

HAPPY FAMILIES MAGAZINE



**My 5 tips to
a family
reset...**

**A LETTER FROM ME
TO YOU + JOIN ME
ON MY COMMUNITY**

 **WhatsApp**

**Spotted!
Have you
been
snapped?**



**Sneak peek
of what's
inside...**



**MOST LOVED PARENTING
CONSULTANT**



**MY SIXTH SPINE
SURGERY**



THINGS COMING UP

SPONSORED BY:



**HAPPY
FAMILIES**
BY PRINCIPAL LISA





HELLO HAPPY FAMILIES!

There is something about autumn that invites us to pause. In many parts of the world, the leaves begin to change, the days become a little slower and nature starts letting go of what it no longer needs. It does not fight the change. It simply sheds, rests and prepares for what comes next. Perhaps we could do a little of the same?

We are heading into the final four months of the year. For many families, this can be one of the busiest stretches of the calendar. School is back, routines are changing, diaries are filling up and before we know it, we are hurtling towards Christmas.

So this autumn, let's make space for the little things that restore us. A walk in the fresh, cooler air. A cup of tea while it is still hot. Ten minutes without a phone. A cuddle on the sofa. A proper conversation with someone we love.

Let's shed what has been weighing us down, revisit what matters, reset where we need to and move forward feeling a little lighter, calmer and more refreshed.

With love and an autumnal cosy cuddle,

Lisa x



TEXT ME!
+971 52760 4482



YOU'VE GOT MY BACK!

As many of you know, I have spent the last few months preparing for, undergoing and now recovering from my fifth (then surprise 6th!) spine surgeries.

It has been one of the most challenging periods my family and I have ever faced. The surgery itself was major, and the early stages of recovery were incredibly difficult. I spent more than two weeks in ICU, enduring pain unlike anything I have experienced before.

Throughout it all, I have been surrounded by the most incredible support. To my wonderful husband, my family, the outstanding team at King's, and my amazing Happy Families community, thank you. Your hundreds of messages, prayers, kind words and continued support online have meant more to me than I could ever put into words.

I am so grateful, and although I still have a journey ahead, I am looking forward to a brighter, stronger and, hopefully, much less painful future.

Thank you for always having my back... if you'll pardon the pun. 😊



strong!





Most Loved Parenting Consultant

We did it! On Friday 26th June I attended the Mother, Baby and Child Awards ceremony and was named "Most Loved Parenting Consultant". It was an honour to be in a room full of people who are driven by the same mission as me - helping families to thrive and live their best life.

On a personal note, the award meant so much to me, that despite chronic illness and recent adversity, my passion to help families is noticed, and valued. I am more inspired than ever to go bigger and better.

Keep your eyes peeled, more amazing things are coming Happy Families community!

BOOK TIME WITH ME:

+971 52760 4482



NO MORE CRY IT OUT!

MAGIC TOUCH!



Why “cry it out” is outdated and my magic potion for settling them down:

“Cry it out” has been used for generations, but our understanding of babies and their developing nervous systems has moved on. Babies have spent months experiencing constant warmth, movement, sound and closeness in the womb, so separation can feel like a very big and jarring transition. Rather than expecting a baby to simply stop crying, a responsive approach asks: What is my baby communicating, and how can I help them feel safe enough to settle?

Instead of ‘crying it out’ think about “checking in’. This gives your baby reassurance while still allowing them the opportunity to practise falling asleep away from your arms. A calm voice, gentle stroke and the simple reminder that you are near can help them feel secure as they fall sleep.

Research shows that scaffolded checking can improve sleep and nervous relaxation, and evidence suggests that more responsive approaches are most effective at promoting healthy lifelong sleep patterns and provide the least stress to families.

Z
Z
Z
..



Book & Play Pairings:



Reading inspires play and here are my top 2 book and play pairings for this month!

Hello Autumn is a beautiful way to talk about the changing season, noticing the colours, textures and treasures that autumn brings.

Then head outside on an autumn treasure hunt. Collect sticks, rocks, leaves and anything else you spot, then use your finds to create your own little autumn scene, picture or woodland world.



The Lion Inside

It's a lovely book about confidence, self belief and finding your own courage, following a little mouse who wants to find his roar. After, try making this dandelion lion! Use a painted or drawn lion face and add dandelion heads all around it to create a fluffy mane. A simple activity to take the story outside and get little hands creating with nature.



0-5 DEVELOPMENT

JACK-O FEELINGS

PUMPKIN FEELINGS

This autumn, turn pumpkin decorating into a simple little lesson in emotional development. Ask your child to create a pumpkin face that shows how they are feeling today. Is it happy, worried, cross, excited or a little bit of everything?

Talk about the features they have chosen. What do the eyes look like?

What is the mouth telling us? You could even make a few different faces together and give each one a feeling.

It is a fun, hands on way to help children recognise emotions, build their emotional vocabulary and begin to understand that all feelings are okay and can be talked about.





A little bit of magic...

I have always loved fairytales, whimsy and the magical little worlds children create through play.

Perhaps that's why fairytales have stood the test of time. They give children a place to explore big feelings, bravery, imagination and possibility, all while learning that stories can take us somewhere beyond the everyday.

I recently watched my granddaughter Ocean playing with a tiny teacup and feeding a hedgehog on the balcony. To her, it was completely real. And I think that kind of whimsical play is precious.



We don't need to pull children back into reality all the time. In fact, I think more adults should step into their imaginary worlds. Have the pretend tea. Talk to the teddy. Feed the imaginary hedgehog.



Whether it's treasures from Temu, something collected from nature, an old treasure of Grandmas or a beautiful wooden treehouse, I love anything that gives children an invitation to imagine.

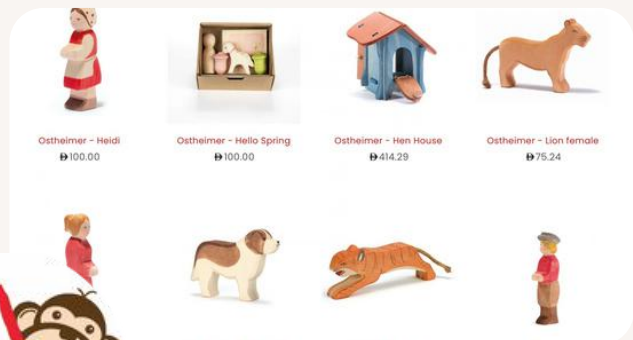


Because sometimes the most important learning is simply learning to wonder, imagine and have fun.

Whimsy Play Inspo...

Looking for some inspiration for how to boost the whimsy and magic in your playroom? Look no further! Here's a few of my favourites...

- Bubbles
- Wooden loose parts (conkers)
- Peg people or small figures
- Fairy tales, of course!
- I do love this gorgeous wooden tree house toy... oh the stories they could make up in here...
- Bake together
- Playdoh - not always coloured!
- Build a fairy garden
- Paint!
- Dress up as knights, dragons, princesses, kings!



5 STEPS TO A FAMILY RESET

We all lose our groove sometimes.

Don't spiral, pause, breathe and reset.

You are the author of the tone of your home.

Take a look at these tips to help clear out the cobwebs and get back to thriving...



01

Family Meetings: Create a safe space where everyone can share feelings & ideas.

02

Every day as a new day: Leave yesterday's challenges behind and embrace a new beginning.

03

Sync calendars: Understand each other's schedules & adjust support given.

04

Declutter together: A tidy environment often helps create a calmer family atmosphere.

05

Mission statement: Agree on the values that matter most to your family. Remember you're on the same team!

TRY MY FAMILY RESET:

For just 950 AED flat rate you can get a 75 minute deep dive, bespoke family consultation to help get you back on track with customised advice and a practical follow action plan. Join hundreds of families who have found relief and refreshment from this course! www.happyfamilies.me



PLAY / EXPLORE / LEARN / GROW

Festival of Learning

A DAY OF DISCOVERY FOR
CURIOUS LITTLE MINDS



Sunday, November 15th



10am – 2pm

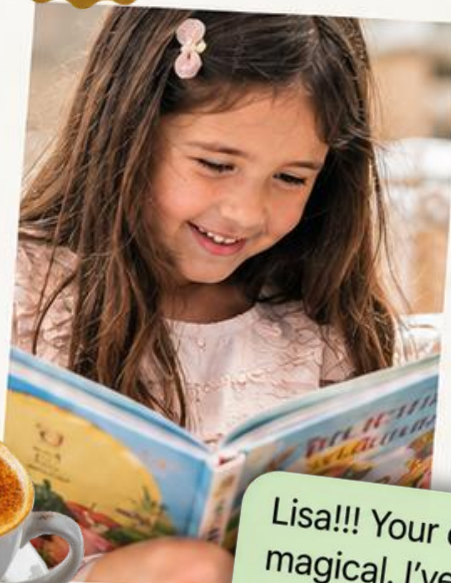


Times Square Center, Dubai



BOOK
THIS

- Free tickets
- Free Coffee
- Free Parking
- Prizes & Giveaways
- Interactive Stations all around!



Lisa!!! Your event today was absolutely magical. I've never felt so alive. What a buzz and sense of community you are created. Can't wait for the next one.

17:42 ✓✓



TIMES
SQUARE
CENTER

BOOK NOW:

WWW.LINKTR.EE/PRINCIPALLISA



Meet the Snack besties!

WHICH HEALTHY SNACKS GET ALONG BEST WITH THE OTHERS FOR TASTE AND NUTRITION WINNING COMBOS!

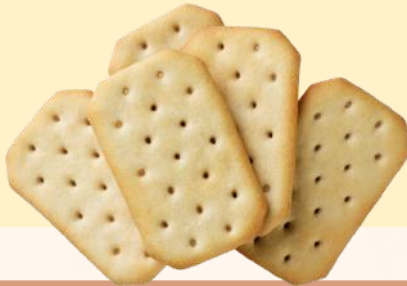
Apple



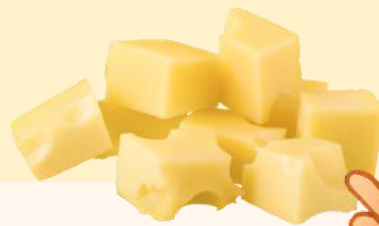
Peanut Butter



crackers



cheese



mandarin



Edamame



Packing lunchboxes and snacks for children can feel daunting. Between fussy preferences, what their friends are eating and the need for something quick and convenient, finding a snack that ticks every box can feel impossible!

Try these healthy, easy and fun pairings to take the guesswork out of snack time and give your little one a delicious balance of nutrients to keep them satisfied and fuelled throughout the day.



SENSORY PLAY | SEASONAL

MUD KITCHENS

Mud kitchens are so much more than messy play. They give young children the freedom to create and experiment with the natural world, while developing skills across language, physical development, creativity and early problem solving.



EARLY ACADEMIC SKILLS

Scooping, pouring, mixing and changing ingredients helps children explore cause and effect, textures, quantities and early scientific thinking.



BOOSTS IMAGINATION

A handful of mud is the best open ended play tool. It gives children space to invent their own ideas without an adult telling them what the end result should be.

EXPLORE AL BARARI PLAYGROUND AND SUSTAINABLE CITY FOR MUD KITCHEN MESSY PLAY EVENTS TO INSPIRE!



WHAT'S IN MY GROCERY BASKET:



I know, another week and another food shop. We get tired and bored and often this leads to repeating meals or opting for convince foods. With the slower pace of Summer, try a menu reset in your house and explore some of my favourite finds from each of Dubai's favourite supermarkets...

4 Pack Cheese Buns



All the families know about these! And if you don't - get to know. The yummiest, spongier, cheesiest buns in all the land. A firm favourite!



Bakery Madelines



Fresh multi pack Madeline cakes are sold for less than 20 AED at most Carrefours and are a great fresh, low ingredient treat!

Nākd Bars

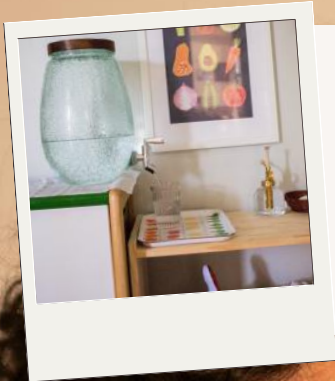


A simple, natural, snack with no added sugar, great for school bags, handbags and family outings.



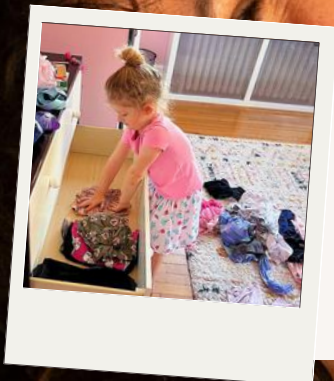
NEXT STOP: INDEPENDENCE

How to gently encourage them to get on the independence train without it feeling like you're not there to help anymore...



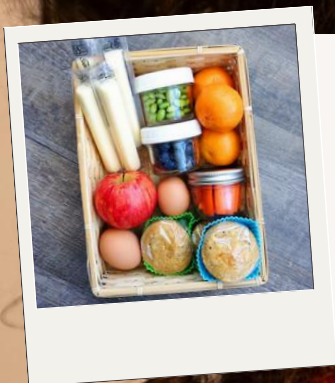
SELF SERVE DRINKS STATION

Place a small jug or child-friendly water dispenser within reach so your child can help themselves when they're thirsty. It builds confidence, responsibility and helps children tune into their own needs.



INDEPENDENT DRESSING

Lay out two weather-appropriate outfit choices and let your child decide what to wear. Offering simple choices promotes decision-making skills while reducing morning battles.



SNACK RATIONS

Keep snacks in an accessible basket so children can choose and prepare simple snacks independently. This encourages self-help skills and fosters a sense of capability. Only put out enough for that day, when they're gone - they're gone!



TIDY UP TIME

Use labelled baskets with pictures to show where toys belong. When children know exactly where things go, they're more likely to take ownership of tidying up after themselves.

LET'S TALK ABOUT *Fussy Foodies*

For many fussy eaters, the biggest issue isn't the food. It's the pressure. Remove the pressure and replace it with curiosity, and suddenly the table can become less of a battleground and more of a place for nourishment, connection and building happy, healthy little eaters.

TRY THESE IDEAS:

Make a placemat

Create a homemade A4 placemat and laminate it. A little personal space can make the table feel welcoming and fun.

Eat with them

Don't just watch what they're eating. Sit down and eat too. Children learn so much from seeing us enjoy food.

Get curious

Instead of "Just try it", try "I wonder what it feels like?" or "I wonder if it's crunchy?" Take the pressure off and make food an opportunity to explore.



Remember: You don't have to make every meal a success. You're building a relationship with food, one relaxed meal at a time.



Abra-POO-Dabra!

I know many families feel inspired by the change of season and ready start their potty learning journey as the year heads into Q4 so here's my magical top tips for potty learning that's as easy as Abra-poo-Dabra!



Get A Potty!

Just trust me on this. There's a reason I'm called The Potty Queen. There is time for toilets later...



Stay Calm

Pressure and stress have a counterintuitive effect on little learner. Please, stay calm...



Prepare Positivley!

How we speak matters. Speak about the upcoming learning with a positive tone and phrases.



Foundations First

Please don't just wake up one day, throw away all the nappies, place a potty in the middle of the room and hope for the best!

Creating a positive, healthy relationship with toilet learning is one of the most important foundations for successful potty training. Taking the time to prepare your child, recognise their developmental readiness, and approach the process with patience can make all the difference to their confidence and success.

I'd love to help you get started the right way. You can learn more about your child's toilet learning capabilities and readiness by downloading my free Capability Guide today...

My Gift To You!

Download your FREE Potty Queen Capability Guide using this QR code. See where you and your child are in the potty learning journey using my unique diaries, traffic light system and more.



FREE!



Potty Queen COURSE

A guided video led course that walks you through calm, respectful potty learning.

Packed with print outs, downloads and practical resources + weekly Q and A sessions – this is the potty course that is changing the game!

This could be you!

On a separate note, I had purchased the Potty Queen method a few months ago and had completed the course along with the 5 days with my son a couple of months ago. It's been a validating, rewarding and stress free journey for our family and my son. Thank you so much for the work you put into making this course!



www.thepottyqueen.me



Ice Lolly Recipes



3 homemade ice lolly recipes to keep the sugar down but the happy levels up during teething.

Berry Cool Pops

Ingredients

- 200g Greek yoghurt
- Handful of strawberries or mixed berries
- 1 tsp honey (optional)

Method

- Blend together, pour into lolly moulds and freeze for 4–6 hours.



Sunshine Squash Lollies

Ingredients

- 150ml fruit squash
- 250ml water

Method

- Mix the squash and water, pour into moulds and freeze until solid.



Monkey Magic Banana Pops

Ingredients

- 1 ripe banana
- 150ml milk
- Pinch of cinnamon

Method

- Blend until smooth, pour into lolly moulds and freeze for 4–6 hours.





Meet

The Happy Families Clubhouse

Your one stop hub for all things early years and family life.

- 99 AED per month, cancel anytime
- Easy access from any device
- Covers wide range of topics relating to 0-5
- Practical print outs, guides, downloads, webinars, Q&A sessions, recipes, shopping lists, diaries & more!

per month - cancel anytime - per month
**99
AED**



Unlock



All areas support, in one easy access hub:



Potty

Food

Sleep

School

Nursery

Routines

Behaviour



Whatever you need support with, whether it's one big issue, you just feel out of sync, or a few things you need help with. I am here. The Happy Families Clubhouse is one big umbrella, full of practical guides, print-outs and support at your fingertips.

DISCOVER MORE AND SIGN UP AT:
www.happyfamilies.me



A Letter From Me To You

I know, it's not always easy.

The mental load, the worries that keep you awake, the constant juggling, the feeling that there's never quite enough time or enough of you to go around. But the very weight of those worries is proof of how deeply you care.

Your children don't need perfection; they need you. The hugs, the packed lunches, the school runs, the listening ear, the countless little things you do each day all add up to something extraordinary. So please be gentle with yourself. Take a breath, celebrate the small wins, and remember that even on the days when you feel you're not doing enough, you are likely doing far more than you realise.

Motherhood is demanding, but my goodness, it is worth it. You are raising little humans with love, and that matters more than anything.

With love, Lisa x



Join the Happy Families community. We have events, a WhatsApp group, we chat in the comments on Instagram. Join us, you're not alone.

**Send us a text on
our community
WhatsApp today!**



Happy Families Support Community
WhatsApp group





BACK TO SCHOOL

HACKS & gadgets!

Because I'm not gatekeeping anything I find that might make adjusting to school life just a little bit easier for your little one. Here's my picks:

1



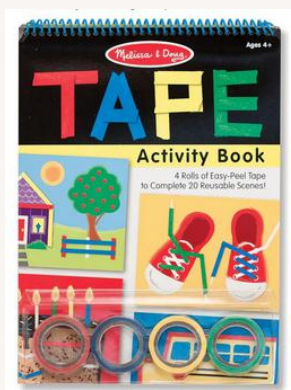
These fun animal shaped pencil grips can help gently guide your children's fingers into using a comfortable and correct pencil hold.

This lovely wooden teddy bear board from Melissa and Doug feels like a game but is teaching little skills for independence like laces, buttoning and zips.



2

3



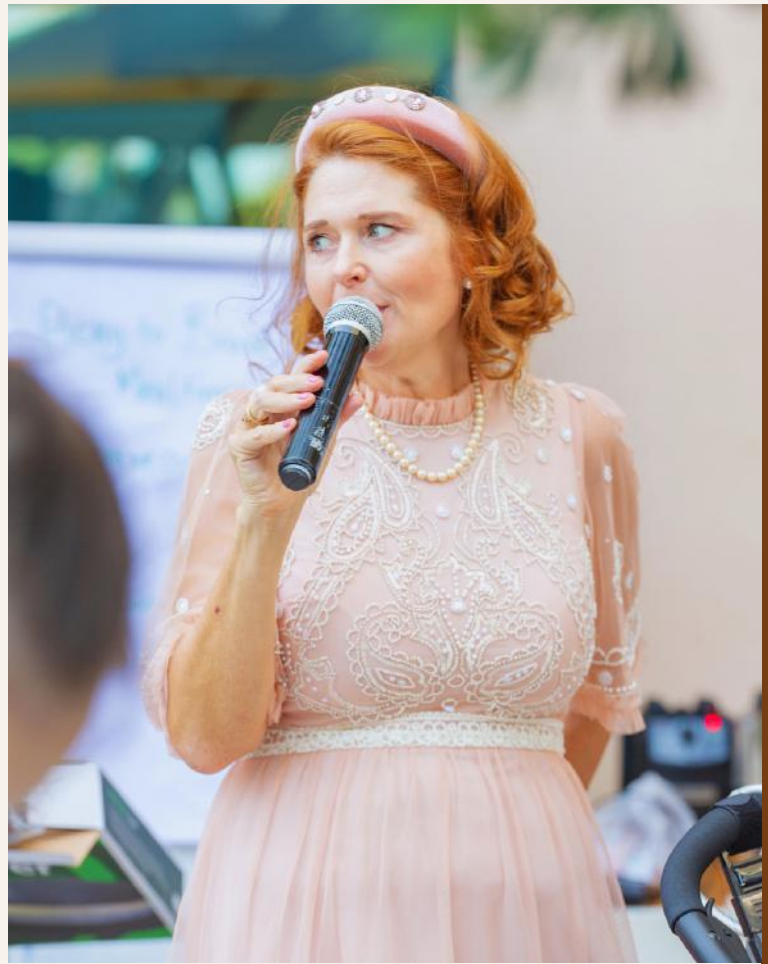
Similarly, this tape book from Melissa and Doug will help to continue preparing their little fingers for dexterous tasks ahead such as writing, page turning, doing up jumpers and more!



SEASONAL FAMILY SUPPORT

AUTUMN *Scripts*

5 phrases you can try swap out or implement in your home this season to notice an instant positive effect.



RY THIS - TRY THIS - TRY THIS

SOMETIMES, CHANGING FAMILY LIFE DOESN'T REQUIRE A BIG NEW ROUTINE OR PARENTING STRATEGY. SOMETIMES, IT'S AS SIMPLE AS CHANGING THE WORDS WE USE.



1. "I CAN SEE THIS IS HARD FOR YOU."

Instead of rushing to fix, distract or shut down a big feeling, acknowledge it. Feeling seen and understood can be incredibly powerful.



2. "LET'S WORK IT OUT, TOGETHER."

You don't have to have all the answers. Inviting your child into the problem solving teaches them that challenges are something we can work through, not something to fear.



3. “YOU DON’T HAVE TO RUSH.”

Whether it’s trying a new food, getting dressed, leaving the house or joining in, removing the pressure can make space for confidence to grow.



4. “TELL ME MORE...”

It’s such a simple sentence, but it tells your child: I’m listening. Even when what they’re telling you seems small, silly or insignificant, those little conversations build connection.



5. “SORRY, I GOT THAT WRONG.”

You are allowed to get it wrong. Showing your child that grown ups can apologise, reflect and try again teaches them something far more valuable than perfection ever could.

*This autumn, don't aim for a perfect family life.
Aim for a little less pressure and a little more connection.*

Role Playing for School

Through imaginative play, children develop essential life skills, from problem-solving to emotional intelligence, all while exploring new worlds and characters.

**Ideal for
school
newbies!**

Teddy Class



Set up a classroom with teddies and dolls as the pupils. Take turns being the teacher, calling the register, reading a story, singing songs, and helping the toys follow classroom rules.



Morning

Act out the morning routine, including getting dressed, packing a bag, putting on shoes, and saying goodbye at the door.



School Bus

Act out the journey to and from school, discussing what your child might see, hear, and do along the way. Make a pretend school bus or sit in their car seat.



Storytime

Create a carpet area where everyone sits and listens to a story, raising hands to answer questions just as they would at school.



@Principal_Lisa

ON THE GO BESTIES



All my favourite finds for making journeys to school, home or anywhere a little less bumpy - literally!



Wix Stix

These are so fun, made out of wax you can bend, mould and shape forever!



Go Fishin'

Lovely magnetic fishing game in a cute tin, keep in car and use when waiting around...



Suction Bots

Awesome sensory robots with extending arms / legs and suction hands / feet.



SiliPop Art

Make and create a range of art with this Super Petit Silicon Art Mat!



Super Petit Mat

The iconic screen-free fun mat. Wipe and use over and over again!



Explore even more screen free fun products from Super Petit at:

www.superpetit.com

5 Ways To Make a Splash at Bath Time

"5 little ducks went swimming one day..."



Add glow sticks!

This is better suited to slightly older children so there's no mouthing risk, but glow sticks in the bath = pure magic!

Try bath crayons...

You all know I love a window marker for potty learning, bath crayons are just as much fun! Get creative, tell stories...

Books beyond the sofa!

Invest in a few bath books that are made of waterproof material. Reading somewhere new can be a breakthrough!

Bubble Beards!

That's right, make big long beards out of bubbles. They'll be chuckling away and calling you Santa! Clean and happy!

Car Wash!

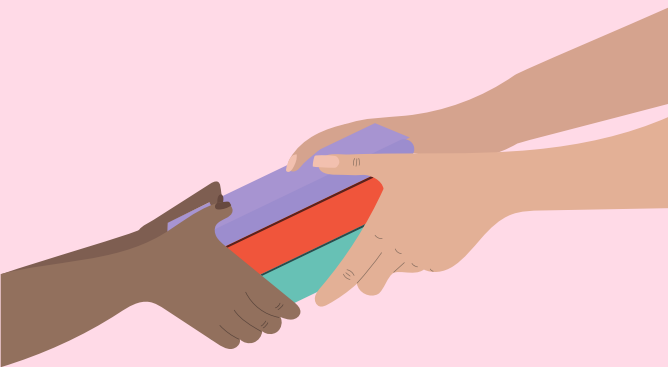
A few toy cars in the bath will keep them still and happy for a good while. Bonus tip - sing 'ooooo car wash, car wash!'



Family Must Try

Traditional Games

and why they're great for teaching little skills



Pass the Parcel

Teaches sharing, turn-taking and the important skill of letting go. Unwrapping each layer also develops fine motor skills.

Musical Chairs

Builds listening skills, quick reactions and body awareness. It can also support independence with managing clothing during potty training.



Sleeping Bunnies

Encourages children to practise self-control, listening and following instructions. The transition from resting quietly to moving energetically also helps develop body awareness and coordination.



Skipping Ropes & Parachutes

Develop coordination, balance, teamwork and communication while encouraging active, cooperative play.



Happy Families



BIG FEELINGS LITTLE PEOPLE

Fun & effective strategies to help prepare little people for big feelings and how to manage them.



Worry Monster

- Lovely story about not holding on to worries with interactive monster that 'eats' worries

Sensory Tools:

- Listen to music
- Squeeze a stress ball
- Hold a comfort item

Colour Monster

- Explains various emotions in a playful and easy to understand way, helps with labelling feelings



Snakes & Ladders

- Teaches them about managing disappointment and not always winning



Text Me! +971 527604482



HELLO HAPPY FAMILIES!
YOU'VE BEEN SPOTTED!

Follow me on @Principal_Lisa for first event invites!

THANK YOU



WANT TO BE FEATURED IN THE MAGAZINE?

If you would like to be featured in the next issue of the Happy Families magazine please get in touch to discuss. We have a range of opportunities and are always excited to hear from people / brands.

PRINCIPAL@HAPPYFAMILIES.ME

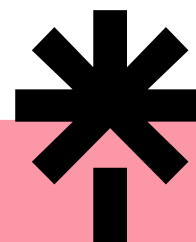
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COMMUNITY**



**JOIN 20K OTHER
FAMILIES**



**DISCOVER ALL I
HAVE TO OFFER**

