi Wellness Centre

HUSSEIN AL ALATOLI

Pearl FM Part of the Jalila Foundation

HELEN FARMER

Editor Broadcaster Blogger | Mothership DXB

SARAH ABDULLAH

Founder of 'Makooky world'

14:00 - 14:30

 INTERVAL

TIME

EVENT

SPEAKERS

MODERATOR

14:15 - 15:15

Nutrition: Packaging your child's lunchbox and healthy habits

Workshop Led by Jordana Smith
HypnoBirthing Practitioner

Stressed out every day thinking about what to pack for your child's lunch? Wondering how much to pack? This session, run by Jordana Smith, Registered Dietitian at Infinity Family Medicine Clinic will help you design a weekly menu for ease of lunchbox packing. You'll also learn what a real portion size should look like for your children.

Sleep for you and your baby

Workshop Led by Malaak
Cecile de Scally | Lead Parent Educator

Sleep Deprived? We got you Mamas! Imagine putting your baby to sleep in their bed, saying "Good night" and knowing that they (and you!) are in for a long, restful night. Malaak's experienced sleep consultant and midwife educator, Cecile de Scally, will be discussing common sleep issues, associations and will share the proven techniques for better sleep habits that you can tailor to your little one and your family .

Balance and Consistent Routine - Happy Child

Workshop Led by Martine Diab
Kalimati's Clinical Coordinator| Kalimati's Clinical

TIME

EVENT

SPEAKERS

MODERATOR

Child- oriented family environment leads leads to an independent and happy child and therefore to a balanced, healthy and happy family. To achieve this goal, parents have a vital role to play in establishing a clear foundation in the daily life of the family. The workshop "Balance and Consistent Routine - Happy Child" sheds light on this role through practical ideas and guidance. Kalimati Center's specialist will be keen to explain these principles and explain how they can be activated in the daily life of the family.

15:15 - 16:15

Learning through play

Workshop Led by Kamal Dasani

Sr. Occupational Therapist | Riverston Children's Centre & Founder of Therapy box Australia

Sensory play, creative play, outdoor play, water play... Wondering why this is so important and how to make the most of your play time and what toys to pick? Learn how play boosts your child's development and the key areas to focus on so your child can learn. Play can be fun for you and your family and relieve stress for all.

This workshop, run by Kamal Dasani, owner of online store TherapyBox, Senior Occupational Therapist, Behaviour Therapist and Vision Therapist at Riverston Children's Centre, will give

you the opportunity to have your questions answered about children's physical development from birth to 5 Years.

TIME

EVENT

SPEAKERS

MODERATOR

Talking Together: Empowering your Child to be the Best Communicator!

Workshop Led by: Sarah Wedel & Jemma Gadher

Speech & Language Therapist | The Developing Child Centre

A workshop aimed at helping parents learn and practice effective strategies to build on their child's communication skills and help them to talk. This workshop will be run by two Speech and Language Therapists and you will have the opportunity to ask questions and learn more about speech and language development between birth to 5 years.

Storytelling: How storytelling can help your child overcome their fears and articulate their emotions (Ages 2-6) (Atrium)

Workshop Led by Makooky

Stories have the power to spark your child's imagination, stimulate curiosity and help his brain development but it can also help your child understand change and new or frightening events, and the strong emotions that can go along with them. Join Makooky's team to learn how to read/adapt stories and ask the right questions in order to connect with your child.



THANK YOU