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September 2021

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



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Shopping & Style Solutions

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Sal Haq

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



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Preeti Gosh

is a passionate home baker and photographer. She believes in baking the world a better place with delicious treats!

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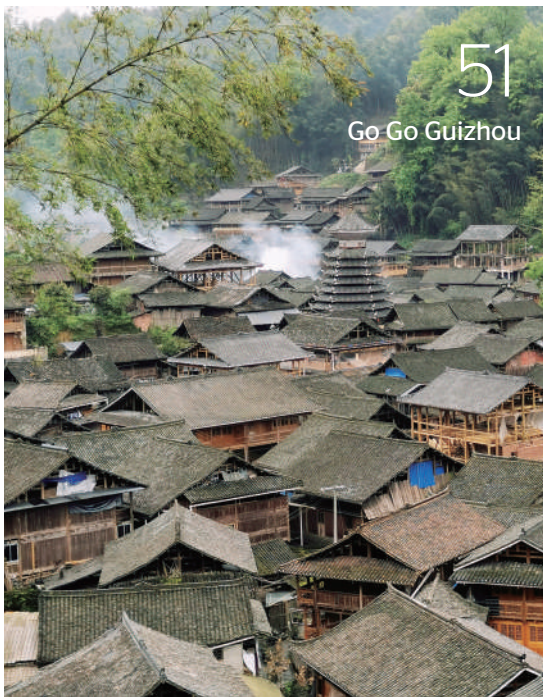
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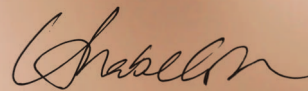
editorial team note

Congratulations! We are officially back into a new school year! As we look forward to an incredible academic year ahead, our cover story in this special Health and Wellness edition puts mental health in centre stage. Life coach, Nicki Leaper, explores how the **quest for perfection (16) impacts mental health** and how it affects the individual and immediate family members. Our dad contributor, Sal Haque talks about **managing cancel culture (24)** while raising his son. Consequently, medical experts weigh in on the impact of **stress on physical health (26)**.

Autumn is the flu season and children are more vulnerable to the flu virus. Columbia Clinic discuss **how the flu affects kids (37)** and why it's important to get vaccinated.

Going back on a high note, what are one of the things that we enjoy about school? Weekend sleepovers of course! Stylish mom, Eve Wee-Ang give us some easy tips to make **any sleepover (46) absolutely memorable**. With the October holidays drawing closer, allow our travel specialist, Sam Braybon to show us the **beauty of Guizhou (49)**.

We wish you and your family a wonderful start of the year!



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



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Topgolf Opens

Topgolf opened their first China location in Shanghai's Huangpu district this August. Whether you are an aspiring pro or a total beginner, you will hit micro-chipped target balls into giant targets in the outfield, scoring points when you hit them. There are five VIP rooms for private parties that can sit six to thirty people and each room is equipped with Topgolf Swing Suite simulation system. If you are hungry, renowned chef Danyi Gao will prepare a fine selection of pan-Asian inspired cuisine and mixologist, Colin Tait also curated the cocktail offerings in the lounge. 2F, Central Plaza, 227 North Huangpi Road, Mondays to Thursdays 11:30 a.m. to 10 p.m.; Fridays to Sundays, 1130 a.m. to midnight.



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The Playful World of Eric Carle

This is a collaboration with the Children's Museum of Pittsburgh and is considered the first exhibition of its kind in the Chinese mainland. This exhibition takes over the 5th floor of the South block at the Bund Financial Centre with multiple areas for children to play, explore and create. This exhibition highlights the famous books of Carle. Kiddy Art Museum, 5F South Block Bund Financial Centre, 600 Zhongnan 2nd East Road; 10 a.m. to 9 p.m. daily.

Museum of Art Pudong

Their opening in July also spotlights four exciting exhibits. Light is a major exhibition from the Tate and it features over 100 rare pieces of work from the Tate's collection. Tickets 212 RMB per adult via 247Tickets, Fridays and Saturdays, 10 a.m. to 9 p.m.; Sundays, Mondays, Wednesdays and Thursdays 10 a.m. to 6 p.m. (last admission 5 p.m.) 2777 Binjiang Avenue, Pudong New Area.



Tin Tin and Herge

If you are a fan of Tin Tin, this exhibition should not be missed. Not only do you get a chance to see his raw sketches, but you also get to see other memorabilia. The gift store is also not to be missed with plenty of puzzles, books and toys you can buy so you can relive the Tin Tin magic at home. Powerstation of Art, 678 Miaojiang Road, Huangpu District; 11 a.m. to 8 p.m. daily.

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school roundup



BISS Puxi IB Marks

Three graduates achieved a perfect score of 45 points in the IB Diploma. The average score of last year's graduates was 38.4, beating the global average of 33.02, with a 100% pass rate. Andrew Fitzmaurice, CEO of Nord Anglia Education, said, "We are immensely proud of our IB students' outstanding achievements, particularly in a year where the pandemic created significant challenges. Their impressive results are of great credit to their resilience and hard work and pave the way for them to attend the world's top universities. This year's results are also testament to the dedication, creativity and inspiration of our talented teachers who have ensured our students excel in their learning." Congratulations to all of the graduates on their hard work!

YCIS Campus Renovations

A new school year brings new changes. Both YCIS Pudong and Puxi campuses were upgraded. Year 7 and 8 students in Puxi are learning in new classrooms, flexible learning spaces, a social hub and common areas, while staff have new offices, workstations and meeting rooms. The primary school added sound proof rooms for music practice, while kindergarteners can enjoy an outdoor play space and roof garden. In Pudong, students were welcomed back with a bigger sports field. Year 4 students have a new learning community, while Year 5 and 6 expanded to a new floor with art, design and science spaces. The English department expanded, and a STEAM studio for robotics was added.



Dulwich Pudong IGCSE Scores

Dulwich Year 11 students have delivered fantastic IGCSE results with 85% of grades earning A* to A, and 94% of grades earning A* to B. Not only are the results well above the global average, they also set a new benchmark for the school, representing the highest percentages since the first IGCSE exam cohort in 2007. Dulwich had one of the largest cohorts of IGCSE test-takers in Shanghai with 63 pupils taking the exams. Over 50% of test-takers have spent four or more years at Dulwich Pudong, a testament to the strength and continuity of the curriculum as well as the strong relationships students have built with faculty over time.



Wellington Welcomes New Master

Wellington College International Shanghai is pleased to welcome its new Master, Brendon Fulton. Mr Fulton comes to Wellington from the UAE, where he served as the Executive Principal of the Dubai British School group of three schools. Originally from South Africa, Mr Fulton's career began in IT before he transitioned to education as a computer science teacher and staff development coordinator for IT integration. He has also held positions such as advanced skills teacher, head of department, pastoral lead and deputy head of school at educational institutions in South Africa, the UK and Qatar. Says Mr Fulton, "It is a privilege to be trusted with the leadership of Wellington College International Shanghai, a school that offers children the very best opportunities to find their talents and develop them into a passion, career and way of life."

SSIS Celebrates 25 Years of Excellence

There was an impeccable show of unity as Shanghai Singapore International School celebrated Founder's Day on 3 September, marking the school's 25th anniversary with a theme of "The New Chapter". A new school-wide house system was officially launched and the Tree of Wisdom Wall was unveiled. SSIS will host a 25th Anniversary Exhibition and Anniversary Concert later this year.



Magnolia Kindergarten Grows Bigger

Magnolia Kindergarten welcomes back its students with a bigger campus and new adventures. The school's newly extended campus of 3,000 sqm now offers a woodwork room, a cooking room, a large art studio, a dance and music room, and indoor gym, three additional outdoor playgrounds, including a fantastic climbing structure, a sandpit and children's garden! There's sure to be something to interest everyone. Magnolia continues their commitment to be 'More than a School'!



Performing. Pleasing. Proving.

The pressure of perfection and the truth of what it's costing all of us.
By Nicki Leaper

Simone Biles, the US gymnast, is known as a GOAT - Greatest Of All Time. She arrived at the Tokyo Olympics with the world expecting her to 'prove' that to them, again. And yet that pressure of perfection is what caused her to pull out of the team and individual all-round competitions, citing the need to focus on her mental health.

The day before her official withdrawal, she posted on Instagram "I

truly do feel like I have the weight of the world on my shoulders at times...!" She then subsequently admitted, "It hurts my heart that doing what I love has been...taken away from me to please other people."

Under the world's spotlight, she made the brave decision to "walk out of [the arena], not be dragged out of here on a stretcher."

She is not the only young athlete rais-

ing this issue. Across the worlds of tennis (with Naomi Osaka), cricket (Ben Stokes) and football (Tyrone Mings), the link between expected 'perfection' and deteriorating mental health has been acknowledged. And by being open about what their perfectionism is costing them, they open up a path for us to take a look at our own behaviour and consider whether 'being perfect' should really ever be the goal.



"Perfectionism means having unrealistic expectations and thinking and feeling negatively when those expectations aren't met"

— Professor A Hill, York St. John University, UK

"Perfectionism is the tendency to demand of others or of oneself an extremely high or even flawless level of performance, in excess of what is required by the situation. It is associated with depression, anxiety, eating disorders, and other mental health problems."

— American Psychological Association Dictionary of Psychology

And perfectionism can show up in multiple ways.

— P Hewitt, G Flett, Journal of Personality and Social Psychology

There's self-oriented perfectionism, when you expect yourself to be perfect, which causes unnecessary anxiety and worry. There's other-oriented perfectionism, where you expect other people to be perfect, which impacts negatively on your relationships. (Who wants to be around someone who constantly makes you feel like a failure?) And there's socially prescribed perfectionism, thinking that other people (a parent, a friend, a boss) expect you to be perfect. This can feel like the worst kind of perfectionism as you believe that others only like you if you perform, look or behave the way they want.

perfect starts early and once it gets its hooks into you, it's hard to extract yourself. We unsuspectingly learn it in our homes and we carry it forwards with us into our futures.

Think about the 'Ideal Student'. Hard-working, excelling academically at sports, at music, at everything. They

Perfect. And Perfectionism.

According to the Cambridge Dictionary, **perfect means: complete and correct in every way, of the best possible type or without fault.**

Sounds good. It makes me think of the perfect summer's day. Or the perfect chocolate chip cookie. Awesome.

But perfectionism. That's something different. And whichever definition I look at, it doesn't feel so great.

So, if this is what 'perfectionism' is, the next thing to dig into is what perfectionism does.

You. Me. Anyone.

The first thing worth noting is that perfectionism can, and does, affect anyone, especially high achievers. Young or old. Male, female and very often anyone struggling with the in-between spaces that exist.

The pressure to be, or appear to be,



cover story

gain the praise and attention of teachers and ensure parents and grandparents are proud. And then it needs to be continued, through middle school and high school, where expectations only grow. The perfect IB score to get into the best university to land a prestigious job in the 'right' company. (But do we talk enough about the loss of fun, the anxiety attacks, the lack of sleep or exercise, the eating disorders, the self-harm?)

And what about the 'Perfect Family'?

An attractive husband and a dazzling wife, with smiling children, beautifully dressed and well-mannered, who holiday in all the 'now' places and have Insta family moments every weekend. (But what about the late nights, the workaholicism, alcoholism, the spending habits and mounting debt, the lack of time for real human connection, the affairs... and the mental pressure of hiding all of this from view?)

The Trouble with Perfect

The worst thing is that perfectionism is often called out in society as a virtue but it is actually a limiting and destructive pattern of behaviour.

If we break it down to its basics, perfectionism is really just a plain old fear of failure.

It's the voice inside your head that tells you that you'll never be loved unless you are perfect. Have you ever thought to question that voice, to determine whether it's telling the truth? No. You just accept it at face value and move forwards, hating yourself for your inadequacies, carrying the weight of perfectionism on your shoulders. It's exhausting.

Perfectionism builds walls around you and stops you from making a real connection with those around you. You won't allow anyone to see the 'real' you because the 'real you' isn't good enough. It's about trying to

have a feeling of control and power rather than risk asking for help. Trying to build a feeling of acceptance and influence rather than risk not fitting in.

It also leads to procrastination. You won't risk putting anything 'out there' until it is guaranteed to be 100% perfect. So you delay and postpone and never actually get what you want done, for fear that it's not good enough.

It limits your growth as perfectionism doesn't believe in practice shots. If the goal is perfection, then there is no incentive to take chances and push the boundaries. Do what you know and stick to the expected results. No risk. All very practical and performative, but where's the growth (or fun) in that?

If you do something 'perfectly' once, then where do you go from there?

There's a feeling that downwards is the only way, which is hardly motivational.

The Harvard Business Review has researched and reported that perfectionism is a much bigger weakness than you might imagine in business. It is consistently related to numerous detrimental work and non-work outcomes including higher levels of burnout, stress, workaholicism, anxiety, depression and suicidal ideation.

One Alaskan medical study found that over half of people who died by suicide were described by their loved ones as "perfectionists." Another study from the US National Institute of Health found that more than 70% of young people who died by suicide were in the habit of creating "exceedingly high" expectations



"Perfectionism is not the same thing as striving to be your best. Perfectionism is the belief that if we live perfect, look perfect, and act perfect, we can minimize or avoid the pain of blame, judgement, and shame."

Brené Brown, The Gifts of Imperfection]

"Perfect is not only the enemy of the good, it is also the enemy of the realistic, the possible and the fun!"

Elizabeth Gilbert, Big Magic:
Creative Living Beyond Fear

of themselves. With the pressures of social media and constant connectivity, this toxic perfectionism seems to be hitting young people particularly hard.

And the impact of perfectionism does not stop at mental health. Some studies have found that high blood

pressure is more prevalent among perfectionistic people, and other researchers have even linked the trait with cardiovascular disease.

So, how do we change the story?

Permission to Fail

Failure is often something that's





frowned upon. And we're often hardest on ourselves, beating ourselves up for the smallest slip.

When we're afraid of failure, we become rigid and inflexible. Our thinking becomes black and white: this is right and that is wrong. We avoid interesting and exciting challenges because anything that has an uncertain outcome is a no-go zone. Fear of failure also limits our creativity, as we won't risk putting anything out there that might invite criticism. We don't share our thoughts and talents, we keep ourselves small. And we procrastinate, putting off taking the first step on things we really care about for fear of making a misstep.

But what if we accepted that a 'FAIL' was actually a First Attempt In Learning? Not a bad thing at all. In fact, a step in the right direction.

Professor Carol Dweck's research into 'growth mindset' fundamentally changed educational philosophy. A fixed mindset has us believing that we're either good at something or we're not, and if we're not, then we shouldn't even bother trying.

When we adopt a growth mindset we realise that failure is an opportunity to grow. With a growth mindset, our self-esteem is built on the belief that our abilities can be developed through dedication and hard work. It's about learning to fail well. Taking each failure as an opportunity to reflect and learn. Knowing that learning from failure is what leads to eventual success.

Striving to be your best

Shirzad Chamine, author of *Positive Intelligence*, details how perfectionism is a strength (high standards, self-disciplined, a desire for order). It's just a strength that you've pushed too far, to the point that it now actually damages your mental fitness and health.

So what's the shift that needs to be made? What's the difference between striving to be your best and wanting to be perfect?

The simplest explanation I have come across is: Perfectionism is about the fear of failure, while striving to be your best is about the urge for success.

Perfectionism is 'other focussed'. **"What will 'they' think?"** It's about avoiding the pain of judgement and blame. It's about trying to earn approval and acceptance and trying to manage other people's perceptions is both impossible and exhausting.

Striving to be your best is 'self' focused. It's about healthy achievement and growth. "What can I learn? How can I improve?" Striving to be your best requires courage, connection, creativity and hard work, to extend yourself to reach your full potential. It allows you to celebrate the small wins along the way and to treat yourself with compassion, whether the goal is met or not. As Brené Brown says, "It's giving yourself credit for getting out there and trying at all".

Antidotes to perfectionism

So, how does perfectionism show up in your life? And those around you? Could there be room to 'try something new' to see how it might help lessen the pressure and increase the fun? Here are a few options to consider, to support you and those you love.

If you're the perfectionist:

- Start. Get going with whatever it is you want to do, because done is better than perfect. Stop over-thinking it and get out of your head and into your body. Take one action step. Then the next. Get 'the thing' out there and ask for feedback

as to how you can make it even better.

- Try time-boxing. Set specific limits for individual tasks to keep you moving. Schedule the blocks in your diary. 25 min chunks are suggested by the highly-rated Pomodoro Technique. This can help to keep you moving, and stop you from getting stuck on endless 'perfecting'. Once the time is up, get up, move away and get on with something else.
- Focus on the process, not the outcome. Instead of aiming for perfection, how about searching for small moments of joy in the journey? The mastery of a new skill; the realisation that you can do something you thought you couldn't; the connection you feel when you tell a friend about how things really are.
- Ask for help. Whether the problem is big or small, the likelihood is that you're getting stuck because perfectionists hold the story that they must deal with things on their own. Human connection makes everything better and stronger and if nothing else, another perspective on an issue often helps stop the black and white thinking that can exist in a perfectionist mind.
- Good enough. Follow Pareto's Law and think about the fact that for 80% of what you do, good enough really is just that - good enough. Most of the time, small mistakes are of absolutely no consequence. Save your striving for the 20% where it really matters - and preserve your time, energy and mental health.
- Let it go. Choose one aspect of your life where you're willing to experiment with letting go of the need to be seen as perfect. Start with something small and challenge yourself to do or be less than perfect in that space for one week. See what happens. See what you, or anyone else around you, notices and comments on. Review the experiment. Amend or expand and try again.
- Reflect. Think about whether you could have done anything better. If you could, make a note of what and learn from it. If you couldn't, make the conscious choice to accept it and move on.



cover story

- Kintsugi. Read up on the Japanese philosophies of wabi-sabi (embracing the flawed or imperfect) and kintsugi (golden joinery.) The belief is that where there are imperfections, you mend these 'cracks' not by trying to hide them, but by repairing them with powdered gold. The cracks make the item even more beautiful.
- Cut yourself some slack. No one is perfect. Mistakes happen and you can learn from them.
- Practice self-compassion. Read Kristen Neff's book. It's a step by step practice that consistently reduces the strength of the relationship between perfection and depression, for both adolescents and adults. It's about helping you to actually see the harsh self-beliefs and gently change them over time.
- Talk to someone. Speak to someone you trust (a friend, a teacher, a wellbeing officer) about how you feel perfectionism is affecting you. Trust that those around you care about you. Name the issue and they'll be able to help you find the right resources to support your recovery to a more balanced and productive mindset. Nothing is more important than your mental and physical health and wellbeing.

If you are aware of perfectionists around you:

- Manage expectations. If you're a manager, teacher, coach or parent of a perfectionist, you can do your bit to help too. Clearly explain the expectations of a task and communicate REAL tolerance for mistakes. Actively embrace the Growth Mindset, and make sure that there is no gap between your words (of accepting mistakes) and your reactions (when mistakes are made.)

What you do carries much more weight than what you say.

- Focus on recovery. Help perfectionists set goals for rejuvenating non-work focused 'recovery' activities (like seeing friends or going for a walk outside) to mitigate stress and burnout.
- Talk to them. Name what you see happening. Name the impact you are noticing (on them, on you, on others). Listen to them. Let them know they are not alone
- Talk to someone else. Speak to a trained therapist and ask for help, so you can better support the person you care about. They might be in so deep that they can't see the problem. If you can, you can help them get the support they need.

At the end of the day, there is nothing but truth in the old adage that 'no one is perfect'. Nor should we want to be. Our imperfections are what make us human. Better to be healthy, well-rounded and on the lookout for how to improve, one small step at a time.

Stories

Student, 20

Choosing for myself

I'm almost 21. I've spent the past two years pursuing this professional qualification, straight from school and I'm depressed, feeling stupid, and worthless. I used to be a fairly smart student though. Time wasted. What do I do?

Doing this course was never my dream. I wanted to be a filmmaker, but that wasn't seen as a sensible career move by my family. So after two years of studying, I felt exhausted and struggled with depression and anxiety.

I lost confidence in my ability to create a future I wanted and I hit rock bottom.

It was only then that I reached out for help. Knowing I could not go on as I was. I finally decided to quit my course and pursue my career as a videographer. It was hard explaining this decision to my family, but in the end, and with the help of my counsellor, I got them to understand how I was feeling and what was really important to me. Part of my recovery was letting things go, and starting to take charge of my life and think about what was right for me. For so long, I had fitted into everyone else's idea of who I should be, and I was so afraid of breaking that image, but it was making me miserable.

My advice to other young people would be to find a hobby or passion that brings you joy and don't compare yourself to others. Sometimes it's our biggest failures that teach us





the most valuable lessons and letting things fall apart isn't the end of the world, it's a chance to rebuild it.

Mid-Career Professional, 46

Men's roles are changing, but the idea of the male provider persists

The burden to be a provider can be particularly intense for middle-aged men, who are often sandwiched between children who still need financial assistance and ageing parents who are starting to require help as well.

I have a family of six who depend on me, including my parents, children and wife. I feel like I am under constant pressure to provide the 'appropriate' lifestyle for all of them. Schooling, after school clubs, holidays... The responsibilities and financial burden just keep on increasing. But my salary does not.

Working long hours and not getting enough rest is affecting my physical and mental health. I feel exhausted from what I have been doing for a long time. I need a helping hand or a

shoulder to lean on. A man is not an ATM machine to be used like this.

Yoga Teacher, Female, 38

My early 20s were a bit of a whirl. Work, socialising, marriage.

I got pregnant with my eldest at 28, which was wonderful. We set up home and I quit my job to become a full-time mother. My husband had a well-paid job and when we were offered the chance to relocate to Shanghai, it felt like too good an opportunity to pass up. We moved out here, and it wasn't long before my second son came along. Then, when he was five months old, I got pregnant with my third boy.

From the outside, my life looked great (beautiful house, *ayi* for help etc.), but inside I was struggling. I felt a lot of pressure to be a perfect mum and this got worse when the boys started school. I couldn't help but compare myself to other mothers, and to think their children were far more polite and well-behaved. My husband was working long hours and without my old friends and fam-

ily around me, I felt lost and had no confidence in my own abilities.

Depression and anxiety came on thick and fast. I was prescribed antidepressants, but I soon realised they were not for me. I stopped the medication and sought other means of help, eventually finding mindfulness and yoga.

My life has taken a different turn since then and I'm so grateful that I've been able to retrain whilst out here. I now work as a yoga teacher and I love it! I have a sense of purpose and a community connection that doesn't revolve around me being the perfect mum. It hasn't been easy on my marriage, but with the help of a great therapist and a lot of talking, we're in a better place.

Talking openly about my journey has also been hugely positive. It's allowed me to really connect with people, building trust and confidence in the fact that we're all going through some version of the same chaos and anyone who says otherwise is probably stuck in the perfection trap. **SF**

Resources:
Brené Brown, *The Gifts of Imperfection*
Shirzad Chamine, *Positive Intelligence*
Carol Dweck, *Mindset: The New Psychology of Success*
Kristen Neff, *Self Compassion*



To Say or Not to Say

Forming opinions and handling cancel culture. *By Sal Haque*

Times have changed. It's 2021. You can't just walk around saying willy nilly and hope to come out unscathed. Political correctness reigns supreme, and having an opinion is careful work.

Saying the wrong thing can get you canceled faster than a faux-French hotpot restaurant in Jing'an. No one wants fake plastic opulence. Real talk.

However, PC'ness does have its merits. Actively tackling racism, homophobia, and gender-inequality are

definitely good things, and hopefully our children will follow suit. Building a better world and all that.

That said, my kid's only seven, so he's not exactly on Facebook debating the nuances of the Israel-Palestine conflict. His opinions are pretty much restricted to who his current best friend is, how much homework sucks, and how Goku (from Dragon-ball) is definitely stronger than Ultraman. Needless to say, the pro-Ultraman party is not pleased.

So with Nesta (my kid), I'm laying the foundations for good opinions, while also helping him deal with opinions he disagrees with. I'm teaching him that good opinions are informed through research or experience, and bad opinions are not. I think that concept can start fairly young.

Like with Goku versus Ultraman. I asked my kid why he thinks Goku is stronger. When he said "Goku's more awesome"....well that's not really good enough, cause Ultraman is also pretty awesome. Go deeper. When

he tells me that he saw "Goku on Dragonball Super, battle the strongest ten fighters from seven different dimensional universes, in a tournament to the death"....well now we're getting somewhere.

He's starting to build an argument based on reason. But we still need to explore different perspectives. So now we're sitting on the Internet "doing a Bing" on Goku versus Ultraman, and reading like twelve different fan theories (there's a surprising amount of websites for this). But it's cool, cause you can see him slowly begin to refine his argument and tweak it based on the different perspectives he's hearing, how they hold up against his own experience, and incorporate the new information he's learning. His opinion has gone from being more emotional, to more informed.

The process of building a good opinion is important, especially in children. Kids are like pack animals, when the alpha points the finger, the others tend to follow. This can sometimes result in playground politics, when the many turn against the few.

It's easy for kids to fall into that "he said-she said" nonsense, so it's important they understand that just because everyone is saying something, that doesn't necessarily make it true, and just because everyone believes something, that doesn't necessarily make it right. I try to teach Nesta to think for himself. Consider the topic. Do the research, and inform his opinion.

But even once Nesta has built his opinion, he needs to decide whether the world needs to hear it. He's certainly happy with his newly informed idea, but do his friends really need to know that Goku is indeed stronger than Ultraman. It seems innocent enough. But some of Nesta's friends are diehard Ultraman fans.

"My kid can be very finite. It's either "this" or it's "that", with very little wiggle room. It's important for him to understand that it's not always about being right or wrong."

These kids aren't just gonna lay down. There's gonna be friction. A seven year old will pretty much argue over anything, and this is the kind of stuff that ends friendships. Also, young kids don't really have the emotional management to understand that, it's ok to be wrong.

My kid can be very finite. It's either "this" or it's "that", with very little wiggle room. It's important for him to understand that it's not always about being right or wrong. There's often quite a bit of space in the middle. Maybe Goku and Ultraman are both strong? Perhaps their strength depends on context?

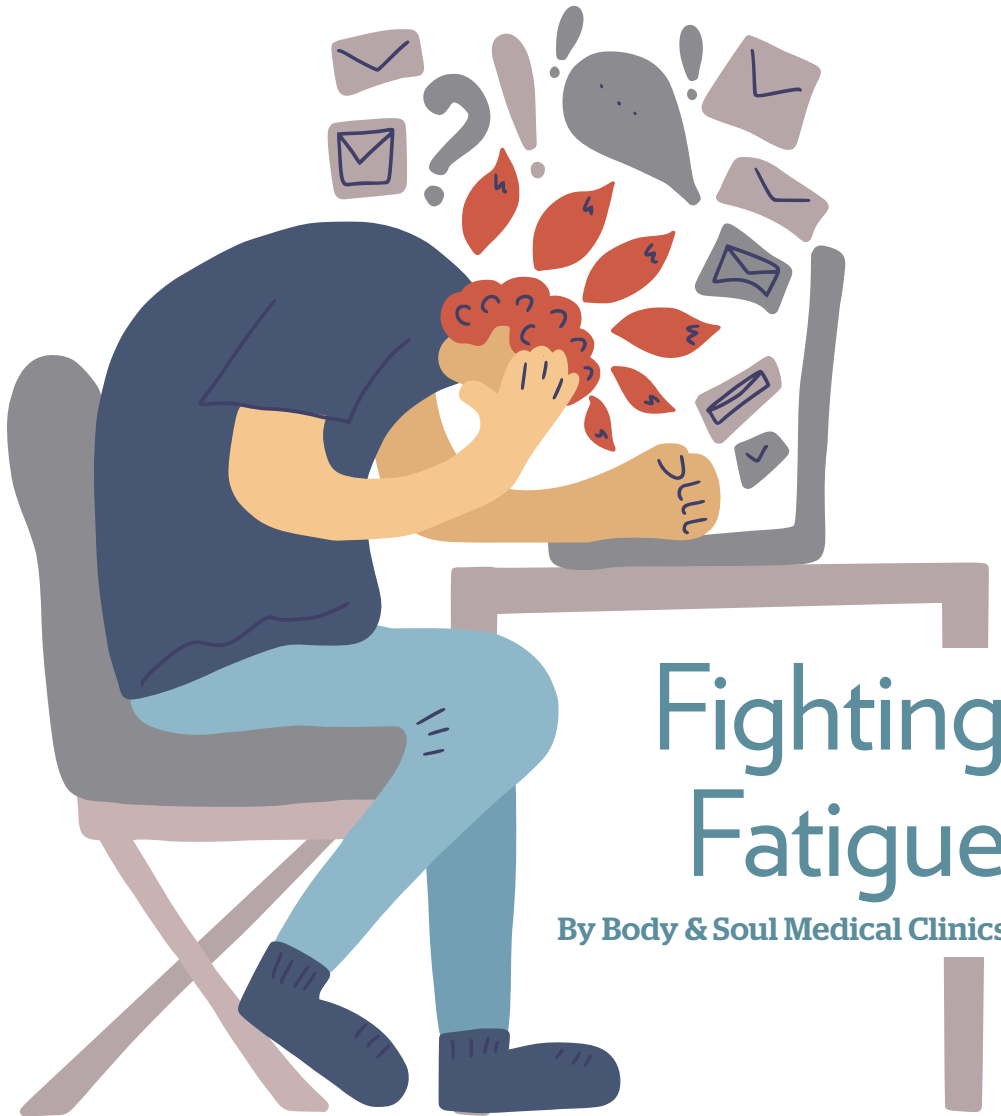
Nesta needs to learn that it's perfectly fine for him to have one opinion, while someone else has another. Also, maybe some opinions are better left unsaid. Could he not have been content keeping his opinion to himself? In my experience there are only three reasons to share an opinion, to teach, learn, or entertain. If neither of these is happening, maybe just keep it to yourself. And straight up, some opinions are simply unacceptable in the public sphere.

I mean, I'm not about to walk into a grade two classroom and talk smack about Ultraman. Damn son, I know when to get real, and I know when to chill. I think Nes needs to figure that out.

The world is getting increasingly politically correct, and we, and our kids, need to watch what we say, and to an extent, watch how we think. I hope my kid can realize the importance of developing opinions based on research and knowledge, and how to handle himself with poise and respect in the face of disagreement.

He also needs to know that saying the wrong thing could have serious consequences. It's a bit of a touchy subject, and even writing this has me a little vexed. At what point is self censorship correct? Or perhaps, it's a question of is your opinion worth the trouble it might cause? Either way, as we climb towards absolute political correctness, Nesta will certainly be dealing with a much more complex social landscape than I did growing up. I suppose all I can do is prepare him the best I can. **SF**





Fighting Fatigue

By Body & Soul Medical Clinics

Fatigue (or chronic fatigue) goes beyond light tiredness or sleepiness. People who are sleepy simply want to sleep. They feel it in the heaviness of their head; they cannot keep their eyes open or head up. After having had a good night's sleep, they generally feel better.

Fatigue, however, can be felt in the whole body. Sufferers complain of low energy levels, muscle aches, pain, discomfort, and poor concentration. They feel frustrated when forced to do something and may feel depressed. Even in the mornings after a long, sound sleep, the person feels tired. It is hard to make it through the day.

What's Making You So Fatigued?

Fatigue is often related to a lifestyle that includes long working hours, stress, strong emotions, poor diet and insufficient exercise. Occasional bouts of fatigue may come from jet lag and heavy travel schedules. However, sometimes fatigue can also be a symptom of psychological or physical problems. Accompanying symptoms such as lower back pain, digestive problems, acid reflux or weak knees give the doctor essential hints to the underlying reasons for the condition.

In Traditional Chinese Medicine (TCM), fatigue is often diagnosed as a

Qi energy deficiency, a blood deficiency or both. A combination of low Qi energy in the spleen system and a deficiency of heart blood is regularly found in overworked students. When a lack of vital energy occurs in the kidneys, the TCM practitioner knows that the original energy of the body is in danger. Herbal medicine and acupuncture are used to help restore this essential energy.

Energize with These Tips

In order to balance your energy level and relieve the feeling of fatigue, the following tips can be helpful:

- Exercise and sleep regularly. The hours before midnight are the most important to help the body recover.
- Eat a balanced diet with a lot of greens, vegetables that are lightly cooked, and protein to strengthen the muscles.
- Limit your sugar and caffeine consumption.
- For students who suffer from fatigue or workers spending many hours in the office, regular time outdoors is important. Reduce time in front of the computer and TV.
- If you are suffering from the symptoms of fatigue for more than a short time, consult with a doctor. There can be numerous underlying causes. Your health may continue to worsen if left untreated. Get an assessment to find solutions to better health (and more energy!).

The multidisciplinary team at Body & Soul can be an excellent resource if you are dealing with fatigue symptoms. A combination of herbal medicine and acupuncture can holistically address the root causes of your symptoms and help you regain energy.

Body & Soul Medical Clinics

Website: tcm-shanghai.com

Telephone: 63455101

Proper Zzzs for Kids

By ParkwayHealth

A good night's sleep is essential to recharge after a busy day. During sleep, your child's body produces growth hormones.

Sleep helps in maintaining a healthy weight. Sleep-deprived children don't produce enough of the hormone that tells our brain to stop eating, increasing the likelihood of obesity.

Sleep helps to build a strong immune system because germ-fighting proteins are produced during sleep.

Getting enough sleep increases attention span, making it easier to focus at school and retain information.

A study found every hour a child spends doing nothing adds three whole minutes to the time it takes them to drift off. So, if you're struggling to get your child to settle into a routine, adding physical activity into their schedule will tire them out. The study also found children who fall asleep faster are also more likely to sleep for longer.

Eating a heavy dinner late in the evening can confuse your child's body clock, and push their bedtime back further. Avoid feeding your child sugary or fatty foods, such as chocolate or cheese, before bed as they take a long time to digest and may keep your child alert instead of sending them to sleep. Also avoid black or green tea, as they contain caffeine, which can alter sleep patterns.

Using technology before bed increases alertness and causes difficulty falling asleep. After 1.5 hours looking at a bright screen, our body produces less melatonin, the sleepy hormone.

This can have negative health repercussions. One study of children links increased screen time with increased sleep anxiety and sleep disturbance. Further studies associate a lack of sleep with decreased productivity, depression, lack of energy and poor school performance.

If you're using your phone a lot around bedtime, your children are likely to follow your lead. If possible, take a time to switch off as a family.

Hyperactivity, problems interacting with peers, emotional difficulties, these behavioral issues are more common if a child is sleep deprived.

While no two children are the same, establishing a set bedtime based on their habits and sticking to it is an ideal first step for your routine.

Everybody has a different internal body clock. Early risers tend to have a faster body clock, while night owls tend to have a slow one. If your child is sleeping in too long or rising too early before school, natural light can help to reset their body clock and promote healthy sleep.

Anything that resembles sunlight, including blue-rich lights (like phone screens) can impact your child's ability drift off at night, so try to make sure the room is as dark as possible. Not enough sunlight in the morning can confuse your child's body clock. In the morning, open the curtains, turn on bright lights or sit outside for breakfast.

ParkwayHealth

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If you are not sure what time your child should be going to sleep, here is a guide:

Tick - Tock!



4~12 months
12~16 hours a day
(including naps)

1~2 years

11~14 hours a day
(including naps)



3~5 years
10~13 hours a day
(including naps)

6~12 years

9~12 hours a day



13~18 years
8~10 hours a day



Calm Communication

By United Family Healthcare

Nonviolent Communication is based on the principles of nonviolence, the natural state of compassion when no violence is present in the heart.

NVC begins by assuming that we are all compassionate by nature and that violent strategies, whether verbal or physical, are learned behaviors taught and supported by the prevailing culture. NVC also assumes we all share the same, basic human needs, and that each of our actions are a strategy to meet one of these needs.

- Spend some time each day quietly reflecting on how we would like to relate to ourselves and others.
- Remember that all human beings have the same needs.
- Check our intention to see if we are as interested in others getting their needs met as our own.
- When asking someone to do something, check first to see if we are making a request or a demand.
- Instead of saying what we DON'T want someone to do, say what we DO want the person to do.
- Instead of saying what we want someone to BE, say what action we'd like the person to take that will help the person be that way.
 - Before agreeing or disagreeing with anyone's opinions, try to tune in to what the person is feeling and needing.
 - Instead of saying "No," say what need of ours prevents us from saying "Yes."

- If we are feeling upset, think about what need of ours is not being met, and what we could do to meet it, instead of thinking about what's wrong with others or ourselves.
- Instead of praising someone who did something we like, express our gratitude by telling the person what need of ours that action met.

Pair Nonviolent Communication with listening like a therapist by active listening.

Listen without Assumptions or Judgment

During our daily communication, most people are busy sorting out the meaning of what they heard while listening. Habitually, we tend to filter or add things when we listen, in order to form a quick opinion in our mind. These assumptions get in the way of communicating. As a result, what we heard often is slightly altered from what the other person said. However, therapists are able to actively prevent themselves from listening with assumptions. They are simply open and ready to receive everything said.

Pay Full Attention to the Body and Mind.

Listening isn't just about the words. A lay person normally listens to obtain information while therapists listen to obtain much more. Besides the verbal content, the clinician will assess emotion and cognitive functioning style (from tuning into the client's non-verbal expressions). The clinician will also listen to understand what's not overtly expressed. By

accurately capturing the slightest voice change, a therapist can detect client's feelings changing and respond in a caring and supportive way. In other words, therapists listen with their entire senses to hear both verbal and non-verbal expressions. What is being said and how it's expressed are equally important to the clinician.

Listen without Interruption

This is probably the most common mistake in listening. We hear the first half of the sentence, and then we think we already know what this is about and start to think about what we want to say next. Multitasking in listening often causes the other person to feel unheard and disrespected. Therapists can just listen. They sometimes intentionally slow down the listening and responding process to help fully absorb clients' expression, immersing into the client's world to get full understanding. Also, by listening patiently and slowly, many clients start to learn to listen to themselves more.

United Family Healthcare

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Safeguarding Mental Health

By DeltaWest Clinic

Adolescents are at a sensitive stage of physical and mental development, thus mental health issues can't be ignored.

New definition of healthy

"Healthy" is defined by the WHO as, on the psychological level, healthy means a good personality, good ability to deal with things. On the physical level, healthy refers to good behavior and emotional performance. On the social adaptation level, healthy is good interpersonal relationships.

For contemporary teenagers, why are psychological problems more common?

Psychological development in the adolescent stage is more intense than other ages. At this stage both self-consciousness and a strong realization of self-identity are developing. Nevertheless, adolescents are still immature in controlling emotions and impulses, and have limited ways to vent their negative feelings. Therefore, they are more prone to have anxiety.

The main causes of psychological pressure for adolescents:

- Parents' expectations are too high
- Children want more independence
- The pressure of competition between classmates.

What are the signals of psychological problems?

In our experience, it is common for kids to change 180-degrees suddenly. They stop doing homework, don't go to school, and don't want to connect with others. They might have mood swings, and have problems with sleeping and eating.

These can make parents angry, and they might use inappropriate methods in response, like violent language toward children. If parents behave like that, their children may feel a strong sense of guilt, and act out in radical ways.

Signs of rebellion, anxiety, and depression

Rebellion is a beginning of children's sense of independence. On the one hand, they do not want parents to interfere too much, on the other hand, they hope to get parents' understanding and support. This psychological conflict can lead to rebellious behavior.

Parents need to intervene if children have these behaviors:

- They are low in spirits.
- They have no interest in doing anything.
- Their willpower is very weak.

Normal anxiety, a.k.a. physiological anxiety, has a protective effect. If too much, it will become pathological, which is anxiety.

Depression is also a normal emotional response to sad feelings, it will

improve through self-regulation. But you should seek professional help if the following conditions occur and last over two weeks: low mood, loss of interest, the decline of willpower and motivation.

Suggestions for maintaining mental health:

Understand the motivations and needs behind your children's behavior. Parents can spend more time with children, encourage them, and organize social activities with peers.

When communicating with children, parents should avoid command-style communication, but rather talk with children as an equal.

For people with anxiety or depression, make sure you have a regular lifestyle, balanced nutrition, and proper exercise.

Have the right self-cognition, and don't set unrealistic goals for yourself. Parents shouldn't impose their own expectations on children.

Cultivate interests and hobbies, these may increase one's self-confidence, expand knowledge, relax the brain and enrich one's life.

If anxiety or depression persists for two weeks and doesn't improve, it's advised to seek professional help, and not delay treatment time.

DeltaWest Clinic

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Family Life at Fraser

Meet the Teo Family, mum Winnie, dad Jiahao, and five-year-old Eden. The Teos moved to Shanghai two years ago. The family have made their home at Fraser Suites Top Glory ever since, settling into a two bedroom, 211 sqm serviced apartment.

Tell us why you chose Fraser Suites Top Glory and how it compares to other living options.

We chose Fraser Suites for the fantastic location, great facilities like the modern and well equipped kitchen, plus the stunning views of the Huangpu River. Since settling in, we realized what makes the place truly special is the warm and closely knit community that make this a home

away from home. The Fraser team operates with love and takes every effort to make everyone feel a part of the family.

How are the Fraser facilities for raising young kids?

We have an active five year old with superhuman energy levels that can be challenging. Thankfully, the Fraser compound has an indoor and outdoor playground as well as, swim-

ming pools that cater to the kids through out all seasons with staff on duty watching for their safety. The world famous riverside park is just outside the door as well for lots of convenient healthy activities.

How have you made the serviced apartment homey and personal?

We have blended the tasteful decor of the apartment with a number of



feature frames gifted by a photographer friend capturing truly magical landscapes around Shanghai. Both of us have also recently cultivated our green thumbs. Winnie grows an assortment of beautiful local specialty blossoms that freshen up the apartment, while Jiahao dabbles in growing his own leafy vegetables through hydroponics!

What does each family member enjoy most about Fraser and the neighbourhood?

Since living in Fraser, Jiahao has been inspired to pick up road biking with good friends within the Fraser community for all-out workouts along the breathtaking Pudong riverside. They ride hard and then have a good time relaxing together after.

Winnie loves the tight-knit female community in Fraser, regularly participating in the work out classes at the aerobic room with them. She also enjoys the regular themed events as well as annual family excursions that Fraser organizes for the residents.

Eden loves joining his young neighbours for the many kids activities organized by the Fraser team, especially the movie nights and Christmas parties.



Family Events at Fraser

Fraser holds monthly Kid's Club DIY crafts such as tie-dyeing. The resident community also comes together to celebrate the holidays with special events for Easter, Mid-Autumn Festival, Halloween, and Christmas. Other festivities include summer barbequeing, as well as outings for kayaking and picking vegetables at a greenhouse.

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Nurturing Mental and Emotional Resilience for Academic Success

By Dr Alice Fok-Trela, school psychologist and early childhood, family and child counselor

At Concordia Shanghai, we believe that balance is integral to academic and general life success. From a mental wellness perspective, our school counselors and teachers work hard to build resilience in our students so that they have confidence in their ability to adapt to changes, persevere in the face of challenges, and learn new skills.

Essentially, the goal is to help students develop sufficient underlying coping strategies and character strengths from a young age so that

they are able to manage inevitable life stressors.

To achieve this, school counselors in each division provide lessons in social-emotional learning at each grade level, delivering a comprehensive, research-based, preventative program.

Starting from preschool and continuing all the way to high school, we use social-emotional learning programs appropriate for each developmental stage to teach executive functioning skills, planning and organizational

skills, self-management skills, emotional regulation skills, problem-solving skills, and social skills that allow students to successfully navigate their academic environment. These soft skills are critical as they are easily transferred to other environments such as the work environment.

For students who require additional targeted support, school counselors work with students in a small group or on an individual basis, using strategies from evidence-based psychological modalities such as cognitive

One of the most effective ways to help students manage academic stress is prevention, which is a proactive strategy rather than a reactive strategy.



behavioral therapy, etc., to help students develop better coping skills. The school counselor also collaborates with the learning support team and school psychologist to identify potential barriers to learning that may be causing unnecessary stress.

Moreover, the team partners with the student's family to develop an individualized learning plan to mitigate

barriers, support the student, and support the student in self-advocacy.

Finally, school counselors work closely with parents to ensure that school supports are aligned with supports provided at home. For example, counselors may work with parents to ensure that the student is getting sufficient sleep, that they are balancing academics with exercise

and social activities, and that home is a calm, nurturing environment that addresses student stress and promotes resilience.



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Zhang Jingxian is a 74-year-old famous Kunqu Opera artist and national first-class actor with the Shanghai Kunqu Opera Troupe. She shares her personal experience from her comfortable living room at the serviced apartment of Central Residences II.

Zhang's performing style is vivid, combining both her strong voice and delicate movements. In her artistic life, she has created many iconic stage characters with different personalities. Her repertoire includes traditional opera highlights like Qiao Vinegar, Kneeling Pond, Zhan'e, Eating Chaff, Lu Lin, Thorn Tiger, Gift of Sword, and full-scale dramas Ban Zhao, The Palace of Eternal Life, The Story of the Jade Hairpin, The Peony Pavilion, Accounting for the Oiran, Blood Hand, and Sima Xiangru. Much to the admiration of the audience, her performances bring to life many distinctive characters including the graceful imperial concubine, the ruthless Lady Macbeth, the talented Zhuo Wenjun, and the female historian Ban Zhao who led a tough life.

Under the influence of her family, Zhang

How Well Do We Know Our Neighbour?

If we were to tell you that your next door neighbour is a decorated artist that is considered an icon in the performing arts, would you believe it?



the foundation of Suzhou Kunqu Opera School as well as the 20th anniversary after Kunqu Opera was listed as a UNESCO World Intangible Cultural Heritage. "I am honoured to be part of the programme and make my part of contribution." According to Zhang Jingxian, Shanghai Kunqu Opera Troupe is now rehearsing a modern Kunqu Opera "There Are Certainly Successors", which is set in the revolutionary years of China.

Zhang Jingxian plays Grandma Li in the opera. "I believe, 'There Are Certainly Successors' will enable us to take a new step on the road of modern drama, not only to create excellent works that meet the aesthetic needs of modern audiences, but also carries forward the creative spirit of the predecessors." Despite her advanced age, 74-year-old Zhang still comes to the suburbs of Shanghai to participate in the rehearsals.

Inheriting and Innovating Kunqu Opera

"Kunqu Opera, which boasts a long history, is an invaluable treasure in traditional Chinese culture," Zhang said. Nowadays, Kunqu Opera is gaining popularity among young people as artists have initiated campaigns introducing Kunqu Opera to campuses and holding master classes. "We perform opera excerpts in many Shanghai universities. Before performances we offer detailed introductions and interact

with audience. Sometimes we give explanations during our performance to inform students of the storyline and foster their interest in Kunqu Opera." As a result, an increasing number of people like the Kunqu Opera and go into theatres to enjoy it.

Moving into Central Residences II Serviced Apartments

Zhang moved into the Central Residences II Serviced Apartment half a year ago. Before that, she had seen many apartments and decided that this was the best for her. Central Residences II is ingeniously built and surrounded by the three major commercial centers: Jing'an Temple, Huaihai Road and Xujiahui. Here, you can see idyllic treelined streets, hear the twittering of birds and smell the fragrance of flowers. According to Zhang, "the apartment stands among a combination of century-old buildings and modern architectural masterpiece." It is quiet, prosperous and full of vitality. While enjoying a convenient life there, you can experience the leisurely side of modern life.

"Now that I can afford to put higher requirements on living environment, I wish to live a high-quality life," Zhang said. She and her husband want a house with more rooms and her daughter wants her own space. "Central Residences II provides warm services. Department staff are responsible and professional. Everyone is polite. I think, it's safe and I'm delighted to live here. Now me, my husband, and my daughter live on two different floors. Ideally, we are close and have our private space. My residence is well located with convenient transportation. It is quiet yet also vibrant, comfortable to live in, a rare high-end residential area in downtown Shanghai indeed. Besides, its distance from Shanghai Kunqu Opera Troupe is half that of my former residence."

fell in love with operas and dreamed of becoming an actor at an early age. "It's been 62 years since I took a fancy to Kunqu Opera," she recalls. In 1959 when Shanghai Traditional Opera School recruited students, the then 12-year-old girl was successfully admitted. Zhang recalled that she was really surprised and delighted at the time. "It was a professional school for the study of opera after the founding of New China. Back then, there were two classes, studying Peking Opera and Kunqu Opera respectively and I was assigned to the latter. My teachers were all respectable elderly performing artists in the field of Kunqu Opera. For a newcomer like me, I felt fortunate to receive learning and training in such an environment, which was bound to benefit me for the rest of my life."

Celebrating the Centenary of CPC

The year 2021 marks the centenary of the CPC, the 100th anniversary of

"It's been 62 years since I took a fancy to Kunqu Opera"





Diagnosing diabetes

The US Center for Disease Control and Prevention in 2017 said, 21.4% of diabetes patients were unaware they had diabetes.

Comprehensive and Customized Management

To manage diabetes is to manage all the consequences that arise, not just the glucose levels.

There are screening tests that detect if organs for diabetes patients have been affected. Tests should be done regularly.

There are millions of people who are suffering from diabetes, and no two are identical. Their disease is a contribution of both genes and environment, which is the resistance to insulin that arises from obesity.

With advancing technology, more drugs have been discovered to act on complementary aspects of diabetes. In addition to controlling the sugars, they may have additional benefits such as preserving the function of the pancreas as well as weight loss.

For the management of chronic diseases, drugs should go hand in hand with proper nutrition. Since the body cannot handle carbohydrates efficiently, it would be good to cut down on the percentage of "processed" carbohydrates in the diet to less than 20% of overall daily nutrition.



Dr PJ Chiang, Family Physician

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Understanding Diabetes

By ParkwayHealth

The prevalence of diabetes has been increasing throughout the years, along with obesity. If you think you may have diabetes, always consult a doctor.

What is diabetes?

Diabetes is a condition where there is excess sugar, known as glucose, in the blood. This excess sugar thickens the blood, making it like syrup. This kind of elevated sugar will cause stickiness or blockages in both small and large blood vessels. This leads to increased risk of organ damage.

- Eyes - including blindness
- Nerves - including numbness of the feet and risk of injury
- Foot infection and various other infections
- Heart disease
- Stroke and death

What is the problem?

At the heart of it, the problem lies with a deficiency in insulin. Insulin is a hormone produced by the pancreas, a leaf-like gland that sits behind the stomach. When we eat carbohydrates such as rice or pasta, our body breaks them down into their basic mole-

cule, glucose, a sugar.

The glucose level rises in the blood, signaling the pancreas to release insulin.

Insulin is the key to allowing glucose to enter the cells and be used as fuel. When there is too much glucose, it's converted into fats and placed in long-term fuel storage.

In Type 1 diabetes, the patient has no insulin, absolute insulin deficiency. Insulin must be added to their body to survive.

In Type 2 diabetes, the issue is insulin resistance. With increasing obesity, there is a corresponding increase in the resistance to insulin. This increased resistance makes insulin less effective. In the early stages of Type 2 diabetes, oral medications can be used to great effect.

However, as time and the disease progresses, the pancreas might not produce much insulin anymore. The patient might tip into absolute insulin deficiency where insulin has to be added to maintain good control of diabetes.

Kid's Flu

By Columbia Clinic

Autumn is the flu season and children are more vulnerable to the flu virus. Dr Cai from the children's clinic at Columbia China discusses influenza in children.

What are the symptoms of influenza in children? How is it different from the common cold?

Influenza in children can be accompanied by persistent high fever, headache, muscle pain, lethargy.

When children get the common cold, usually the fever is not high, frequent or prolonged. However, the condition can change, and parents should not take it lightly.

In addition, influenza virus infection may activate an allergic reaction, prolonging the fever period, exacerbating cough and phlegm symptoms, and some may develop hyperthermia, which can cause febrile convulsion (convulsions triggered by fever).

What's the difference in diagnosis and treatment between the common cold and flu?

Firstly, the doctor needs to know the whereabouts of the child 2-3 days before the illness onset, because the incubation period of influenza virus is 1-7 days, with the most common being two days. Then the doctor will ask the child about his or her symptoms in detail, about allergies, and about medicine used. After a whole body check, the doctor will choose necessary lab tests to confirm the diagnosis.

As for treatment, oseltamivir is the most commonly used medication for influenza in children in China. Some antipyretics (fever reducers) and anti-allergy drugs are also used if necessary. As for the common

cold, we generally promote self-curing by drinking more water and getting more rest.

How can we prevent influenza?

The flu virus is mainly transmitted by droplets and contact. Prevent infection by,

- social distancing
- wearing masks
- frequent hand washing
- getting flu shots
- improving children's immunity

How do you improve children's immunity?

The development of children's immune function is a step-by-step process. The best way to boost immunity is to promote healthy development.

i. Increase the intake of multiple nutrients. Children's daily nutritional requirements are 40-50% carbohydrates, 30-40% fats, 10-20% proteins, and the rest vitamins and micronutrients.

ii. Get physical activity. Physical activity can increase children's coordination, strength, brain cognition and other aspects of devel-

opment. Apart from that, it can also protect eyesight, promote intestinal motility, and improve digestive function, thereby increasing appetite.

Is a flu vaccination necessary? What are the best time and precautions for vaccination?

It is necessary. Since autumn and winter is the flu season, it is best to get vaccinated in September and October, it takes 14 days for the vaccine to fully activate. The strongest protection period is six months to 10 months. The flu vaccine is divided into two types: those over three years old and those under three. Those over 3 years old only need one dose of vaccine a year. While those under 3 years old (6 months old - 3 years old) need to be vaccinated twice with a gap of one month.

High fever and convulsions can occur in children with the flu. What emergency treatment can parents do at home?

A body temperature more than 38.5 degrees is likely to cause convulsions, manifested as systemic or local, along with crossed eyes horizontally or vertically, and loss of consciousness. Various methods including antipyretic agents and physical cooling should be used at home immediately. Closely watch over the child to avoid secondary damage. Febrile convulsion mostly lasts seconds to minutes, then will stop by itself. Babies should be sent to the ER for help after seizures.



Dr Yubo Cai, Paediatrician

Dr Cai has more than 15 years of paediatric treatment experience.

Columbia Kaiyi Clinic

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Flu Vaccine Registration: 6327 5599

Overlooked Causes of that Extra Weight

By Jiahui Health

Our modern society is more and more accepting of different body types, and rightfully so, but obesity remains a serious threat to global health.

Obesity is a common problem

A large-scale study published in the "The Lancet" medical journal in 2014 showed that the total number of overweight and obese people in the world surged from 857 million in 1980 to 2.1 billion in 2013, and 671 million had a body mass index of more than 30kg/m². China has the second highest number of obese people in the world, with about 62 million. In 2020, the "Report on Nutrition and Chronic Disease Status of Chinese Residents (2020)" issued by the Information Office of the State Council of China showed that 9.6% of children and adolescents are overweight, while 6.4% are obese.

Obesity isn't just from overeating

What is the cause of obesity? Simply put, when the energy you take in greatly exceeds the energy your body uses, the excess energy causes the fat cells in the body to increase and enlarge.

It's easy to attribute the main cause of obesity to eating, especially right after Chinese New Year, when many of us eat vast amounts of food with family and friends.

However, obesity is not all about what you eat. For some people, diet alone is not enough to avoid obesity.

Obesity and genetics

The onset of simple obesity has a certain genetic background. Studies have shown that if one of the parents is obese, then the obesity rate of their children is about 50%; if both parents are obese, the obesity rate of their children rises to 80%.

Mental and psychological factors

As the saying goes, "You can't get any work done on an empty stomach." This sounds harmless enough, but it represents a bad behavior pattern that relieves mental stress through excessive eating. Many psychological and behavioral imbalances can lead to abnormal eating patterns. For example, heartbreak may lead to long-term binge eating.

You may have an underlying illness

Diseases of the endocrine and metabolic system, such as Type 2 diabetes, pituitary disease, abnormal thyroid function, polycystic ovary syndrome, etc., can all manifest as weight gain or abnormal accumulation of fat.

At this time, thoughts like "I just ate too much" and "I'm not sick, I'm chubby" may become stumbling blocks that cause you to ignore the signal from your body that remind you to seek medical examination. If you've been delaying for a few years, you

may end up finding yourself requiring long-term hospitalization to deal with your medical issues.

Of course, for most people who are overweight, unhealthy diet or abnormal eating patterns (such as night eating syndrome), and energy metabolism imbalance caused by lack of physical activity are indeed the main causes. Although you can make changes on your own, many find it is not easy to persist and maintain for a long time. What's more, the fragmented information we receive from places like social media can actually make it more difficult to practice proper nutrition and exercise.

So, don't attribute your obesity to simply eating too much. The reasons behind your weight gain may be more serious than you think.

Weight loss treatment requires systematic, complete, long-term, multi-disciplinary cooperation between you and a team of clinical dietitians, exercise therapists, psychologists and psychiatrists, endocrinologists and even surgeons (because bariatric surgery has become a recognized, safe and effective treatment for severe obesity and obesity with metabolic syndrome).

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What Causes Hair Loss at a Young Age

By Renai Hospital

Some men begin to experience hair loss in their late teens or early twenties. If you have recently discovered thinning, balding patches of hair or a receding hairline, you may be suffering from male pattern baldness or another condition that's causing hair loss.

Start by trying to understand the cause of baldness to help decide which treatment (or lifestyle changes) may work for you. Let us understand hair growth and hair loss first.

Hair Growth

The hair itself is made of dead protein cells, called keratin, which is produced by the hair follicles in the skin.

Hair follicles function in three phases. The growth phase, called the anagen phase, is when your follicles are producing new keratin cells. After the anagen phase, a short transition phase, called the catagen phase, takes place. In this phase, the new cell attaches to the existing hair shaft.

In the last phase, called the telogen phase, the follicle rests. If a follicle prematurely enters the telogen phase (without entering or completing the catagen phase), the hair will fall out.

It is normal to lose between 50 and 100 hairs per day. However, losing more or noticing patches of thinning hair may be the reason for concern. The medical term for hair loss is alopecia and there are several different types of alopecia.

Androgenic Alopecia

This affects men and women, but is more common in men. It's referred to as "male pattern baldness" and can start in late teenage years or early twenties. Typically, Androgenic Alopecia will cause a gradually receding hairline, which results in loss or thinning of the hair. This is the most common alopecia that causes early hair loss.



Involutional Alopecia

This is the most common form of baldness, normal hair loss with age, and is usually not a reason for concern.

Alopecia Universalis

Alopecia Universalis causes hair over the entire body to fall out.

What Causes Balding at an Early Age?

Hormonal changes and imbalances

Hair loss is often associated with extreme hormonal changes or imbalances, including abnormal androgen levels and more.

Family history

Look at your father, grandfather or brothers on your paternal and maternal side. Often, balding is genetic.

Stress

It's no secret that stress can cause hair loss and an increase in the stress hormone cortisol may exacerbate conditions like telogen effluvium, which causes more hairs than normal to fall out.

Illness

Some illnesses can cause your hair follicles

to function improperly, such as thyroid conditions, lupus, anemia, or diabetes. Fungal infections are commonly known to cause hair loss, though it is often temporary. Auto-immune diseases often cause hair loss.

Too Much "Hair Care"

Believe it or not, hair loss can be caused by "over caring" for your hair or by certain cosmetic procedures. Shampooing too often, applying heat or braiding your hair tightly can cause damage to the hair follicles.

Poor Diet

Malnutrition can result in hair loss. Hair loss is commonly seen in people with eating disorders, such as anorexia nervosa. Certain diet changes may help prevent hair loss.

What Can I Do about My Hair Loss?

Hair loss is a tricky topic and most doctors are never able to pinpoint the cause. However, if you are looking to reduce your chance of hair loss or slow progressing hair loss, you should consider the factors above.

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Relocating with Family

Moving tips and how not to go crazy. By Gina Batmunkh

unpacking some of this stuff? Is it worthy of going into the box?" A new place is a chance to leave behind all the mess and start a simple life.

Communication with your relocation company is crucial. Estimate how many boxes in total and if there is any furniture to move.

Pet transport

Our furry friends need assistance as well. Considering the current situation, some countries are difficult to relocate pets to for whatever reason. Find a good pet relocation company that can help you with paperwork, procedures, and costs. Don't worry, eventually you will be reunited with your furry family member.

Quick tip

Each country and city has its own network and expats. These are the people who have done what you are going through right now and they can be practical when it comes to information. Head over to Facebook to find the groups. Not only can you make great connections, but it's also a valuable source of information.

Moving to a new country or city can be stressful and costly but it can be one of the most rewarding things you could have ever done. It challenges you in many ways by following your dreams and relocating to a new place. Also, it will give you more confidence to tackle whatever comes in your way and gain new experience and meet incredible people. **SF**

Are you relocating to a new country? Whether it is a new job opportunity or simply relocating to a new country it can be overwhelming, and certainly a life changing experience. On the bright side you will meet new people, discover new places, explore new culture, and might push your career into the next level. Get excited!

Before you overwhelm yourself, take a deep breath and make yourself a nice cup of tea and read on.

Talk to your kids

If your family knows that soon you will be relocating to another country, talk among family first. Once the information is out, things will change. So, decide when and how to tell your kids before talking to anyone else. Make a plan and stick to it. Give some time to your kids so that they can say proper goodbyes to their friends. Kids are equally allowed in the family decision mak-

ing process whether you move or not. Let them know the pros and cons of relocating and see the bigger picture.

When do I get started packing?

In order to relocate you need to pack, and it is not as simple as a couple of luggages like going on a vacation. You need to pack your whole life into boxes and ship it, and you need to start as soon as possible. There is no need to procrastinate. The earlier the better.

Remember, the most important thing about the last few weeks is spending time with the people you love and care for. Possessions are just things which can be replaced.

Pack things that are important to you, if not, place them into a donation pile. While packing, ask yourself a question "Do I actually want to go all the way through packing and

Goodbyes and farewells are harder than you expect once your family decides to relocate.

Relocation Service

- **SAE Relocation**
Room 7E, 1 South Ruijin Road, near Xujiahui Road Tel: 5301 8200
- **Santa Fe Relocation**
17F, Building B, 100 Zunyi Road, near Ziyun Road Tel: 6233 9700
E-mail: shanghai@santaferelo.com

Pet Relocation Service

- **Kevin Home**
Room 202, No. 20, Lane 68, Jinzhong Road Tel: 6234 1031
- **Globy Pet & Animal Relocation**
No. 84 lane, 799 Lvhu Road near Lvzhou Road Tel: 6441 2138
E-mail: eric@globypetrelo.com

How to Survive...

Moving to Big Kid School

Moving your little one (or not so little one) up to a larger school can be nerve wracking for both kids and parents! There may be a whole new set of rules to follow, new schedules to learn and many more pressures to deal with! But as you move your nursery child to primary, primary to junior, or junior to high school there is no doubt you will face some challenges. Here are some ways to survive transitioning your kid to the next step in their education.

1) Be excited!

Kids love enthusiasm and if you're acting like this transition will be the most exciting thing to happen to your kid since you first took them to Disneyland, then they will likely buy it!

Focusing on the excitement of a new start can help them gain confidence over any anxieties they may be facing. Some parents make transitioning grades an event by buying their child a special toy or taking them to buy some special new clothes. We recommend showing your enthusiasm by creating a big visual countdown clock that counts down to the first minute of school starting.

No matter how confident your child looks on the outside, moving to the next step in schooling is always something that brings along worries or anxieties.

2) Make them feel prepared.

No kid wants to feel as if they don't have all the right tools on the first day of school. Gone are the days of cool matching backpacks with awesome pencil cases equipped with fancy pencil sharpeners, now it's all about what tech they're carrying. If your junior kid is the only one still sporting a glittery unicorn pencil case when everyone else is fisting iPhones you better be prepared.

That being said, not every child is gifted with thousands of RMB worth of technology the minute they move up to big kid school. This is the best opportunity to trade off your old, cracked, works when it wants to iPhone 6 on them while you go out and buy the latest and greatest! Obviously for the

improved camera so that you can take pics of your wonderful new junior kid on their first day of school.

3) Help them to be more independent.

In junior schools the timetables are largely dictated by teachers or by the parents. But when they move up to high school that responsibility now is theirs. This can be quite hard for expat kids who very often have very little to do with themselves when it comes to chores or getting from one place to another. So, prepare them in advance for added responsibility by giving them more to do for themselves at home.

No matter how confident your child looks on the outside, moving to the next step in schooling is always something that brings along worries or anxieties. The best you can do is to keep encouraging your child that they got this and that they're going to be great all while remembering to choke down your own memories of high school bullies and faking sick every other week to get out of that class you hated. Know that you'll both make it through this together. School is fun and a stepping stone through life. And when all else fails, there will always be therapy to help them erase whatever happens in 8th grade. **SF**



Hokkaido Bread

If there's one bread that you need to experience baking once in your lifetime, it has to be this soft, rich, and slightly sweet bread with an unmatched texture. This Japanese-style milk bread is a delight to eat and is the perfect everyday bread loaf recipe that you need to impress your family and friends!

Ingredients:

For making the Tangzhong (water roux)

1/4 cup bread flour

3/4 cup water

For bread:

4 cups bread flour

1/4 cup sugar

2 tsp salt

10g dry yeast

2 1/2 tsp dry milk powder

1 cup + 2 tbsp milk

1 + 1 egg

50g butter

Instructions:

Make the tangzhong by heating up a pan and mixing in the bread flour and water on medium heat till the mixture thickens up as a paste. Once cooled, refrigerate the mixture for 6-8 hours and bring it to room temperature 1 hour before using it.

In a clean bowl, add the flour, sugar, salt, dry yeast, dry milk powder and mix well. Add in the milk (1 cup), egg (1), tangzhong, butter and knead it to a soft and smooth dough. Cover the bowl with a cling film and let it rest for 1 hour or until the dough gets double in size. After the dough rises up, punch the air out of the dough, knead it for a few minutes and divide the dough into 6 equal parts. Roll each dough section into balls,

The Knead For Bread

Make the most of your mornings.

By Preeti Ghosh

Make the most of your mornings, and try out these easy and quick breakfast bread recipes. Is there anything more satisfying than starting a slow morning to the aroma of freshly baked bread? The home smells divine and you have a warm and soft piece of heaven to bite into. Enjoy them with a mug of coffee or tea, and for the little ones out there, serve them with a glass of milk.

Banana Bread

If you've got some over-ripped bananas screaming to be saved in your fruit basket, this recipe is the saviour for those nature's delights. Mix that banana with a handful of pantry ingredients and you will have the most delicious and moist banana bread ever!

Enjoy it as it is or spread a generous layer of Nutella or peanut butter on a slice and top it with some caramelised bananas to take it to the next level.

Ingredients:

2 ripe bananas

1/2 cup sugar

1 tsp vanilla essence

1 egg

1/2 tsp baking soda

1/2 tsp baking powder

1/4 cup cooking oil

1/2 cup all-purpose flour

2 tbsp chopped walnuts/raisins (optional)

Instructions:

In a clean bowl, mash the bananas. Mix in the sugar. Add in the vanilla essence. Mix well. Now add the egg and whisk well.

Add the oil to the mixture and mix well. In a separate bowl, mix the all-purpose flour with the baking soda and baking powder. Add the dry ingredients to the wet ingredients and mix until all the ingredients are well combined. Add in the chopped walnuts and raisins to the mixture. Now grease a baking tin with a parchment paper and pour the mixture into the baking tin. Bake in a preheated oven at 180 degree Celsius for 20-25 minutes.

cover them with a cling film and let it rest for another 15 minutes. Now roll out each dough ball flat. Fold the dough using thirds. Turn the dough 90 degrees and make it into a roll, pinching it together at the seam. Place three moulded doughs into a bread tin and let it rest for 30 minutes. Brush the top with egg wash (1 egg + 2 tbsp milk) and bake it in a preheated oven at 180 degrees Celsius for 25-30 minutes.



Cinnamon Roll

Nothing wakes up your senses more than the smell of cinnamon rolls baking in the oven. The smell of cinnamon melting with butter and sugar to create that gooey texture inside the layers of the roll is magical. These rolls are perfect for any special occasion or for those usual mornings that you want to transform into a celebration.

Ingredients:

1 egg
 ½ cup milk
 2 ½ cups bread flour
 1 ¼ tsp instant dry yeast
 2 tbsp sugar
 ½ tsp salt
 3 tbsp butter
For the filling:
 ½ cup brown sugar
 1 ½ tsp cinnamon powder
 2 tbsp butter
For the frosting:
 2 tbsp cream cheese
 1 tbsp butter
 1 tsp vanilla extract
 2 tbsp castor sugar

Instructions:

In a bowl, mix in the milk (warm) and egg and keep it

aside. In another bowl, add in the bread flour, yeast, sugar, salt and mix well. Now add in the butter (room temperature) and mix in with the dry ingredients. Add in the milk and egg mixture to the dry ingredients and knead to a soft dough. Cover the bowl with a cling film and let it rest for 1-2 hours or until the dough doubles in size.

In the meantime, make the filling by mixing the brown sugar, cinnamon powder and butter (softened). After 1-2 hours, punch the dough and knead again for 1-2 minutes. Now, roll out the dough into a rectangular shape and spread the filling generously. Roll up the dough along the length.

Now cut the roll in nine equal pieces using a sharp knife and place the rolls into a greased baking pan. Cover the pan and let the rolls proof for 15-20 minutes. Bake in a preheated oven at 180 degrees Celsius for 20 minutes. For the frosting, in a bowl, whisk in the cream cheese (softened), butter (softened), vanilla extract and castor sugar together. Spread the frosting onto the freshly baked rolls and enjoy! **SF**

Above the Sky

Dining with a view. *By Anabela Mok*

In our spring edition of In Season, we brought you to some of our favourite al fresco spots in town.

Always on the lookout for places to dine with ambience, we decided to soar above the sky to find dining gems with an unforgettable view.

Scena

If you enjoy the view from above, try the VITA NOSTRA Sunday brunch at The Ritz-Carlton Shanghai, Pudong. Guests can choose one main course out of the five which includes an immense T-bone M3 Black Angus Fiorentina, "Surf and Turf" beef tenderloin and jumbo shrimp, and Italian food that will fill your brunch needs.

Brunch here is not boisterous and is perfect if you enjoy the right dose of lively conversation and view. The pass-around Tiramisu, and Italian Cannoli will make you want to save room for dessert. For us, this is a great spot to go if you have not visited in a while.

Address: The Ritz-Carlton Shanghai, Pudong, IFC, 8 Century Avenue, Pudong New Area
Tel: 2020 1717



Wonderland

Wonderland brings you Cantonese cuisine from the 68th floor of the Shanghai Tower, with top notch views. To start the meal, they have a Chef Taste Four, which features an appetizer comprised of four small bites: caviar foie gras, ham coriander seedling, chanterelle pomegranate bag, avocado crab meat. Their fresh new menu features a delightful Drunken Hairy Crab that is bursting with flavour. The sweetness of the crab comes from their marination, and a big hint of that comes from its name. The crustacean is marinated

in two types of rice wine with sugar and light soy sauce, which goes so well with the steamed crab and the juicy roe. Other new dishes include their White Cut chicken with Ginger. It is light and has a great blend of flavour and zestfulness. The view is absolutely as impressive as the food. On a clear day from the dining area if your eyes follow the meandering Huangpu River, you can see as far as West Bund.

Address: 68F, 501 Yincheng Middle Road, Pudong New Area
Tel: 6881 0088





Jade on 36 Restaurant

Decorated in bright colours with white marble tables and light-beige leather chairs, Jade on 36 at the Pudong Shangri-la, Shanghai offers French cuisine overlooking the Huangpu River.

Diners can see the Puxi Skyline and the entire Bund from Waibaidu Bridge sprawling towards Jin Ling Dong Road, with 52 buildings of various styles standing one after another. Their menu is a fresh interpretation of classic French cuisine, especially in using seasonal products from sustainable sources.

Address: 36F, Grand Tower, Pudong Shangri-La, 33 Fu Cheng Lu, Pudong New Area
Tel: 6882 8888

Grand Hyatt Shanghai

The crowning glory of modern Shanghai, the Grand Hyatt Hotel Shanghai has a new restaurant offering sweeping views of the city. Located on the 53rd floor, Impression Dining provides lunch, afternoon tea, dinner and drinks. There is also live singing as entertainment.

As with many F&B venues located within this hotel, Impression Dining made an impression on us as we feel the light flavour of the food is not too heavy on our palate or our stomach. There are so many things to see and do around this hotel that it is a place to stop by after visiting the observatory on the 88th floor.

Address: Grand Hyatt Hotel Shanghai, Jin Mao Tower, 88 Century Avenue, Pudong New Area
Tel: 6 21 8024 1234



Bulgari Hotel Shanghai

Bulgari Hotel Shanghai has an amazing view of the city. If you come for an afternoon tea on the 47th floor, you can experience magnificent views on their terrace. For 828 RMB, two people can enjoy their sweet and savory afternoon tea. If you are planning an evening dinner, you can also try IL Ristorante- Niko Romito.

IL Ristorante-Niko Romito is a one-Michelin star restaurant that reinterprets classic Italian traditions and

delicacies in an innovative way, combining contemporary spirit and traditional culture in terms of ingredients, recipes, presentation of food and service philosophy. Enjoy the after-dinner atmosphere at the outdoor bar on the 48th floor. The view is stunning and will be sure to 'wow' your guests.

Address: 47F, Bulgari Hotel Shanghai, 108 North Shanxi Rd, Jing'an District
Tel: 3606 7788 **SF**

Sleepover Wishlist

How to set up your home for a teen sleepover. *By Eve Wee-Ang*



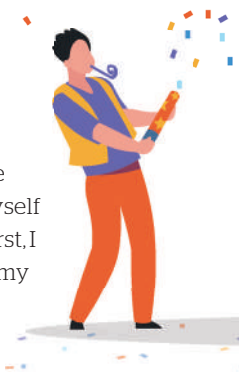
When I was a teen, I envied my friends who could have sleepovers. Back in my time in Singapore, sleepovers usually meant a bunch of friends having barbeque at a chalet on a Saturday night and the girls spending the night together. My friends dreaded it when Cinderella, me, had to be

the party pooper by leaving early so I could get home before my 11 p.m. curfew.

My mother's cast-in-stone theory was that we had our own house, why do we need to sleep at someone else's? Hence, up till the day I got married, I never stayed over at anyone's house. Then I became a mum, and my

kids started receiving birthday sleepover invites.

As much as I detested being the party spoiler as a teen, I find myself becoming like my mother. At first, I came up with excuses on why my kids could attend the birthday





party but not the sleepover. When my excuses ran out, I started allowing their friends to camp at our house.

However, they couldn't stay over at their friend's house. My husband smirked and predicted that one day the kids would smell a rat in my one-sided arrangement. He was right. It took me a while to get here, but now my kids take turns having sleepovers at our house or their friend's, when their parents are our friends too. I have learnt that as expats, friends made overseas are like family.

Armed with a black belt in Sleepover Organizing plus feedback from my kids and their friends, here are ideas for hosting a teen sleepover that will make you the coolest parent ever. You are welcome.

Pretend that you aren't checking in on them

Sleepovers are the best opportunity to eavesdrop on what our teens are up to, I get it. But if you are too obviously nosy, they will migrate somewhere else in no time. The trick here is to lurk in the background and look busy yourself but with all your sense satellites tuned to their direction, just to make sure they aren't about to burn the house down.

Let them stay up

The reason kids want to sleep over with their friends is because they can't get enough of each other, so

why not let them? They are teenagers. They will recuperate from the lost sleep in no time.

If a sleepover calls for an early bedtime, they may as well return home to their own beds because really, what's the point?

Stock up on junk food

Once upon a time, my idea of sleepover snacks was serving water, fresh fruits, nuts, and carrot sticks.

Then I noticed my kids' friends lugging luggage filled with bubble tea, chips, chocolates, and candies to our house, completely ignoring my fancy healthy snacks display. "Chill, mum, it's just one night of junk food." That's right, chill parents.

One-day student exchange program

It's an urban myth that teens hate chores, especially when it's something novel to them like helping at their friend's homes. There were many occasions when I had to outsource help to my kids and their friends to try their hand at making their own breakfast, bake cookies, light the candles, or set the table. Hosting a sleepover can be a handful but you don't have to do everything yourself.

Teens are more than happy to be included in your family's routine, it's like a one-day student exchange program.



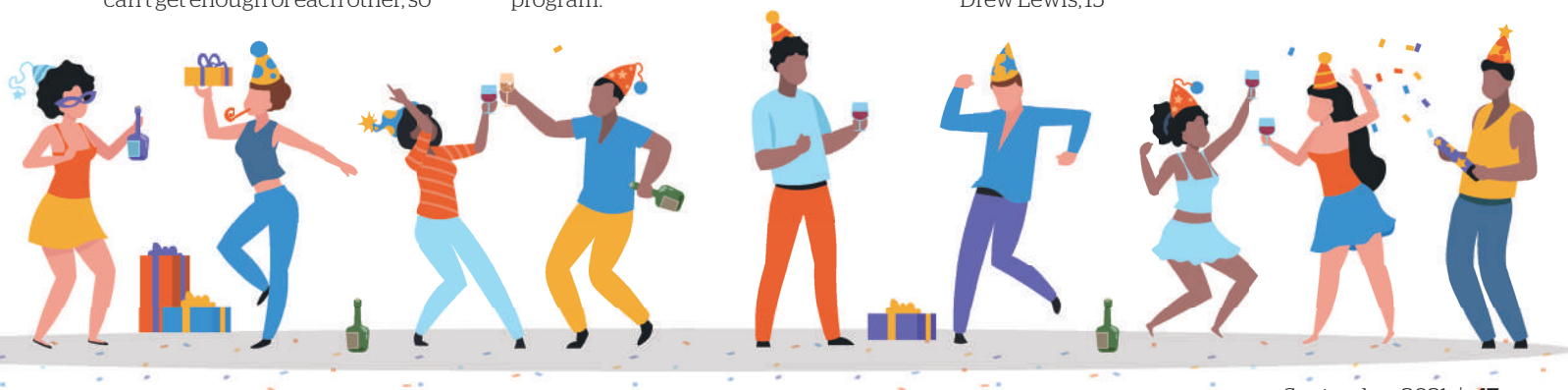
Finally, more sleepover party ideas from the horse's mouth...

"Watching horror movies"
Benjamin Tank, 16

"Home manicures, where the manicurists come over and you could do your nails together."
Michelle Chia, 14

"Playing Super Smash Bros all night long"
Owen Long, 13

"Pulling an all-nighter"
Drew Lewis, 15



Girl on Fire

By Eve Wee-Ang
Photos by Mavindu

Styles for a Jetsetting Teen

Some people emanate charisma without trying. They don't just walk, they strut. When they enter a room, their presence alone powers and lights up the atmosphere.

I first met high school freshman Liu Xiang Xiang onstage when she was performing the role of a villain mother. In one of the scenes, a boy who donned a long-haired wig to play her daughter accidentally dropped his wig on stage as the audience and he erupted with laughter, all except Xiang Xiang who was completely unfazed and continued singing like a professional performer. I remembered thinking, "this girl has an aura about her".

An avid singer and professional squash player who is currently placed number one in her age group, Xiang Xiang loves shopping like any fashion loving teenage girl. Right up her alley are crop tops with jeans or skirts for nice dinners and oversized tees paired with shorts for casual outings from brands like Brandy Melville, Hollister, Zara, ba&sh and online shop Princess Polly.



Ruched mini dress,
Abercrombie &
Fitch 770 RMB



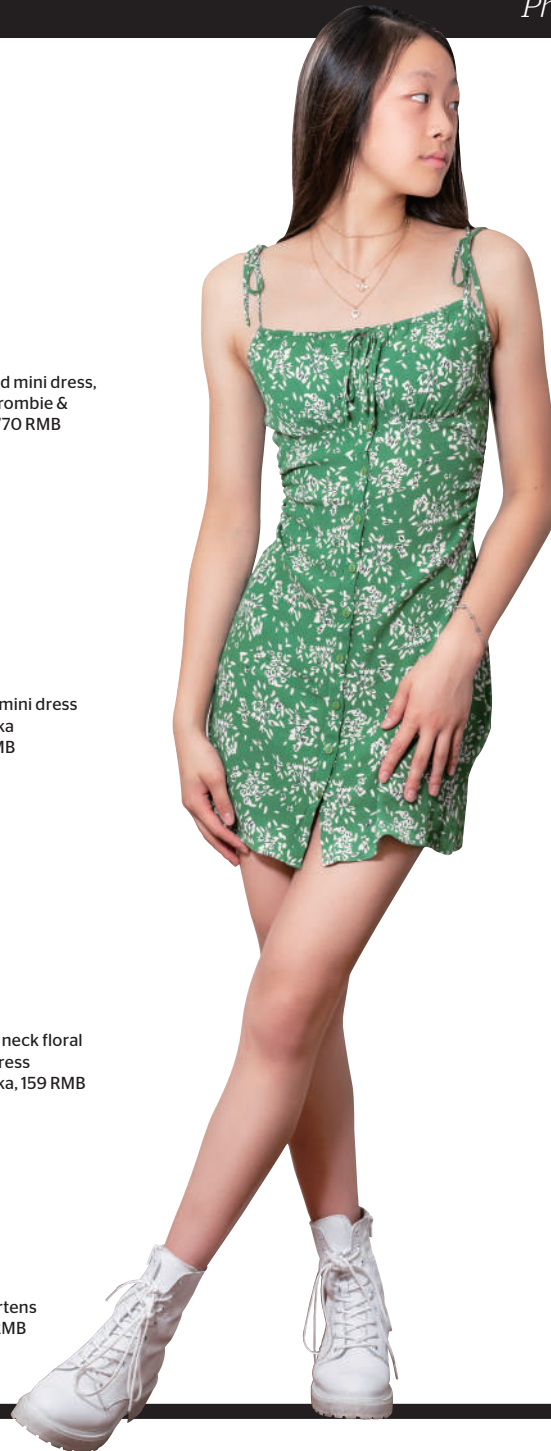
Floral mini dress
Bershka
159 RMB



Halter neck floral
mini dress
Bershka, 159 RMB



Dr Martens
1499 RMB



Xiang Xiang's Fashion tips

→ **Guy's Section:** For girls looking for oversized shirts, don't be afraid to check out the guy's section.

→ **Common Element:** Have at least one common color between the top and the bottom so the outfit looks pulled together.

→ **Visualize:** When shopping, visualize coordinating the item you are buying with the pieces you already own to gain more mileage.

Special thanks to photographer Mavindu (WeChat: Mavinduzero) and Kim Keung for her lovely home. **SF**

Teen in Focus:

Fashionista and China's national squash player Liu Xiang Xiang, 14, believes the most stylish thing is to be yourself. "Don't dress to impress others, be sure you are completely comfortable with what you are wearing first, then your confidence will shine naturally."



family travel

Go Go **Guizhou**

Gorgeous Guizhou By Sam Braybon

If you and your family are anything like the active and adventurous folk that we know here in Shanghai, then these past 18 months may have seen you work your way through the classic list of outdoorsy China destinations far more quickly than you had ever expected. Yunnan? You've just been. Guilin? Got the t-shirts. Sanya? Seen it...three times.

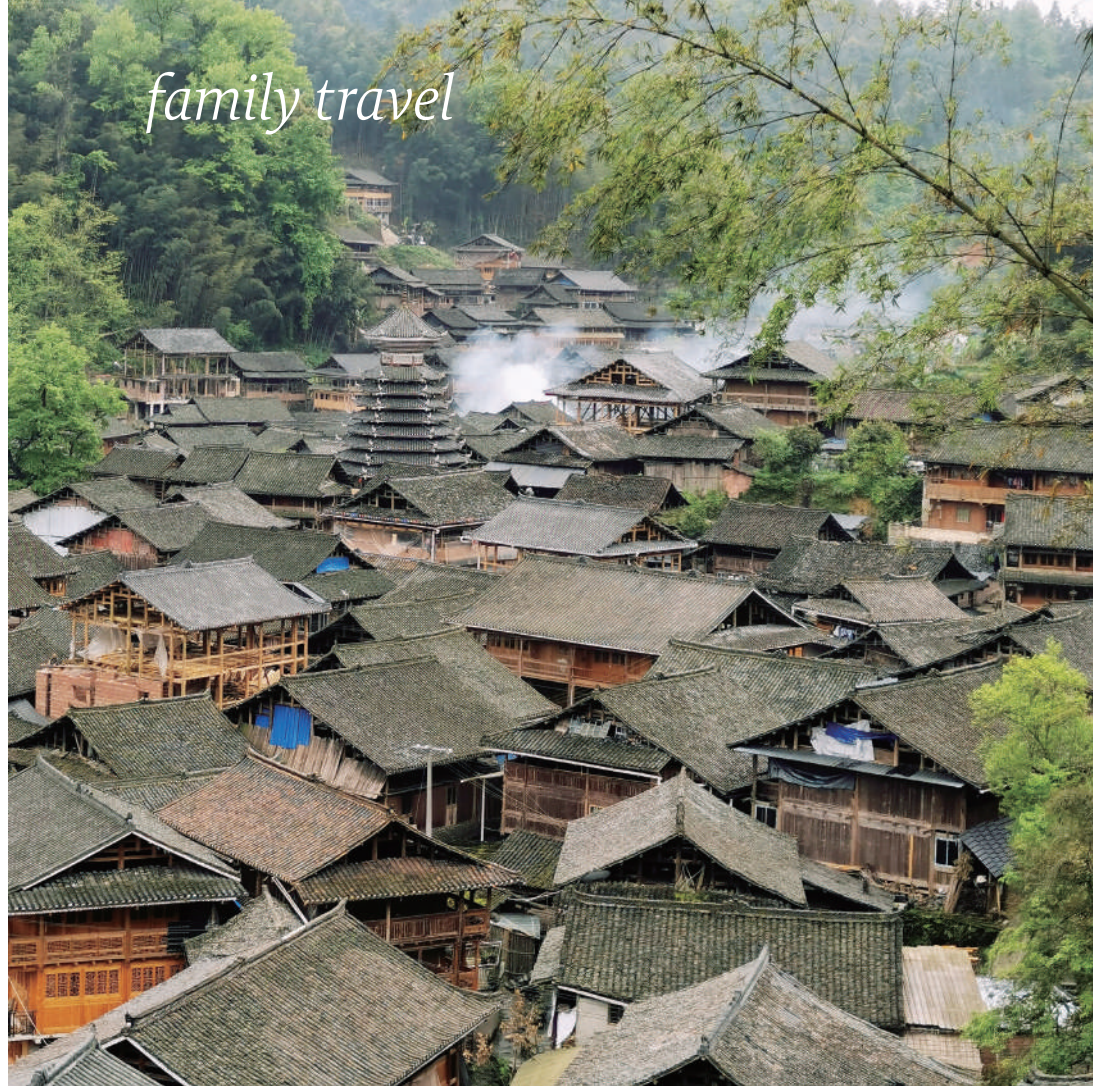
But in a country as vast and varied as this there is always somewhere new to explore. And if you're asking us, our go to spot for the upcoming autumn travel season is the southwestern province of Guizhou, where rugged, forest-covered peaks set the scene for some serious adventure!

Less developed by Chinese standards, this area is home to some of China's most incredible villages. Packed with traditional architecture but still brimming with personality thanks to the gregarious minority ethnic folks that live and work here, these areas will inspire kids far more than the overly managed scenic areas that tend to dominate travel itineraries in China, we guarantee it.

Some potential visitors are put off by the relative remoteness of the province, and it's true that it requires a bit more legwork than going to somewhere like Yunnan, that has been on the travel map for many years. But don't be put off. A couple of recent Guizhou expeditions with wonderful kids in tow have well and truly convinced us that with a bit of smart preparation and an adventurous spirit, a visit here could easily be amongst the most memorable of your time in China. Here are a few tips, and a couple of handy hotel recommendations to get you on your way.

Do a Bit of Research

Like most of China's provinces, Guizhou is huge, way bigger than



your average European country. So, you'll need to know where you are going before you rock up. We suggest focusing on the area known as Qian-dongnan which is home to the most charming villages, many of which are populated by Dong and Miao ethnic people. There are an increasing number of great guesthouses here.

Plan Well Ahead

If you'd like to stay in the villages themselves (and it's really the best way) remember that the guesthouses are tiny. In some cases, we're talking ten rooms or less. If you are traveling in the holiday season, get that reservation in early.

Take it Slow

This really isn't the place to rush around ticking off major sights or spend hours driving from pillar to post. Choose a village in which to base yourselves for a few days then settle into the rhythm of rural life.

Less developed by Chinese standards, this area is home to some of China's most incredible villages. Packed with traditional architecture but still brimming with personality



There is nowhere else in China that excels in unique encounters with friendly locals like Guizhou does, especially with kids leading the way!



Get a Driver

Guizhou has high-speed rails, but to reach the villages you'll need to use vehicles at some point. We've found that the best drivers have been recommended or arranged by hotels. They know the roads well and are generally safer. If your kids need car seats then bring them with you, they are not the norm in Guizhou.

Pack Some Extras

Look, you're never going to go hungry in China but facilities in the smaller villages are basic. Don't expect to come across any western food here, so bring a few familiar snacks with you for the little ones. Packing a cheeky bottle of wine for the oldies will never go wrong either. **SF**

Good to know...

The number of *minsu* in Guizhou is increasing quickly. Don't expect perfect English (WeChat translate is your friend here) but do expect a friendly welcome and tons of rural charm. We've tried and tested these two:

MountainMind, Baibi

Instead of staying in Xijiang, the most touristy of the Guizhou villages, head to nearby Baibi where you'll find this slick guesthouse perched on a hill-top with incredible views and excellent family rooms. There are loads of opportunities for easy walks through the authentic Miao villages that are close to the hotel, or simply to relax and read on the huge terrace. The staff can arrange cars to other scenic spots too, for those that want to explore.

MountainMind is in Baibi Village, Leishan County best accessed via Kaili South train station. Call or WeChat 181 8804 1718.

The Well House, Dali Dongzhai

Prepare for all your rural China fantasies to come to life in tiny Dali, where the super stylish rooms at The Well House overlook the incredible jumble of rooftops that line this verdant valley. You're right in the middle of the village here, and exploring the streets you are likely to encounter locals dyeing fabric, making tofu and much more. The hotel has excellent food including some regional specialties, and they can also arrange for you to eat a meal in a villager's home. A real hidden gem.

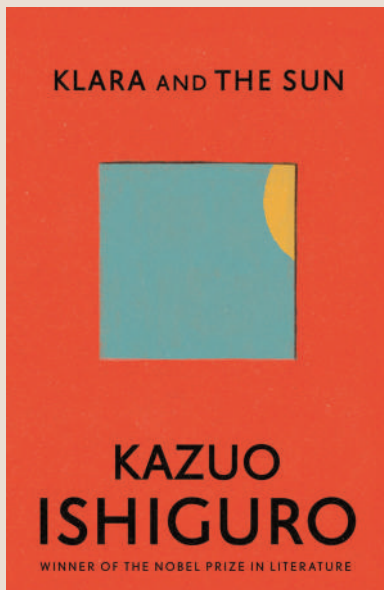
The Well House is in Dali Dongzhai, Rongjiang County and best accessed via Rongjiang Station. Call or WeChat 139 8481 3317.

Sweater Weather Cozy Reads

Feel good books to add to your autumn reading list.

By Gina Batmunkh

Finally, the scorching hot weather is over, and it is time to enjoy some cozy fall books while snuggled in your favourite café or comfy spot. It is the perfect time of year to pull out these cozy books. The kind of reads you can curl up with and get so absorbed in, you'll forget your responsibilities. The list offers romance, a light touch of mental health, coziness, nature, and magic which is exactly what we need for the fall.

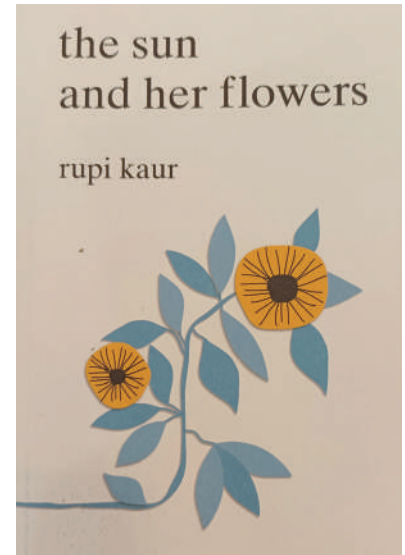
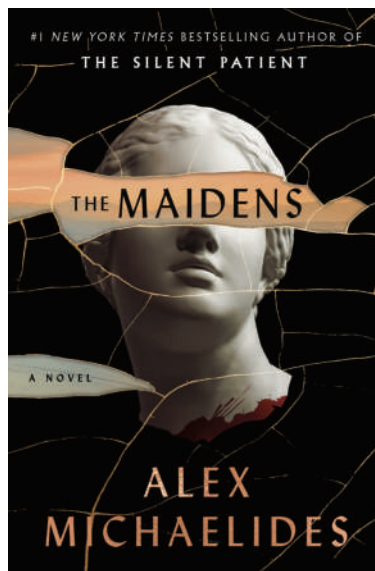


Klara and the Sun

Klara is an AF (artificial friend), and she has great observational skills that other artificial friends don't have. Whenever the store manager places her by the window, Klara loves to observe the outside world where she can see vehicles, people, buildings, and especially the sun. One day a girl named Josie chooses her to be her AF which changes her life and Josie's too.

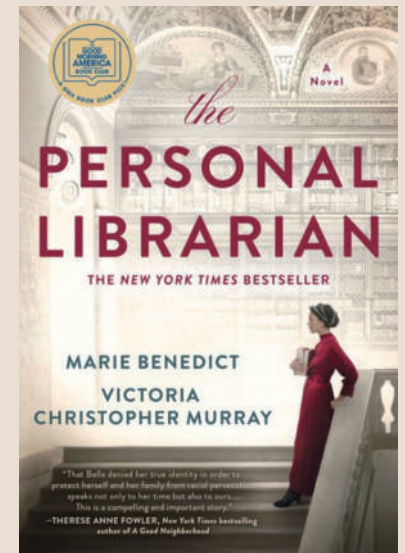
The Maiden

Our protagonist Mariana, a group therapist, is still grieving over her husband who passed away a year ago. She receives a distressing phone call from her niece Zoe. She says her friend has been murdered at Cambridge University. Once a student herself at Cambridge, Mariana finds herself entangled in the mystery of a murder and focuses in on Greek Tragedy professor Edward Fosca. He leads a secret society called Maidens in which all members are female. Mariana sets out to unveil the truth no matter the cost.



The Sun and Her Flowers

The book is written by Rupri Kaur who executed the poems beautifully. In this book you will find poems about love, heart break, self-love, and much more. Let the words sink in and reflect on the meaning the book has to offer. She created such an impactful and powerful message.



The Personal Librarian

This is a historical fiction novel about a personal librarian's life when she is hired by Morgan, a finance guy, who is building his own library. Belle, the librarian, has always had a fascination with books and arts even when she was a little girl. This passion leads her to a position working at the Princeton library where she works until one day she meets Morgan.

The Girl Who Drank the Moon

There is a belief that if you don't sacrifice a baby to a witch in the woods, the witch will come and destroy the city. So every year, in order to protect the city, parents give up their children as a sacrifice. But in reality the witch poses no danger at all, and she has no intention to destroy the city. Instead, she picks up those poor babies each year from the woods, feeds them and pass them to people who want to raise children on the other side of the woods. One day the witch accidentally feeds a baby with the moonlight. As time passes the child develops an overwhelming power. It's a beautifully written book sure to touch your heartstrings.



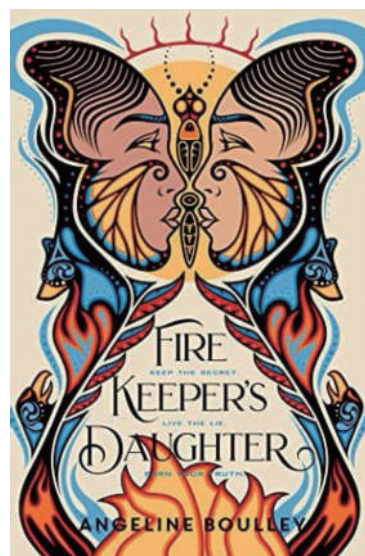
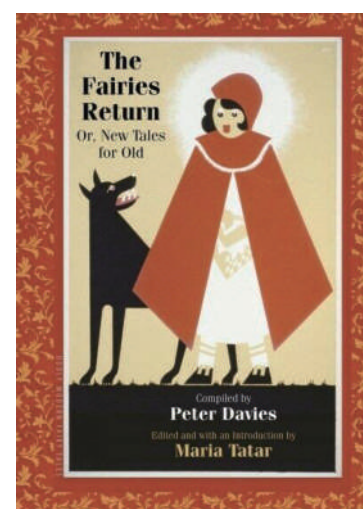
Other Words for Home

Beautifully written in verse and a highly engaging book, the book will surely take your heart. The story follows a 12-year-old girl named Jude. Her life in Syria was wonderful and she was surrounded by parents, friends and school. But Jude's life changes when she travels to Cincinnati with her pregnant mother to visit her uncle.



The Fairies Return or New Tales for Old

How about retelling your longtime favorite fairy tales? In this book, the collection of stories is retold for modern times and mature sensibilities. Through these tales, we talk about social anxieties, political corruption, health issues, and much more. **SF**



Firekeeper's Daughter

In this story we follow 18-year-old Daunis. She is a talented science student, hockey player, and a trustworthy friend. When she witnesses a deadly shooting, Daunis finds herself in the middle of a drug and murder investigation. This Native American coming of age story offers murder mysteries, violent impact, non-cheesy romance, and much more.

You Have a Match

A 16-year-old Abby takes a DNA test to prove that she is more Irish than her friend. As it turns out she is more Irish, and she has an older sister she never knew about. Plus, the sister is an Instagram star, Savannah Tully. So, Abby heads over to a summer camp where Savannah is located. A love story develops as Abby tries to confront her friend Leo who has a secret crush.



street signs



- ▲ **1.** Looking for a place to explore? **Jiashan Lane Market** is your place to go. This is one of the most intimate spots on Jiashan Road with its peaceful yet bustling ambiance. The market was established in 2012 with the aim to bring high-quality, local food to Shanghai's expats and locals! Jiashan market is considered one of the best places to go for artisan food and drinks. The market is held on the first and third Saturdays of every month (depending on the pandemic situation), if you're interested to visit, make sure to follow their Wechat official account: JiashanMarket.
Address: 259 Jiashan Road



Spotlight On:

Jiashan Road

By Anouska Panda

District: Xuhui

Cross Streets: West Jianguo Road and Zhaojiabang Road

Nearest Metro Station: Jiashan Road, Line 9 and 12

Jiashan Road is located in the quiet, vintage heart of Xuhui District. When you find yourself entering this particular area, you'll notice the warmth and serenity this place holds. In the morning, it is a common sight to see the daily lives of a diversity of people unfold before your eyes. The elderly might be holding a pack of groceries and walking home, kids will be heading off to school and many will be on their way to work.



- ▲ **2.** With the odor of freshly baked bread wafting through the mildly occupied café, **Bunlife** serves a variety of mouthwatering items such as sandwiches, quinoa avocado salad, basil chicken spinach roll, basil chicken noodles, smoked salmon with boiled eggs and coffee as well. Of course, they also offer a range of bread assortments with different, unique flavorings such as sea salt bread, French sausage, cinnamon bread, and baguettes. In addition, Bunlife doesn't disappoint with its delicious pastries which include lemon tart and blueberry pie. If you're looking for a chill place to unwind, this one is for you!
Address: 259 Jiashan Road, Daily 7:30 a.m. to 10 p.m.



- ▲ **3.** In collaboration with the Finnish visual artist Kim Simonsson, **IYouth** studio presents the exotic Just in Time "Moss People" exhibition. With its lighted minimalistic interior, the exhibit displays a selection of remarkable sculptures, each one with a different expression from the next. However, these aren't just any ordinary sculptures. They are made out of a distinctive combination of stoneware, paint, and green nylon fiber, which gives the figures their polished, mossy surface. It truly is a sight to see and definitely a place to snap a few pictures for the 'gram! Address: 07-309 Jiashan Road, Daily 10 a.m. to 7 p.m.



- ▼ **4.** Need a new bike? **Specialized** has it all set up for you. As soon as you enter the store, a large showroom comes into view which showcases a range of the brand's bikes for children and adults. The bikes come in a variety of radiant colors and exclusive features. Specialized offers repair services for damaged bikes as well!

Address: 221 Jianguo Road, Daily 10 a.m. to 8 p.m.



- ◀ **5.** When in the mood for Japanese, make sure to check out **Kuromon**, a dining and sake bar! Apart from drinks, they also serve appetizing snacks such as fried chicken, charcoal grilled peaches, and many more.

Address: 508 Jiashan Road, 11 a.m. to 2 p.m.; 5 p.m. to 11 p.m. **SF**



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A New Chapter

Whether it be middle school, high school, or university, everyone's either excited or horrified at the prospect of a new school year. I'm sure such sentiments are familiar to many, but I've learned that neither mindset does anything for anyone in the long run.

Hindsight is always 20/20, but if it has taught me anything, it would be that there's no point in dreading or over-hyping a new year. Don't set insane expectations, because life never goes the way you want it to, and getting used to disappointment isn't fun. For better or for worse, things might or might not change. Don't get caught up in the 'what-ifs' that you have no control over, regardless of whether they're positive or negative. Just relax, roll with the punches, and punch back when you need to.

Despite coming to such a conclusion, it's still a struggle for me to actually 'go with the flow'. You'd think that someone who finished IB during COVID-19 at its worst would have adapted to that mindset already, but nope! With university looming right around the corner, my negativity is at an all-time high. I'm going to be alone in a new environment with zero clue about what I'm going to do. How could anything possibly go right?!

If you couldn't already tell, I'm a pessimist riddled with anxiety, and that's just the tip of the iceberg of my worries. Luckily, I've grown used to dealing with these kind of thoughts throughout secondary school, so I try to remind myself of certain things to stay grounded.

Firstly, grades aren't the be all and end all of everything. As long as I've tried my best, that's all I can ask of myself, regardless of the results. Never let anyone else tell you that you didn't, because the only thing you'll gain from those words is an eventual cycle of guilt and self-deprecation.

Secondly, you can't excel at everything, so you should just enjoy the process of whatever you're doing. Make achievable goals, no matter how insignificant they may seem, because a small victory is still a victory. It's a harsh truth that my perfectionist self is still coming to terms with.

Last but not least, and most importantly, live in the present. The world doesn't stop for anyone, and it'll feel like we're just walking forward with no end-goal in sight, but don't forget to rest and take in your surroundings. Live the way you want to and to the fullest, even if it's daunting, so you don't look back with regrets.



Oi In Lin, 19, has lived in Shanghai for the past 15 years. She's always found with a cup of good coffee and is either video gaming, practicing music, or eternally sobbing over writer's block.

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ORIENTATION

Housing

THE EMERALD

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

community listings

LE VILLE RESIDENCE

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

SHANGHAI CENTRE

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

TIMES SQUARE APARTMENTS

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

WILLOWBROOK AT GREENHILLS

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

children's playground, and convenience store. There is also 24-hour call service, maintenance and repair services, community services, and drinking water services. 418 East Jinxiu Road, Pudong New Area, Tel: 6856 8888, www.willowbrook.com.cn, evan.kong@willowbrook.com.cn

Pet Care

DOCTORS BECK & STONE

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

PETSHOME VETERINARY HOSPITAL

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

SECOND CHANCE ANIMAL AID (SCAA)

This group offers families the chance to foster a pet temporarily while they look for a permanent home for it. www.scaashanghai.org

SHANGHAI WESTIE VETERINARY CLINIC

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

SHANGHAI THINKA ANIMAL HOSPITAL

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

Relocation, Storage & Stores

ASIAN TIGERS MOBILITY

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

EUROPEAN BEDDING

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

EXCEL WORLDWIDE MOVING & STORAGE

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

MINISTORAGE

Are you moving house? Have too many things? Need

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

WOW MOVING CARE

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

Services

MAWOOX



Custom made furniture that is unique and timeless as a result of close collaboration between the client and MAWOOX. 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, MAWOOX 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

SHANGHAI YIYANGMEIJIA HOMESKEEPING SERVICES CO., LTD.

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

FAMILY-FRIENDLY FOOD & BEVERAGE

Asian & Western

BELLA NAPOLI

This Italian eatery holds its own thanks to the low-lit atmosphere with intimate tables and cozy wall paintings. The trattoria serves simple but excellently

community listings

prepared dishes like fresh seafood and homemade limoncello. The second location features a new selection of pizzas and a leafy, intimate outdoor courtyard with 15 tables. Lane 4, 946 Changle Road, Tel: 6248 8985; 73 Nanhui Road, Tel: 5289 0806, www.bellanapoli-sh.com, guido@bellanapoli-sh.com

BLUE FROG

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

CHILI'S



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Chili's Restaurant and Bar.
(021) 58358035

Located on Binjiang Avenue in Lujiacui with an uninterrupted view of the Bund. If you want to enjoy summertime in Shanghai, this is the terrace to do it. The open space of the Binjiang promenade makes it very comfortable to catch the fresh breeze. If you are going to eat here, you need to chow down on the Smoked Baby Back Ribs. If you have friends, you can recommend to them the Big Mouth Burgers or Sizzling Fajitas—hopefully they are close buddies of yours so you can all share. their famous Molten Chocolate Cake or their Presidente Margarita. These are all American sized portions, so even if you come here just for the dessert and the blue skies, it is all worth it too. 3072 Binjiang Avenue, Pudong New

District, www.chilis.com, Tel: 021 5835 8035, cassieyang@apbinvestment.com

ELEMENT FRESH

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

FAT COW SHANGHAI

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

LIQUID LAUNDRY

Liquid Laundry is a popular gastro-pub / lounge with a fully-functional brewery, that sits opposite IAPM on Middle Huaihai Road. The menu offers a variety of nicer-than-expected bar food, featuring items like wood-fire oven pizzas, rotisserie chickens, mac & cheese, and hand-crafted charcuterie. 1028 Middle Huaihai Road (near Donghu Road), Tel: 6445 9589, www.theliquidlaundry.com

TEXAS ROADHOUSE

Takes pride in everything it does from hand-cut steaks and fall-off-the-bone ribs, to some pretty sweet margaritas, to give your family a place to go for great food and good times! 5F, 1192 Century Avenue, Century Link Mall (near Century Avenue Station Exit 8), Tel: 5067 1759, www.texasroadhouse.com.cn, WeChat: TexasRoadhouse

YE SHANGHAI

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

Food Delivery

EPERMARKET

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

SAM'S CLUB

Sam's Club is a paid membership store with over 800 clubs and 50 million members worldwide, offering members high-quality and high-value products selected from the top origins in the world. Each and every item stocked on Sam's Club shelves are quality assured, but only those that undergo the most stringent supply chain and origin source quality standards earn the Member's Mark - Sam's private brand. Members can also access its quality products and premium services anywhere, anytime with the Club's bilingual App and convenient 1-hour delivery. Life is Better in the Club! Qingpu: Junction of Jiasong Middle Road and Yejin Road (Metro Line 9 Sheshan); Pudong: 2110 Gaoke West Road, (Metro Line 7 Jinxiu Road).

ENRICHMENT

Arts, Music & Dance

THE ACTIVITY BOX

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

ARTSPIRE VISUAL ARTS Centre

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



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AWESOME KID'S CLUB

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

BJORKY EDUCATION

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

CONCORD MUSIC

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

ELG

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

EXPAT LEARNING Centre

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

ISTA PERFORMING ARTS ACADEMY SHANGHAI

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

ISTAGE ACADEMY

The iStage Academy is an international bilingual Performing Arts company located in the centre of Lujiazui in Shanghai. We offer comprehensive, one stop high quality courses and examinations in Music, Drama, Dance and Musical Theatre to students aged 3 to adult. All performing arts courses are designed by our highly talented and professional teachers reflecting our deep commitment to academic

excellence and vision to help every student to be successful. 2F-18, 1088 Plaza, 1078 South Pudong Road, Pudong New Area, Tel: 5072 5172, www.istageacademy.com

JITTERBUGS SHANGHAI

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

JULIA GABRIEL Centre FOR LEARNING

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

JZ SCHOOL

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

KIDS ATTIC

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

OOGIE ART

Oogie Art is an art portfolio prep school that started in New York City twenty years ago. We have campuses in NY, Boston, Seoul, Busan, and opened our Shanghai location this year. Our award winning programs and expert instructors from the U.S. nurture young artists grades 6-12 in developing the techniques, creative thinking, and artistic confidence to make unique artworks that help them win awards, college scholarships, and acceptance into top art colleges and universities. 600 Tianshan Road, Bldg 1, Suite 2305, Tel: 6135 2686, contact@oogieart.cn, WeChat: OogieArt; www.oogieart.com

SINGING SPECKLED FROGS

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

THE POTTERY WORKSHOP

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

PREMIERSHIP EXPERIENCE

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

ZOOLIGANS

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

Z FENCING

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

Financial Services

ST. JAMES'S PLACE

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

20F, Tower 1, Jing'an Kerry Centre, 1515 West Nanjing Road, Tel: 8028 5300, www.sjp.asia, china.info@sjp.asia, WeChat Official Account: SJPASIA

Schools: K-12

BRITANNICA INTERNATIONAL SCHOOL SHANGHAI

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

THE BRITISH INTERNATIONAL SCHOOL SHANGHAI

Established in Shanghai in 2002, the school has two campuses at either side of the city. Both schools follow the English National Curriculum and offer excellence in pre-university education through the International Baccalaureate (IB). Our High Performance Learning model offers a unique

community listings

approach to learning, ensuring all children achieve highly and have the will to succeed further.
www.bisspuxi.com, admissions@bisspuxi.com

CONCORDIA INTERNATIONAL SCHOOL

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

DULWICH COLLEGE SHANGHAI PUXI

Set upon 40,000 square meters of green space, natural courtyard settings, roof top gardens and an Olympic sized 50m pool, the newest campus of the Dulwich International group, Dulwich College Shanghai Puxi is considered to be one of the most beautiful schools in Puxi. Academically, Dulwich international colleges follow the English National Curriculum, enhanced with a brilliant Mandarin programme and are well known for achieving some of the highest IB scores in the region. www.shanghai-puxi.dulwich.org, admissions@dulwich-shanghaiminhang.cn; Wechat ID: dulwichpuxi; Tel: 3329 9310 or 3329 9399

DULWICH COLLEGE SHANGHAI PUDONG

Housed in facilities rivaling many universities, this private school offers a curriculum based on the British system. With a bounty of extracurricular activities, the school develops well-rounded students in a nurturing environment. www.shanghai-pudong.dulwich.org, admissions@dulwich-shanghai.cn; WeChat: Dulwichcollegeshanghaipudong;

HARROW INTERNATIONAL SCHOOL SHANGHAI

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

HUILI SCHOOL SHANGHAI

Huili School Shanghai is a member of the Wellington College family of schools. Located in the New Bund district of Pudong, it is a world-class and purpose-built school, equipped with the staff and facilities to provide the very best academic and co-curricular opportunities. The academic team is made up of highly skilled international and Chinese leaders and teachers committed to delivering the Huili curriculum's vision of holistic bilingual education. The school's vision is to successfully combine the inherent strengths of Eastern and Western education principles, giving pupils both the "fish and bear's

paw" in a truly immersive bilingual learning environment. 235 Linyao Road, Pudong New Area, Tel: 3177 5080, www.huilieducation.cn/shanghai-school, admissions.hss@huilieducation.cn, WeChat: HuiliSchoolShanghai

LIVING WORD SHANGHAI

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

NORD ANGLIA INTERNATIONAL SCHOOL SHANGHAI, PUDONG

Established in 2002, NAIS Pudong follows the English National Curriculum and International Primary Curriculum, and offers the International Baccalaureate Diploma Programme for students in Years 12 and 13. NAIS Pudong's bespoke performing arts programme has been developed in collaboration with The Juilliard School, and the school runs more than 130 afterschool activities. The school caters for students from 12 months to 18 years. admissions@naispudong.com; www.naispudong.com

NORD ANGLIA CHINESE INTERNATIONAL SCHOOL SHANGHAI (NACIS)

Nord Anglia Chinese International School (NACIS) Shanghai caters to students from age 6 to 18 years. It follows the progressive blend of core elements of the Shanghai National Curriculum with other renowned international curriculum taught through the medium



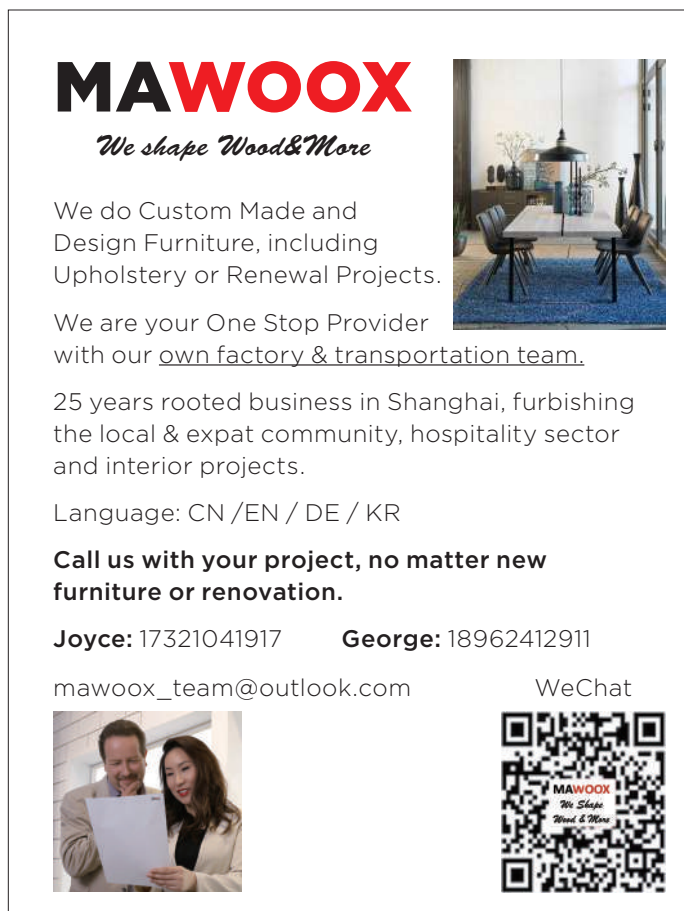
虎媽牛娃 Family Parents & Kids

Parents' coffee and chats

名校家长私享汇

With just over 20 years of history, we feel we have a responsibility not just to bring kids, parents, and families together, but also to help build a kind and caring Shanghai community.

With that in mind, we are delighted to announce 'Parents' Coffee and Chats'. Come join us to discuss or learn about various topics such as health, nutrition, mindfulness, travel and education, while sharing advice, stories and information with fellow mums and dads of Shanghai. Stay tuned for more details...

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of Mandarin Chinese and English. We draw on the best of Chinese and International learning styles and the experience of leading educators to provide a distinctive education programme for students. 1399 Jinhui Road, Minhang District, Tel: 5226 0539; www.nacis-shanghai.com, apply@nacis.cn; Wechat: NACIS_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

Founded in 1996, has been serving the expatriate community in Shanghai an international experience along with the authorisation as an International Baccalaureate (IB) World School, providing a continuum of education, consisting of PYP, MYP and IBDP for students aged 2-18. Shanghai Community International School (SCIS) has a diverse student community of 60+ nationalities, providing a truly international environment for students learning. Their rigorous IB programs and excellent co-curricular opportunities promote high achievement in their graduates who are accepted by many well-known universities around the world. Their Mission is to develop inquiring, knowledgeable and caring learners who contribute positively to their communities. Tel: 6261 4338 (Hongqiao Campus), 6295 1222 (Hongqiao ECE Campus) and 5812 9888 (Pudong Campus), www.scis-china.org, admission@scis-china.org; WeChat: scishis

SHANGHAI QIBAO DWIGHT SCHOOL

In 2014 Shanghai Qibao Dwight High School ushered in a new era in Chinese International education as the first independent, Sino-U.S. cooperative school approved by the Ministry of Education in China. A partnership between Qibao High School and Dwight School New York, we are a highly selective, non-profit, international boarding school open to all nationalities. We offer a premier International Baccalaureate education with more than 36 IBDP courses, Cambridge A-Levels and the Chinese National Diploma. 3233 Hongxin Road, Minhang District, Tel: 5485 5649; www.qibaodwight.org, admissions@qibaodwight.org; WeChat: qibaodwight

SHANGHAI SINGAPORE INTERNATIONAL SCHOOL

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

SHANGHAI UNITED INTERNATIONAL SCHOOL

This international and independent school offers both day and boarding options for its students. With modern academic and recreation facilities, the school provides students with a great learning environment. www.suis.com.cn, suischool@gmail.com

THE WESTERN INTERNATIONAL SCHOOL OF SHANGHAI (WISS)

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

WELLINGTON COLLEGE INTERNATIONAL SHANGHAI

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

YEW CHUNG INTERNATIONAL SCHOOL OF SHANGHAI (YCIS)

Yew Chung International School of Shanghai (YCIS) is renowned for offering one of the most progressive and globally-minded programs of international education in China. Established in 1993 as the first international school officially recognised by and registered with the Chinese government, the school now has five campuses in prime locations in Puxi and Pudong. The school's unique multicultural and bilingual approach to education is known globally and is just one of the features that sets the school apart from others. In addition to its reputation for excellent academics, the school is also known for its sports, arts, and music programs. With over 2,400 students, aged 2-18, from more than 50 countries, YCIS provides a truly international education that develops caring, well-rounded, global citizens. Tel: 2226 7666; www.ycis-sh.com

Schools: Pre-K

FORTUNE KINDERGARTEN

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

HAPPY BRIDGE KINDERGARTEN

We are a kindergarten that aims to offer a well-rounded and immersive education to all our students. We foster a multilingual environment coupled with a creative learning structure that helps students to develop all the necessary skills for early life, while encouraging them to express their creativity and imagination. Our small class sizes and extensive facilities, including a theatre and art studio, give students a place to grow and explore while in a safe environment. 489 Huaiyin Road, Tel: 6223 8870; www.happybridge.org

HUILI NURSERY SHANGHAI

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

LITTLE LIONS CHILDHOOD DEVELOPMENT CENTRE

Little Lions is built on a legacy of over 450 years of experience, expertise and tradition, brought from

Harrow UK. Children aged 2-6 years old, of all nationalities, are welcome to enroll. Little Lions blends the Early Years Foundation Stage Curriculum of England (EYFS) with a Chinese dimension, offering all children the very best of English education whilst retaining a strong Chinese perspective. Our curriculum ensures all children are inspired to develop creative thinking and teamwork through outstanding teaching and learning opportunities. Little Lions in Shanghai is now opened for admissions. 3221 North Zhangyang Road, Pudong New Area; Tel: 153 1792 5705, www.littlelions.cn

LITTLE SCHOLAR ACADEMY

LSA believe that early childhood years are amazing, foundational years for every child; and thus, must be shaped by solid learning opportunities, positive character development and creatively celebrating every child's unique strengths. 2777 East Jinxiu Road, Pudong New Area; 588 Hongfeng Road, Pudong New Area, Tel: 6179 9559, info@scholaracademy.org

MONTESSORI SCHOOL OF SHANGHAI

The Montessori School of Shanghai (MSS) offers an engaging bilingual Montessori curriculum that nurtures children to become inquisitive global citizens. Teachers create nurturing and beautifully designed classrooms to encourage exploratory learning and discovery for curious minds. The Montessori School of Shanghai (MSS) is the only Montessori school in Shanghai accredited by the American Montessori Society (AMS) and accredited by the Middle States Association of Colleges and Schools (MSA-CESS). MSS leads the way in quality and standards in China. 586 Gaojing Road (close to Huqingsing Road), Qingpu District, Tel: 5988 6688, admission.whq@montessorisos.com; 21 Donghu Road, Xuhui District, Tel: 5403 7699, admission.xuhui@montessorisos.com; 1313 Xiwang Road, Jiading District, Tel: 5910 2208, admission.jiading@montessorisos.com; 3852 Duyuan Road, Minhang District, Tel: 3403 1000, admission.minhang@montessorisos.com; www.montessorisos.com, WeChat: mss2005shanghai;

THE LITTLE URBAN CENTRE

The Little Urban Centre (LUC) is an international bilingual education institution, with a focus on early-years bilingual language immersion learning and whole-child development. With access to a wide range of international teaching resources and international teaching and academic research teams, LUC aims to nurture the core value of children so they will possess the qualities that will ensure their success in the globalised world in the 21st century. LUC is a member of the Council of British International Schools (COBIS) and its curriculum is based on the Early Years Foundation Stage (EYFS) criteria and is tailored to target international families in China or Chinese families with an international outlook. LUC provides a healthy and safe environment and a balanced bilingual learning experience where children can develop sound virtue and a global mindset. No. 230-233, 779 Fangdian Road, Pudong New Area, Tel: 5187 2889; www.luc-china.com, admission@luc-china.com

X²B MONTESSORI

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

community listings

Sports & Fitness

ACTIVE KIDZ SHANGHAI

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

CETA ELITE TENNIS ACADEMY

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

ICONX

If you love to skate or want to learn, iconx offers after-school classes for kids as well as Shanghai's first indoor skate park. The brand also has a shop by Suzhou Creek Westbund that carries professional-grade wheels, trucks, decks, clothing, shoes and more. 3399 Longteng Ave., Xuhui District; 151 Kangding Road, Tel: 5410 8570, Customer Service: 173 2128 5456, www.iconx.com, info@iconx.cn

SHANGHAI GYMNASTICS

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

SHANGHAI INTERNATIONAL YOUTH SOCCER LEAGUE (SIYSL)

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

SPORTS FORCE

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

Teen Activities

DISCKART INDOOR KARTING

High-speed go karting on a 4,500 sqm indoor track

on 60cc engines. 80RMB for eight minutes (buy five tickets get one free). Open 2pm to 2am daily. 809 Zaoyang Road, near Jinshajiang Road (inside Chang Feng Park), Tel: 6222 2880, www.kartingchina.com

JIANGWAN SMP SKATE PARK

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

ROCK DANCE SPACE CLIMBING CENTRE

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

SHANGHAI STADIUM ROCK-CLIMBING SPORTS CENTRE

With climbing walls range from 15 to 25 meters high, suitable for beginner and experienced climbers. Entry fees from ¥40-50 and harness and shoe rentals ¥10. Climbers under 18 must be accompanied by an adult. Stall 6, Stand 1, 1500 South Zhongshan 2nd Road (near North Caoxi Road), Tel: 6426 5178 or 6426 6666, www.rockclimb.cn

THE GENIUS WORKSHOP

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

WELLINGTON ACADEMY PROGRAMME

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

Tutoring & Test Preparation

MANDARIN KING

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

SHANGHAI EXPAT TUTORS

Shanghai Expat Tutors is the leading tutoring service in Shanghai. We provide one on one tutoring sessions for all grades and courses of international schools (IB, IGCSE, SAT, AP). We focus not only on grade improvement, but also in study habits, time management, organization and discipline in order to achieve a long term improvement. We have the most rigorous selection process for our tutors to make sure they not only have excellent academic backgrounds, but also wide experience in tutoring international programs. We create customised programs specifically designed to address the student's specific strengths and weaknesses therefore we can ensure

the highest level of information retention during tutoring sessions. 1661 Changning Road, Changning District, Tel: 6227 8161, shanghaiexpattutors@mail.com, www.shanghaiexpattutors.com

THAT'S MANDARIN

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

THE PRINCETON REVIEW

The Princeton Review is the leading test prep company in the U.S. and have operated worldwide since 1981. As the leading publisher of SAT, SSAT, GMAT, LSAT, TOEFL and GRE publications with over 165 in print, The Princeton Review ensures that all their teachers undergo a rigorous training programme to receive a Princeton Review certification and that they are amongst the highest scorers on the tests they teach. Building B, 5F, Bai Nao Tong Building Complex, 1010 Kaixuan Road, Tel: 5108 2798, www.PrincetonReviewShanghai.com, tprenquiry.sha@sarabeattie.com

MEDICAL SERVICES

Health Clinics & Services

BODY & SOUL MEDICAL CLINICS

Combining the best of East and West, Body & Soul brings together the natural healing techniques of TCM with Western diagnostic and treatment science, in a comfortable multilingual, multidisciplinary environment, with experts from all over the world in holistic disciplines. Services include: TCM and internal medicine, acupuncture, herbal medicine, gynecology and fertility treatment, kid's health, cupping, tuina massage, dermatology, functional medicine, chiropractic, osteopathy, physiotherapy and rehabilitation, psychology & family therapy, orthotics, alternative healing, medical imaging, laboratory services, Western and Chinese pharmacies. 14F, 760 South Xizang Road, Tel: 6345 5101; 211 Chengjiaqiao Road, Tel: 6461 6550, www.tcm-shanghai.com, call individual clinics for opening hours

COLUMBIA KAIYI CLINIC



Columbia China is a Shanghai based healthcare company founded by Columbia Pacific Management

community listings

from the USA and Sheares Healthcare Management from Singapore. To meet the growing needs for international standard medical services, our team of multilingual doctors, rehab team and staff from USA, Malaysia, Japan and China assure you of quality medical care that is safe, reliable and hassle-free. The right treatment for the right patient every time. Puxi Bainuo Clinic: 25F United Plaza, 1468 West Nanjing Road, Mon-Sun 8 a.m. - 7 p.m.; Pudong Yihui Clinic: Rm. 511-513, 5F, Building B, LCM, 2389 Zhangyang Road, Tel: 6882 1212, Mon-Sat 9 a.m. - 6 p.m.; Tel: 400 663 7707, columbia-clinic.com

DeltaHealth HOSPITAL SHANGHAI AND DeltaHealth CLINIC HONGQIAO



For information & appointment
4008-210-277

DeltaHealth Hospital
No. 109 Xule Road, Xujing Town
Qingpu District, Shanghai

DeltaHealth Clinic
3rd floor, Block A, Gubei 50H0
No. 188 Hongbaoshi Road

DeltaHealth is a foreign-funded healthcare provider based in Shanghai. Operating in Qingpu and Changning, DeltaHealth provides a range of comprehensive healthcare services including 24/7 ER services, preventive health, general practice, internal medicine, gynecology, pediatrics, dermatology, combined TCM and western medicine, cardiology, ENT, rehabilitation, psychology, nutrition, medical imaging cardiology, cardiac surgery, surgery, thoracic surgery, digestive medicine, endocrinology, orthopedics, VIP Vaccination and more, to people living in East China and beyond. DeltaHealth hospital has also maintained a strategic collaboration with Columbia Heart Source, with a focus on cardiovascular care. Hospital: Xule Road, Xujing Town, Qingpu District, Open 24/7; Hongqiao Clinic: 5F, Bldg B, 2558 West Yan'an Road (Next to Grand Millennium Shanghai Hongqiao, in Shanghai Workers' Sanatorium), Open Mon-Sat, 8.30 a.m. - 6 p.m., Tel: 400 821 0277, www.deltahealth.com.cn

ESSENCE EYE CLINIC

An advanced Eyecare Clinic with international and local experienced doctors, we strive to provide comprehensive eye examination and comfy environment. We will check for the presence of any ocular condition that may prevent you from seeing clearly and efficiently. Services Include: Eye health examination, fundus disorder, medical optometry, myopia control, presbyopia solution, pre and post refractive lens implant management, amblyopia (Lazy eye), strabismus (close eye) treatment. Suite 1001-1003, 315 Yuyuan Road, Jingan District, Tel: 5292 1853, (Hotline) 189 3989 6079; Open Mon-Sun: 9 a.m. - 5 p.m. except Wed, WeChat: ayyk18939896079; 533 Lujiazui Circle Road (Lanhai Clinic), Pudong New Area, Tel: (Hotline) 189 3989 6079, open on Sunday; 401-N1, 9 Xizi International, Jingtan Road, Jiang'an District, Hangzhou, Tel: (Hotline) 130 6779 7679, open Mon-Sun 9 a.m. - 6 p.m., except Tues.

JIAHUI HEALTH



JIAHUI HEALTH
嘉会医疗
☎ 400-868-3000

Jiahui Health's integrated healthcare system covers all major areas of Shanghai and consists of a comprehensive international hospital, along with a network of outpatient clinics. Our experienced and multilingual physicians hail from around the globe, and deliver leading global healthcare covering all major medical specialties, such as family medicine, pediatrics, obstetrics & gynecology, breast health, orthopedics & sports medicine, and our international cancer center, among others. The state-of-the-art Emergency Services Department at Jiahui International Hospital offers full-spectrum, 24h medical services, including COVID-19 PCR testing and a fully equipped rabies clinic able to provide both pre- and post-exposure rabies vaccines. 689 Guiping Road (near Qinqiang Road), Mon - Sun, 24h; 1F/2F, Suite 3, 99 Jiangwancheng Road, by East Yingao Road, Yangpu District, Mon - Sat, 8 a.m. - 6 p.m. Sun 9 a.m. - 6 p.m.; Suite 101, 88 Changshu Road, by Changle Road, Jing'an District, Mon - Sat, 8 a.m. - 8 p.m. Sun 9 a.m. - 6 p.m., Tel: 400 868 3000, www.jiahui.com/en

LIH OLIVIA'S PLACE

LIH Olivia's Place Shanghai has served thousands of children and their families since 2010. We provide one-stop, international standardised high-quality developmental and behavioral services for children from birth to age 18. Our highly skilled team of international and Chinese clinicians work with families through evidence-based practice to support children's physical development, well-being, independence, family life, learning, emotion and social interactions to fulfill their potential. Services Include: Developmental Behavior Pediatrics, Speech therapy, Occupational therapy, Physical therapy, Psychology support (including assessment and consultation), Learning and Behavior support, ABA, Social Skill Groups, Parents Education, Professional Education for teachers, doctors, therapists and other related professionals. 3F, 1868 Pudong Avenue, Oriental City Tower, Pudong New Area; 35 Yongjia Road, 19F (near Maoming Road), Huangpu District, Tel: 6075 3100, 5404 0058/59, sh.changhedayun.com

RAFFLES MEDICAL SHANGHAI

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

PARKWAYHEALTH



☎ 400 819 6622
parkwayantai.cn

ParkwayHealth
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With more international doctors and a wider range of services than any other healthcare provider in Shanghai, ParkwayHealth provides premium medical and dental services for the whole family. Each clinic offers laboratory, radiology, and imaging services, with an onsite pharmacy. Services Include: Adult & family medicine, acupuncture, allergy, cardiology, chiropractic, dentistry & orthodontics, dermatology, ENT, hand & plastic surgery, gastroenterology, general surgery, nutrition, gynecology, ophthalmology, orthopedics & sports medicine, pediatrics, physical therapy, osteopathy, mental health & counseling services, speech therapy, TCM, urology. Suite 203-204, West Plaza, Shanghai Centre, 1376 West Nanjing Road, Jing'an District; 4F, Tomorrow Square, 389 West Nanjing Road, Huangpu District; 997 Biyun Road, Pudong New Area; 505 Gubei Road, Changning District; 1-4F, Plaza 336, 336 Middle Xizang Road, Huangpu District; Tel: (Hospital Direct Line) 6033 2345; appointment 400 819 6622; www.parkwayantai.cn

SHANGHAI RENAI HOSPITAL



RENAI
We Are Here For You!

Medical Care

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- Ear Nose Throat
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- Gynecology
- Internal Medicine
- Medical Checkup
- Ophthalmology
- Orthopedics
- Pediatric
- Plastic Surgery
- Physical Therapy
- Urology
- Traditional Chinese Medicine
- Vaccination

Website: www.renaihospital.com
(8621) 54893781

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

community listings

SHANGHAI EAST INTERNATIONAL MEDICAL CENTRE

SEIMC is a joint venture general hospital in Shanghai. Since 2004, they have been providing quality 24-hour care to families from all over the world. Their international team of medical professionals provide a wide range of services that make them the healthcare provider of choice for expatriate and local communities. Services Include: 24-hour emergency, Anesthesiology, ENT, general practice, gynecology, inpatient facilities, internal medicine, medical imaging, medical laboratory, obstetrics, pediatrics, preventive medicine, rehabilitation, surgery, TCM, vaccinations, BLS, CPR and first aid courses in English and Chinese. 23-24F, Bldg B, 551 South Pudong Road, Pudong New Area, Tel: (24-hour service) 5879 9999 or 150 0019 0899; *Outpatient services Mon-Fri 9 a.m.- 5 p.m. and Sat-Sun 9 a.m.- 5 p.m.; Medical and emergency services available 24 hours/7 days; www.seimc.com.cn*

SHANGHAI YOSEMITE CLINIC

Yosemite Clinic is a full-service clinic providing convenient walk-in medical services in Central Pudong. Our team of experienced physicians and nurses are dedicated to practicing according to strict patient safety standards and evidence based medicine. Services Include: Family Medicine, Internal Medicine, General Surgery, Orthopedics (Sports Medicine), Dermatology & Medical Cosmetology, Dentistry, Gynecology, Ophthalmology, Pediatrics, ENT, Vaccination Service, Anesthesiology, Rehabilitation Medicine, Medical Imaging, Pharmacy, Laboratory, Psychiatry. B1-1F, 1398 Fangdian Road, Pudong New Area; *Open Mon-Sat: 9 a.m.- 9 p.m., Sun: 9 a.m.- 5 p.m.* Tel: 400 850 0911; www.yosemiteclinic.com;

UNITED FAMILY HEALTHCARE (UFH)



United Family Healthcare (UFH) is an experienced, comprehensive, patient-centred 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 Centre at 400 639 3900 to experience

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

Dental Clinics

ALPHA DENTAL

Alpha Dental is a Singaporean-managed private dentist established in Shanghai since 2004. We are committed to providing professional and high quality dental services through personalised and dedicated services, consultative and informed treatment options. Alpha Dental is a subsidiary of Q&M Dental Group listed in the Singapore Stock Exchange. Our specialties are: orthodontics, dental implant, oral surgery, children dentistry and cosmetic dentistry. Direct billing with most insurance companies is available. Unit 206, Tower 1, SOHO Tianshan Plaza, 1737 Tianshan Road; Tel: 6270 2875 (24hr emergency hotline 139 1811 1319); *open daily 10 a.m.- 7 p.m. except public holidays*, www.alphadental.cn

JIAHUI DENTAL

SHANGHAI JIAHUI INTERNATIONAL HOSPITAL

Address: 689 Guiping Road, Xuhui District, Shanghai

Regular Opening Hours: Mon-Sun 24 hours

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

Contact: 400-868-3000

The experienced dentists at Jiahui Health provide dental health services for adults and children, including dental check-ups, fillings, tooth decay prevention, painless dental pulp treatment, and treatment and protection against periodontal diseases. The Dentistry Department also carries out multidisciplinary collaboration with other departments within the hospital, such as working with dermatologists to offer Invisalign orthodontics; working with E.N.T. specialists to help adolescents with problems such as mouth breathing, adenoidal hypertrophy and allergic rhinitis; working with MSK to provide sports lovers a comprehensive range of preventive strategies for sports injuries. 689 Guiping Road (near Qianjiang Road), Mon - Sun, 24h; 1F/2F, Suite 3, 99 Jiangwancheng Road, by East Yingao Road, Yangpu district, Mon - Sat, 9 a.m. - 6 p.m.; Suite 101, 88 Changshu Road, by Changle Road, Jing'an district, Mon - Sat, 9 a.m. - 6 p.m., Tel: (24 hour service) 400 868 3000; www.jiahui.com/en

NEW YORK DENTAL CLINIC

New York Dental Clinic provides personalised dental services from their American dentists and orthodontists and other dental specialists with professionalism, reliability, and comfort. New York Dental Clinic offers direct billing to major insurance companies. Services include: family dentistry, pediatric dentistry, dental implants, esthetic

dentistry, oral surgery, orthodontics, periodontics, and endodontics 29 East Fugui Road, Changning District; 28 Hongfeng Road, Pudong New Area, Tel: 6278 1181; *Mon-Sat 10 a.m.- 7 p.m., closed on Sundays*; www.newyorkdentalchina.com, WeChat: NYDC-Shanghai

PURESMILE ORTHODONTICS & DENTISTRY

PureSmile provides exemplary dental care and treatment in a comfortable, friendly environment. Combining the highest level of clinical training with the most advanced dental and orthodontic technology, they are committed to distinctive dentistry for you and your family, with most of their doctors trained in North America and Europe. Services Include: General dentistry, pediatric dentistry, restorative dentistry, cosmetic dentistry, orthodontics. No. 1-4, 650 Biyun Road, Jinqiao, Pudong New Area, Tel: 6105 9400; Unit 2P, 2F, 2268 Hongqiao Road, Changning District, Tel: 6237 6969; Shop 111, 569 Yunle Road, Huacao Town, Minhang District, Tel: 3490 9068; Room 1201, 818 West Nanjing Road, Jing'an District, Tel: 6363 6388; *Daily 10 a.m.- 6 p.m.*; www.puresmile.com

PARKWAY HEALTH DENTAL CENTRES

With a comprehensive range of dental services provided by internationally qualified dentists, ParkwayHealth Dental Centres ensure you receive the very best level of dental care possible. Services Include: General Dentistry, Cosmetic Dentistry, Orthodontics, Pediatric Dentistry, Preventative Dentistry, Periodontics, Dental implants. team of highly-qualified dentists offering a comprehensive range of Orthodontics and Dental Services. Suite 203-204, West Plaza, Shanghai Centre, 1376 West Nanjing Road, Jing'an District; Jinqiao Medical and Dental Centre 997 Biyun Road, Pudong New Area; Tel: (24-hour appointment) 400 819 6622; www.parkwaypantai.cn

LIFESTYLE

Health & Beauty

BANYAN TREE SPA

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

BODY CONCEPT PILATES

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

BENSON

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

CHUAN SPA AT THE LANGHAM XINTIANDI

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



Meet Shlomit Entes Maternity Expert

Pediatric NICU nurse, maternity nurse and mum to four kids, she empowers mothers to be their best self. *By Anabela Mok*

I'm originally from Israel. I moved to China with my husband in 2009. We came with a plan to stay here for 6 months and we ended up staying for over ten years now.

I'm a pediatric NICU and maternity nurse. I'm also a breastfeeding consultant, sleep coach for babies and toddlers, parent coach for the early years and am now doing my masters in clinical nutrition specializing in pediatrics.

I have been working at American Sino since 2011 as head of the English training programs for expat parents including workshops, breastfeeding

clinic, one on one parenting consultations and now 'Mama Tribe', an educational and social support group for young mothers. I have four kids aged 12, 9, 7, and 4, three boys and one girl.

What inspired you to dedicate yourself to maternity health?

From a very young age I knew I wanted to be a nurse. I have always been passionate about women's health and fascinated with babies and children. I decided to study to become a NICU nurse as I believed it combined both maternity and pediatrics.

I need to let go, trust others, either regarding things at work or regarding taking care of the kids sometimes, knowing that it is ok to ask for help from others, and that its ok not to do everything perfect and just try my best.

You are heavily involved with a full-time job and leading numerous workshops relating to infants and toddlers, how do you balance family time?

It can be extremely challenging. I think that time management is one of the most important skills I have learned over the years. I make sure to be at home around the time my kids are. I specifically chose to have flexible hours at work so I can allow myself to manage my time according to my family's schedule. It is a great privilege to have that flexibility.

I try to be very organized so that I know what my tasks are for the day, both for work and regarding the kids.

What was the biggest challenge you faced and how did you overcome it when you are establishing your career?

I think the biggest challenge for me is learning how to balance being me, a career woman, a partner to my husband and a mother. I've had to learn how to prioritize things, still learning.

What is the most rewarding part about your day?

Relaxing on the sofa at the end of a fruitful day at home and at work, knowing I did what I wanted to do and enjoy some quiet time. **SF**



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