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Tanzania **Parent Plus**

The First Parent Magazine to be Published in Tanzania

Disciplining Children

What Is The
Right Way?

Recipes & Art projects to try this Christmas

Child Nutrition Feeding Advice

Out & About in Tanzania

Social Etiquette for Kids

**Interview with
Dr. Hamed**
**Find out more about
Maternal Deaths**

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Mambo,

Time to unwind and relax... it sounds good to me, as I am sure it does to you, and it's what our December issue is all about. Chilling out is exactly what we all deserve, the chance to make time for ourselves and relish some quality family or "me" time.

Make the most of having time off from your busy life with simple suggestions on how to clear your mind and recharge yourself. One of the first steps is by putting away the tech, switching off your smart phone, and escaping screen overload. Ask yourself what activities you and your family will look back on with joy – chances are, it will be something you all enjoy doing together, especially if it's creative. Start your festive season of enjoying simple pleasures by sitting down with this issue, relax and revel in it!

In this edition you will find an interesting interview with Dr. Hamed Mahfudh on the most dangerous delays causing maternal deaths in Tanzania.

I would like to thank all the kind donors for all the lovely clothes, toys, sweet treats and amenities donated towards our project "ZAWADI", where we aimed to provide as many gifts to the underprivileged community this festive season.

And while you are daydreaming of exciting things that lie ahead, may I take this opportunity to wish you a Merry Christmas and Happy New Year from all of us at TPP.

Happy Parenting!

Nilu Kulathunga

Tanzania Parent Plus team

James Bond Premiere to Raise Funds for Primary Schools

By Zaituni Ituja



wall on one of its longest boundaries. We aim to build a boundary wall in order to limit movement of people across the school as at the moment Msasani residents use the school as their daily pathway and this raises security concerns.”, said Mr. Versi.

During the opening speech, the Fundraising Director of the Rotary Club of Dar es Salaam Oyster Bay, Mr. Vikash Shah thanked individuals who contributed to the cause and gave special thanks to the sponsors; Century Cinemax, Coastal Aviation, CSI Construction, Grand Malt, BandeKhuda, Red N White Wines, New Africa Hotel and other donors who have chosen to remain anonymous.

Century Cinemax offered complimentary screening of the movie in order to allow for more funds to go into the cause. The event was attended by several Ambassadors, diplomats & prominent businessmen and women of Dar es Salaam.

The Rotary Club of Dar es Salaam Oyster Bay hosted a movie premiere on 7th November 2015 at the Century Cinemax complex located at Mkuki House along Nyerere Road in Dar es Salaam. The movie shown on the premiere was the new release James Bond film, Spectre.

Various individuals, Companies and Rotarians from 6 different Rotary clubs of Dar es Salaam participated in the event where over Tshs 30 Million has been raised. The proceeds from the

fundraiser will go towards two schools, Msasani Primary School A and Msasani Primary School B.

Speaking at the event, Mr. Mohamed Versi, The President of Rotary Club of Dar es Salaam Oyster Bay said that the funds raised will be used towards building a boundary wall at the Msasani Primary Schools.

“Currently the security of the students as well as the safety of school properties are in jeopardy. The school has no

About Rotary

Rotary brings together a global network of volunteer leaders dedicated to tackling the world's most pressing humanitarian challenges. Rotary connects 1.2 million members of more than 34,000 Rotary clubs in over

200 countries and geographical areas. Rotarians are business leaders who work locally, regionally, and internationally to combat hunger, improve health and sanitation, provide education, promote peace, and eradicate polio. For more information,

visit www.rotary.org

The Rotary Club of Dar es Salaam Oyster Bay welcomes new members. To learn more about the club, its members and philanthropic activities throughout Tanzania, visit www.rotarydar.org.

Diplomat Spouses Group Annual Bazaar

By Lois Gibson



Where can you go in Dar es Salaam to eat Indonesian specialties, American cookies, sushi, Asian Mamas delicacies, and German cake; drink Ethiopian coffee; buy Canadian maple syrup, Congolese cloth, French wine, and Dutch cheese –and much more—all in one place? A place that also has a kids' corner with bouncy castle and train ride, crafts, and games? A





place with entertainment by Scottish and Indian dancers, Makini dancers, Peacock Hotel performers, and a speech by Jaqueline Mengi? A place with spectacular raffle prizes from KLM, Lavignia, Lithos Africa, Uru and other jewelers, safaris from Essential Destinations and Leopard Tours, hotel stays from DoubleTree—and lots of great vouchers from local stores and restaurants? Where can you bid on a signed jersey from Lionel Messi or, if you prefer, buy bargain toys,

clothes, books, appliances and more at shockingly low prices? ALL of this was possible at the DSG Bazaar this year. Except for the Messi jersey and Mrs. Mengi, it is all possible annually.

Stalls from twenty-one countries sold food ranging from Shawarma from Syria, Chicken Biryani from Pakistan, Nasi Goreng from Indonesia and other items to expatriates and Tanzanians eager to sample something new.

The DSG Charity Bazaar has a special place on the Dar es Salaam calendar. Each year, 2500-3500 people attend the Bazaar to have fun, find bargains, be entertained, buy items from abroad and from local artisans —and along the way, help support worthwhile projects funded by the DSG. This year, the Bazaar was held on November 21 on the grounds of the IST Secondary school, and it raised approximately 90 million shillings for charity. The Dar es

Salaam DSG is an organization of people with diplomatic status living in Tanzania. It is a social and charitable organization which is non-governmental, non-political, and non-profit. Funds raised by the group are distributed among projects that are carefully selected based on how well their proposals meet the group's criteria, which are posted on the DSG website. Preference goes to projects that address problems facing Tanzania's most vulnerable

citizens, most often women, children, and the physically and mentally challenged. This year's Bazaar will help many in these groups.

But the Bazaar is a team effort and could not happen without community-wide support from UNSG-LESA, whose White Elephant Sale is legendary for its like-new bargains; from Embassies and High Commissions of Canada, Denmark, Egypt, Ethiopia, Finland, France, Germany, India, Indonesia,

Japan, Madagascar, Namibia, Netherlands, Norway, Pakistan, Russia, South Africa, Spain, Syria, Turkey, USA, local schools and businesses; and especially from principal sponsors Tigo, Noble Motors BMW Tanzania, KLM, Aga Khan Hospital, Paragon, Peacock Hotel, Uhuru Heights/ Cosmos Group, Rex Energy, and Scania, Irene of Splendid Cleaners, Ultimate Security and Coca Cola.

Free Medical Services for Kerege Residents

By Zaituni Ituja



Background

The Medical Camp

The first free Medical Camp was hosted by the Club in Chanika in 2011 and more than 600 people were screened for malaria, HIV, diabetes, ENT, eyesight and chronic disease risk factors. Free medicines

and spectacles were given to the people diagnosed with relevant health and eyesight problems. In 2012 we served more than 700 people, and the same again in 2013 and 2014. This year, it is expected that the same number of people will be registered on a first come first serve basis.



The Rotary Club of Dar es Salaam Oyster Bay through its Service Projects held its fifth one-day, free Medical Camp on Sunday, November 15th, 2015, where more than 50 volunteer health professionals screened and treated more than 1,000 Kerege residents in Bagamoyo district.

The Medical Camp started at 08:00am until 16:00pm where patients were seen on a first come first served basis

with priority to pregnant women and the elderly. Medical professionals and experts screened people for a range of conditions including malaria, anaemia, diabetes and hypertension. All tests, counselling, and medical advice was provided to patients free of charge and where necessary, referrals to hospitals was organized.

The camp also offered dermatological, dental treatments and eyesight checks and free spectacles were handed out to people who had

poor vision. Cervical and breast cancer screenings was also available, as well as Optional HIV testing, counselling and education. As done in previous years, the camp offered malaria prevention, education and treatment along with distribution of free mosquito nets.

Ante-natal counselling was provided to pregnant women and free obstetric emergency kits were also given. Health professionals offered counselling on lifestyle factors such as nutrition and the role of

exercise.

Speaking during the event, Leena Kapadia, the Medical Camp Co-ordinator said, "The aim of the medical camp is to provide basic quality health services to people who do not have easy access to health care. This camp is maybe the only time that the villagers manage to see a medical doctor or medical specialists, we feel obliged to at least provide them with the relief from basic ailments that they have been suffering for long and refer them to other hospital if any

conditions that need attention are diagnosed."

The Medical Camp was financially supported by Diamond Trust Bank and by the Rotary Club of Seattle 4 and organized in partnership with the Shree Hindu Mandal Hospital, Vital Supplies, Kidz Care Tanzania, Elite Dental Clinic, Whitedent, Sayona, Ultimate Security, The Living Room Furniture, and vClick Concepts Inc.

Wonder Workshop Christmas Market

The Wonder Workshop marked its 10th edition of the annual Christmas Market, where shoppers are treated to a wide array of handmade products made by artisans in Tanzania.



Some products on display were Tanzania Bones; Chako ZNZ; Enjipai Maasai Women Jewelry; Vikapu Bomba; Kitenge Queen; FT Boutique; Changamoto; Mama Masai; African Splash Clothing; By Magero; World of Weaving; Mabinti; Mianzi - going green with bamboo; Shamba landscape; Grace kids clothing, Zito Living and Seamic Pottery.



Fresh food and drink was made available throughout the day, visitors had the chance to savour Mexican Food by Frida, Sugar Cane Juice by Pili, Injera by Rohobot, Coffee by Wamama Kahawa and scrumptious Cupcakes by Charmaine.



In support of the new president, John Pombe Magufuli, and his clean-up initiatives, Nipe Fagio launched its HapaUsafiTu campaign on 9th December (Independence Day) in support of a cleaner, healthier and safer Tanzania.

Nipe Fagio is a Tanzanian based public advocacy organisation, focused on increasing awareness, as well as facilitating and promoting sustainable development initiatives in Tanzania. The organisation's fundamental mission is to serve as a connector for people,

groups and organisations to get things done, a forum for debate & discussion, a sounding board for community issues that require involvement for change. Nipe Fagio, which means "Give me the Broom" in Swahili, is an urgent call to all residents of Dar es Salaam, to pick up their brooms and to join us in sweeping the city clean. We believe that the success of our vision of a clean and safe city, lies in the heart and will of every resident who is prepared to take action. Join us.

Social Etiquettes for Kids

By Nilukshi Kulathunga

Actions really do speak louder than words. Parental role modeling helps teach children to be caring and kind. In fact, some studies show that children can show signs of empathy and concern from a very early age. In other words, parents have the power to nurture, guide, show and instill -- to teach kindness, responsibility, and gentleness.

Social skills are important in all aspects of your child's life, from the playground to the classroom to the workplace. Social skills help others feel comfortable with us and help us make

friends. Relationship-building skills help us resolve conflicts in a healthy way. You can help your child learn social skills they will use for the rest of their lives.

It's agreed: manners need to be taught. And teaching your children manners gives them "lifelong survival skills" according to one etiquette expert. In fact, kids who don't have social graces are likely to have a more difficult time with friends, family and teachers. If your child has trouble socializing with other kids, you will need to teach your child to listen, to apologize, to be successful in social interactions with their peers. Between the ages of 2 and 5, your preschool



child is most receptive to learning the rules of polite conduct, "they want to do anything you ask. Grab the opportunity to teach appropriate behavior. When children are polite, kind and honest, they develop character and also make their parents look good!

Good manners are important skills children should develop when they are young. After all,

manners are beneficial for the rest of their lives. So do your kids have good telephone etiquette? Instead of giving your child a toy telephone to play with, use it to teach good telephone skills from the start. And remember, correct telephone etiquette goes beyond showing good manners; it can also help keep a child safe.

For children to be successful in life, they need

to have social skills as well as academic skills. And if you help young children learn polite and caring behavior, they will continue to use good manners and become more socially aware as they get older.

Professional players and coaches might not always display the same good attitudes toward other team members or sense of fair play that you expect from your own child. Instances

of professional players cheating at sports—such as using drugs to enhance their performance—are often well-publicized. Your child may even witness his or her sports idol throwing a tantrum, starting a fight, or bad-mouthing the referee.

Catering to your child is not respect. By saying "yes" to a child's requests for things, the end result is detrimental to them. The parent who doesn't make courtesy a priority, and who caters and enables, helps a child develop bad manners. When you teach children to be respectful, you instill good values like kindness and consideration which are the building blocks of good manners. For kids to develop values that are essential to being courteous, they need to see those same qualities in people whom they respect, parents have the power to exert powerful positive influences.



CHILD NUTRITION

Infant Nutrition: The Best Nutrition

New parents are subjected to all kinds of contradictory advice about infant nutrition. But with a few simple guidelines – and some advice from Precision Nutrition parents – you can be sure that you are getting your infant off to the healthiest start.

“In life, as in other things, where you start can determine where you finish. Infancy — the first year of life — is a prime time for growth and changes throughout the body. What we eat as infants strongly affects our long-term body weight, health, metabolic programming, immune system, and overall aging.”

The first 6 months - Breast is best for both mom and baby.

Babies can be exclusively breast-fed for their first six months of life. Breast milk is the optimal nutrient mix for infants. It's full of good stuff like antibodies, antimicrobial factors, enzymes, and anti-inflammatory factors along with fatty acids (which promote optimal brain development). Breastfeeding keeps the baby developing and growing properly, helps infants fight off disease (such as gastrointestinal and respiratory infections) both now and in the future, and may even ensure that the baby grows up to prefer healthy food. Because breastfeeding stimulates the release of beneficial hormones



such as oxytocin and prolactin, it can help the mother lose weight and bond with her baby. Breast milk is delivered in a biodegradable “organic package”, so mom doesn't need to use as much plastic packaging (since tiny humans easily absorb plastic-contained endocrine disruptors).

Do your best. And get help if you need it.

Not every mother takes to breastfeeding naturally or quickly. If breastfeeding is difficult, seek support from a midwife. In addition, lactation consultants are very helpful. The techniques they teach have helped many women successfully breastfeed, even after a difficult start. And while breastfeeding is best, don't feel guilty if you can't

breastfeed exclusively. There are many circumstances that might make breastfeeding difficult. For example, you might not be able to breastfeed if you have a health problem, or are taking particular medications. You are not to blame. Just do your best. In fact, most formula-fed children do just fine. Just be sure to talk to your pediatrician about the best formula option. And avoid soy-based infant formulas.

What mom eats/drinks can pass into breast milk.

What you as a pregnant or nursing mother eat, your baby eats. Limit your caffeine, etc. Limit your toxin exposure. Eat organic when possible; scrub your fresh veggies/fruits; and avoid most seafood. Of course, breast milk will be especially

FEEDING ADVICE

From Birth to Year One

healthy if mom eats nutritiously while she's pregnant and breastfeeding.

Supplementation while breastfeeding

Breast milk will provide all of the nutrients the infant needs for the first six months of life. However, some babies may need a bit of supplementation at times.

Vitamin D

Because modern life — especially in northern latitudes — leaves so many of us with low vitamin D levels, many mothers are deficient in vitamin D while pregnant and breastfeeding. Additionally, preemies are often low in vitamin D. Note: once formula fed infants are up to about 30 oz of formula per day (which is usually around 2 months), you can discontinue vitamin D supplementation. However, it is recommended that breast fed infants continue vitamin D supplementation for at least one year. In the end, some babies can get enough vitamin D from breast milk. But the mom needs to have solid vitamin D levels for this to happen, which most don't. If you're pregnant or a new mom, check with your doctor and pharmacist about testing your vitamin D levels, and the best and safest options for your infant.

Vitamin B12

Breastfeeding mothers who eat an exclusively plant-based (vegan) diet should supplement with vitamin B12.

Iron

A fetus will store iron from the mother's blood while in the womb. Premature babies need extra iron because they do not build up enough stores. Breast milk doesn't have much iron, but it is well absorbed. Iron stores will last until about six months of age, thus no iron supplement should be required during this time. Formula-fed infants will likely get enough iron.

Probiotics

Babies are born with a sterile environment inside. As they pass through the birth canal, the mothers' bacteria colonize infants' mucous membranes and gastrointestinal tract. This is normal and desirable — just how Nature intended. However, in an environment of modern cleanliness, or perhaps after a C-section, this bacterial colonization doesn't happen as easily or well. This can lead to later gastrointestinal, respiratory, and/or ear-nose-throat type infections in babies, as well as a lower immune system. In this case, parents can supplement

with an infant probiotic formulation — talk to your pharmacist to find out what's best.

Fluids & hydration

The amount of fluid in breast milk or formula will usually be enough, so normally you shouldn't need to supplement with water. However, infants easily and quickly become dehydrated under certain conditions, such as if the infant has a fever or is vomiting a lot; or if the climate is very hot. Rehydration is also crucial if infants have diarrhea. (In this case, add a little sugar and salt to the water to make a simple electrolyte solution.) Use urine colour as a guide: Dark yellow urine will signify dehydration. Clear urine signifies potential over-hydration. You want to see something somewhere in the middle. (Baby will undoubtedly oblige with a urine sample, probably at the most socially inconvenient time.)

Introducing solid food - Until about 4-6 months old, infants



can't digest most foods. Infants are ready for solid foods once they have doubled their birth weight, providing they can hold their heads up, sit in a high chair, open their mouths when food is presented, and swallow. This usually occurs around six months old. At first, offer solid foods in addition to breast milk, not as a replacement for it. The first "solid" foods should also be liquid-like.

Pay attention - If you notice any type of negative reaction (such as respiratory, skin, or GI issues), wait 1-3 months before trying that food again.

SOLID FOOD TIMELINE

Step 1: Rice cereal (maybe)

Rice cereal with breast milk or formula is a common first food. It's generally well-tolerated with low potential for allergy. However, rice cereal is rooted in tradition rather than science. There's no strong evidence that this is a better option than other single-grain cereals (or grains in general). Try it and see how it goes.

Step 2: Vegetables

Vegetables are full of nutrients and not as sweet as fruits. Puréed vegetables such as sweet potatoes, beets, squashes, or carrots are easy to cook and mash.

Step 3: Fruit

Introduce fruit after vegetables. If fruit is the first food, baby might expect every food to taste sweet; an important factor considering that food tastes formed early in life can persist. Also, babies don't yet have the ability to digest fructose effectively. So, unless you want explosive diarrhea, keep fruit intake moderate and avoid high-fiber fruits like prunes for a while. You can try things like: mashed banana with breast milk or cooked and puréed fruit (such as pears, peaches, or apples)

Step 4: Higher-protein foods

This includes well-cooked and mashed beans/lentils/green peas, and finely chopped meats. You could even add a little undenatured, unflavored whey protein to pureed foods, formula, etc. It can take a while for the infant's GI tract to adjust. Some undigested food might be found in the stool; this is okay and all part of the process



12 months and older

By around one year old, you can add a pretty good roster of foods, such as: avocado, string beans, asparagus, puréed fresh fruit, egg yolk (note: iron from egg yolks isn't well absorbed), mashed lentils/beans (make sure these are adequately cooked), meat, chicken, or mild-tasting fish. Finely chop, mash, and/or purée most of these, especially meat or any little bits that can't be easily gummed — or that can cause choking. Introduce with caution - While fish is usually tolerated easily, experts vary on when to introduce shellfish/crustaceans. The general consensus is to wait until the child is a little older. Shellfish is a common childhood allergen, along with: whole eggs/egg white, peanuts, cow's milk, wheat and soy. Also look for any reactions when introducing potatoes, tomatoes, and peppers. If or when you add these to your child's diet later on, observe carefully and look for any reactions before adding something else. Most kids will do just fine with many of these foods.

Here are some tricks and tips for helping your baby eat a wide variety of foods despite an often-picky infant palate.

Add a touch of sweetness - Humans are born with an innate preference for sweetness, which in nature signifies valuable energy-rich foods. Blend up a little bit of sweet potato or fruit into otherwise less-sweet foods (such as more bitter vegetables).

But avoid processed sugar - Again, remember that what your baby starts with will affect their adult food preferences. So avoid processed sugar — especially hidden in commercial baby foods along with fruit purées and juices — as much as possible. And avoid honey for the first year or so, as it can contain bacteria that infants can't yet deal with.

Keep at it - If your baby refuses to eat a particular food, that's okay. (This might happen more often with vegetables.) Leave the food out of the routine for a while and come back to it later. Often babies and children need to try novel foods over and over before they adjust to them. Keep the experience as positive and relaxed as possible, and do your best. Don't worry; if baby's eating various other foods, nutrient intake should be adequate.

Stick with whole foods - Infants are intuitive eaters. They know how much they need. But there is a catch — the conditions have to be right. Force-feeding and/or introducing processed foods (such as juice or jam) before whole foods can destroy this delicate self-regulation. Follow your baby's hunger levels and food preferences, while seeking to gently expand their repertoire with high-quality, nutrient-rich choices.

SHARE THE GIFT OF KNOWLEDGE

Read International is collecting books for schools throughout Tanzania. If you have books to donate - kindly drop them at Shoppers Kahawa Cafe Masaki or Mbezi :)





DISCIPLINING CHILDREN

WHAT IS THE RIGHT WAY?

The true goal of discipline is to teach children the rules of behaviour – they need to learn what society and other people expect of their behaviour. This will help them grow up to be socially productive and personally fulfilled individuals.

When most people use the word ‘discipline’, what they really mean is ‘punishment’. Sometimes they’re even referring to ‘physical punishment’. Physical punishment is ineffective and harmful to children and parents. While providing negative consequences is part of discipline – hopefully a small part – it’s not the whole story. Preserving your child’s sense of self-worth. Of course, you could create a harsh system of controls and punishments – like a good little robot, your child would

behave perfectly a lot of the time. But what would be the effect on your child’s spirit, on his sense of self-worth, on his personal happiness, or on his feelings toward others? On the other hand, you can imagine a child whose every whim is indulged, and whose every action, good or bad, is praised. Such a child might have a certain measure of happiness, but most people wouldn’t want to spend much time with her.

Strict or casual discipline? This looms as a big question

for many new parents, although most find their own balance in a little while. For a few parents it remains a tricky question, no matter how much experience they’ve had. Another word used for casual discipline is ‘permissiveness’. This means different things to different people – to some it means an easygoing, casual style of management, but to others it means letting their child do or have anything she wants, which is likely to produce an obnoxious, spoiled, rude child. But parents who aren’t afraid to be firm when it’s needed can get good results with either moderate strictness or moderate casualness. The real issue is what spirit you put into managing your child, and what attitude is instilled in the child as a result.

Strictness

Expecting reasonable behaviour from children means parents need to be kind, moderately strict, flexible, and have consistent

expectations. Strictness is fine as long as the parents are basically kind, and as long as the children are growing up happy and friendly. But strictness is harmful when parents are overbearing, harsh, and chronically disapproving or when they make no allowances for a child’s age and individuality. This kind of severity can produce children who are either meek and colourless or mean-spirited. Parents who have an easygoing style of management can also raise children who are considerate and cooperative. Such parents might be satisfied with casual manners as long as the child’s attitude is friendly. They might happen not to be particularly strict – for instance, about promptness or neatness. The key is that they’re not afraid to be firm about the matters that are important to them.

Permissiveness – angry parents, unhappy kids
When parents get unhappy



results from too much permissiveness, it’s not so much because they demand too little, even though this is part of it. It’s more because they’re timid or guilty about what they ask, or because they’re unconsciously letting the child rule the roost.

If parents are too hesitant in asking for reasonable behaviour – because they’ve misunderstood theories of self-expression, because they’re self-sacrificing by nature, or because they’re afraid of making their children dislike them – they can’t help resenting the bad behaviour that comes instead. They keep getting angry underneath without really knowing what to do about it.

This bothers their children too. It can make them feel guilty and scared, but can also make them meaner and all the more demanding. For example, if a toddler gets a taste for staying up late and the parents are afraid to let him, the child might turn into a disagreeable tyrant who keeps his parents awake for hours – and his parents would start to dislike him for his tyranny.

If parents can learn to be firm and consistent in their expectations, it’s amazing how fast the children will sweeten up and the parents will, too.

Ten Steps For Healthy Toddlers

By Nancy Kanza

With the Ten Steps for Healthy Toddlers, the Infant & Toddler Forum provides a practical, easy-to-follow guide on what food to offer, what behaviour to encourage, and how best to manage mealtimes. By following the steps, parents and carers will be giving toddlers a good start in life.

The toddler years (one to three years) are a time of rapid change. After your child's first birthday he or she may:

- Show some food preferences – this might be for different textures, tastes and colours
- Like to feed himself or herself and be more independent
- Show sudden changes in food likes and dislikes
- Refuse to try new foods – this usually decreases as toddlers approach school age.



8. Reward your toddler with your attention - never give food and drink as a reward, treat or for comfort

Make food easy to eat – finger foods are good. Eat the foods that you would like your toddler to eat. Praise your toddler when he or she eats well or tries something new – toddlers take time to learn to like new foods.

9. Limit...

- fried food, crisps, packet snacks, pastries, cakes and biscuits to very small amounts.
 - sweet foods to four times a day e.g. as part of the three meals and one snack.
- ... and avoid
- sweetened fruit squashes, fizzy drinks, tea and coffee.
 - undiluted fruit juices – only give juice well diluted at meal times.
 - whole nuts which may cause choking or be inhaled.

10. Encourage physical activity for at least three hours every day and about 12 hours sleep

All activity such as active play inside or outside, walking, running and dancing counts. Limit TV and other screen time like computers to just one hour a day.

1. Eat together as a family and make mealtimes relaxed, happy occasions

Make food easy to eat – finger foods are good. Eat the foods that you would like your toddler to eat. Praise your toddler when he or she eats well or tries something new – toddlers take time to learn to like new foods.

2. You decide which nutritious foods to offer but let your toddler decide how much to eat

Never insist your toddler eats everything on his or her plate.

3. Offer foods from all five food groups each day

Together they give the right mix of nutrients your toddler needs.

4. Have a routine and offer three meals and two to

three snacks each day

Offer two courses at each meal and only offer nutritious snacks. Don't allow grazing on food.

5. Offer six to eight drinks a day

Give all drinks in a beaker or cup – not bottles. 3-4oz or 100-120ml is about right. Water is a good choice.

6. Give vitamins A & D each day

Choose a vitamin supplement suitable for toddlers – most toddlers don't get enough in their food.

7. Respect your toddlers' tastes and preferences - don't force feed

Understand that some children eat almost everything while others are much more picky. Some like foods kept separate at a meal and others are happy with foods mixed in together.

The 6 Values

We Need to Teach Our Daughters

By Nancy Kanza

Help your little girl grow up to be a strong, fine lady by teaching her these important values.

We all want our kids to grow up to be responsible people who will make a difference in society and be “world-changers” in their own way. Because of this, we do our best to focus on raising our kids with values — ones that we hope they will live out all the way to adulthood.

Now, while values in general need to be taught to both boys and girls, there are specific values that can be emphasized for each gender.

Here are some values that girls, in particular, should definitely be taught.

1 Self-worth

Early on, girls should learn to respect themselves. They are unique creations, each with their own set of gifts, talents and skills. They should be encouraged to believe in themselves even from a young age.

2 Hard work and patience

Girls especially need to learn the value of patience. As they mature, they will realize that instant gratification will not help them, and they will see that there is value in waiting. It's also important to emphasize that things “become more valuable,

significant and important if you work hard at getting them.” This also helps them value themselves more in the future, especially when it comes to friendships and relationships (with the opposite sex)



3 Discipline and responsibility

Girls usually have this innate desire to take on the role of “nurturer”. They will, in the future, be responsible for someone else's life and upbringing, thus, they need to learn to be disciplined and responsible for their actions at a young age, so that it becomes second nature to them when they grow up.

4 Strength in character

All girls are “strong and dependable but also interdependent on men who have their own complementing

roles”. As future women, they “have an inner strength that helps them withstand physical and emotional pain. They have a role that will help build character in others.” It is important for girls to be able to understand their roles in the family, in the community and in society. They should learn to be discerning enough to know when to speak what's on their mind and when it is better to be silent, reflective and prayerful.”

5 Determination

We need to teach our girls that they should not be intimidated by what may seem to be a “male-dominated” society. They need to learn to persevere and be committed in pursuing their goals and dreams, no matter what challenges they may face along the way.

6 Tact

Our daughters must be taught to embody grace in their thoughts, words and actions, that they should display tact at all times, always taking into consideration other people's feelings. Of course, when it comes to teaching our daughters (and our sons) values, the responsibility belongs primarily to us parents. We need to model whatever values we want our kids to learn because, after all, kids learn best by what they see us do, and not what we say.

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Ways to Handle Blaming and Shaming

By Nila Rania Kulatunga



- *Withdraw, pouting and feeling like a victim?*
- *Take their behavior personally and beat yourself up for being so unworthy?*

How do you feel when you do any of these?

If you tune in to your feelings, you'll probably find that you feel hurt, angry, victimized and unloved. You might believe that these feelings are caused by the way the other person treated you, but they're actually coming from your own self-abandonment. How you treat yourself, in the face of how others treat you, has far more impact on how you feel than how they are treating you.

“If you tune in to your feelings, you’ll probably find that you feel hurt, angry, victimized and unloved.”

Have you been in the middle of a conversation which usually starts or ends with “This happened because of you” or “I told you so!” When you take loving care of yourself, rather than

try to change your partner, you will end up feeling much better, regardless of what your partner does or says.

What do you usually do when someone blames and shames you? Do you:

- *Cave in, complying with what that person wants you to do?*
- *Explain and defend yourself, in an effort to get them to see your point of view?*
- *Blame and shame right back and get into a fight?*

So what can you do instead?

Here are seven ideas for how to react the next time you feel blamed or shamed:

1. LOVINGLY DISENGAGE.

When you lovingly disengage, you can say, “I’m not available to being blamed or shamed. I will come back in 15 minutes and then maybe we can talk about it.” Anyone who is shaming and blaming is closed and can’t hear anything you say, so there is no point in talking. Maybe in 15 minutes, he or

she will be open to a more constructive conversation. If not, then you’ll have to continue to take loving care of yourself. The goal is to stay open to your own feelings, keeping your heart open, rather than to punish the other person. This is very different than withdrawal. When you withdraw, you are angry. You close your heart and punish the other person by withholding your love.

2. BE KIND AND COMPASSIONATE TOWARD YOURSELF

Tune in to your heart — to how sad you feel when you are shamed and blamed. Tune into the loneliness and heartache you feel and the helplessness you feel over the other person. Put your hands on your heart and bring much kindness and gentleness to yourself. Our heart always hurts when others are being mean. Stay with these painful feelings with self-compassion until you feel them moving through you and releasing.

3. IF YOUR FEELINGS ARE HURT, TUNE IN TO WHAT YOU’RE TELLING YOURSELF THAT MAY BE CAUSING YOU TO FEEL UNWORTHY, BAD, WRONG OR UNLOVABLE.

Are you taking the other

person’s behavior personally? In truth, whatever you might have done that triggered their upset, you never deserve to be shamed for it. The fact that they are shaming and blaming you is their issue, so it’s important to make sure you are not taking their unloving behavior personally.



4. EXPLORE WHETHER OLD FEELINGS FROM BEING BLAMED AND SHAMED IN CHILDHOOD ARE GETTING TRIGGERED IN YOU.

Be very kind with these memories. The more compassionate you are toward old pain, the more the old pain releases.

5. OPEN TO YOUR HIGHER SELF FOR ANY INFORMATION ABOUT

WHAT’S REALLY GOING ON WITH THE OTHER PERSON.

It’s possible that the other person is exhausted, or just having a bad day and is simply not able to bring kindness and compassion to any conversation right now. Finding empathy for the other person will help you feel better and take things less personally. Perhaps there is a helpful message that this person is relaying in an unhelpful manner. See if there are any kernels of truth about yourself that might help you grow.

6. TAKE A MOMENT TO DO SOMETHING KIND FOR YOURSELF.

Do you need to call a friend, take a walk, or do some journaling? What would make you feel more peaceful? Do something that makes you feel positive.

7. IF AT SOME POINT BOTH OF YOU ARE OPEN, THEN YOU CAN LEARN WITH EACH OTHER ABOUT THE DEEPER ISSUES.

Sometimes, once you each have separate time, the issue vanishes and there isn’t even anything to talk about. Other times, there may be an issue that needs to be dealt with, and it can be addressed once you are both open.

Supercharge Your Body

When you wake up and don't know what to do first, taking up the habit of having a cup of warm lemon water will serve you well. It cleanses the digestive system and gets your metabolism on point so that you're firing on all cylinders. The water should be warm so that it's not a shock to your system, but you can switch to cold water for the remainder of your water intake, as this has been shown to raise your resting metabolic rate. You can also add in a bit of organic, raw honey to sweeten up the sour lemon and introduce digestive enzymes and antioxidants to the equation.

Making It Work: Each time you're at the store make sure you pick up a bag of organic lemons. Having them on hand is key if you want to stick with this long enough to make a habit out of it. Lemons keep very well in the refrigerator, so they won't go bad before you can use them up.

This might be the hardest step, especially if you already feel like you're required to wake up too early. Waking up earlier is going to boost your metabolism by putting you in sync with the way the body works, and helping you eliminate at the

Do you feel tired and worn out? Are you having trouble concentrating or sticking to your diet? Every day forward, add a new revitalizing solution until you have the perfect daily prescription for optimal energy.

right time. You'll be helping to remove toxins from your body by getting into the natural circadian rhythm and be more in tune with your body's 24 cycle, which naturally wants to release toxins in urine and waste at dawn. Sleeping later delays that release and keeps the toxins in the body with the possibility of having them reabsorbed.

Making It Work: It might seem tough to wake up earlier than you have to, but it's not so bad as long as you go to sleep earlier the night before. Your day really begins the previous night, so make sure you take

the strategic step of getting to bed earlier to account for the earlier wake up time.

Building muscle is a sure way to increase your metabolic rate, and one of the best times of the day to lift weights is in the morning. This is one ritual you don't want to pass on, and if you choose only one on this list, make it this one. Lifting weights puts your body in fat-burning mode, and if you don't get exercise in the morning the likelihood is that you'll be in fat-storing mode instead. By getting active in the morning you'll have a greater chance of staying active and energetic all day. If doing resistance training isn't feasible, do an HIIT session. High Intensity Interval Training will keep your metabolism high for several hours after you complete the session.

Making It Work: If you do not see yourself going to the gym every morning for strength training, invest in a set of resistance bands and use those instead. They take away any weather-related excuse, and make it so you can lift all of your major muscle groups from the comfort and privacy of home.

Eggs are a great way to get your metabolism in gear, and it doesn't matter how you cook them up, you'll still be getting the nutrition and the boost to your metabolism they provide. The protein in eggs is what is most important for your metabolism, and will make sure that you not only feel satisfied for much of the morning, but that you're burning calories as you go about your day. If you want to round things out and make it more of a meal, consider adding other metabolism-boosting foods to your morning. Cook your eggs in coconut oil, have organic pears or peaches with them, or have a bowl of oatmeal with raspberries or blueberries on top.

Making It Work: Expand your repertoire of egg recipes so that you can make up your eggs in many different ways so that you look forward to them rather than thinking you have to stay with the same old same old every morning.

Green tea has antioxidants in it that improve your overall health. You'll have to continue to drink green tea throughout the day if you want to get the most benefits from it. One

cup might not be enough to produce the effect of a faster metabolism, and research suggests that multiple cups per day are required, as many as five or more.

Making It Work: These days there are plenty of different green teas in the market which helps to keep things interesting each morning. There are green teas that are mixed with different berries, as well as other herbs to provide energy and detox benefits.

The morning is the time to set yourself up for success the rest of the day, and make sure you don't run into any metabolism roadblocks later on. Getting hungry and reaching for the nearest unhealthy snack is a good way to slow your metabolism down, so be prepared with a healthy snacking option. Change up your snack depending on how you feel each day, and what you think you'll want most later. This keeps it interesting and makes you more likely to stick with it and form a habit out of it. Snacking helps keep your metabolism strong and prevents eating food that isn't good for you.

Making It Work: Make a snack that you're really going to want later so that you have something to get excited about before lunch. It's amazing how a simple snack can totally change the way you feel all morning long, with the anticipation before the snack and the satisfaction after you eat it.



Give Your Brain A Workout

By Nila Rania Kulatunga

The brain acts a lot like muscles in the body. And just like muscles, it needs its exercise. The more you work out your brain, the better it functions. So what can you do to work out your brain? Here are things you can do today to work out your brain.



1 Give your calculator a break.

Modern devices, such as the calculator, have taken over many of the tasks we used to do with our brains. Instead of doing math problems in our heads, we have come to rely on calculators and other technological devices that serve as a substitute. Working out your brain can be as simple as doing mental calculations in your head. Give your calculator a well-deserved break. Doing math manually trains your working

memory—the memory used to store information for immediate use.

2 Turn off your GPS and start navigating.

The use of GPS is killing our spatial intelligence. Instead of letting the GPS tell you which direction you should go, sharpen your map-reading skills. Just remember to bring a map before you get lost on purpose. The conclusion is that the necessity of always navigating and finding

routes enabled the brain to create new neural pathways which allows the brain transform in response to the need to store complex spatial representations.

3 Pick up a foreign language.

Anyone who's tried learning a foreign language will tell you just how much of a workout it is for anyone's brain. Starting from square one on studying words, sentence composition, and grammar will be challenging

enough to keep your brain from getting rusty. Learning a new language enlarges your hippocampus, which helps with long-term memory, learning, and spatial navigation. MRI scans have shown that learning a new language also enlarges the cerebral cortex—which is divided into four lobes and is responsible for such functions as reasoning, planning, speech, movement, emotion, problem solving, recognition, perception, visual processing, and memory.

4 Challenge your friends to a chess tournament.

Chess is one of the most challenging games out there. It requires you to think a few steps ahead about your moves and the strategy you plan to employ. It isn't a coincidence that there is a strong correlation between a beginning chess player being good at chess and a high IQ. If chess isn't enough of an exercise for your brain, then few things will be.

5 Solve a puzzle.

There are plenty of mind-boggling puzzles you can attempt such as Sudoku, crosswords, anagrams, and the like. You may think you're too old to indulge in such pastimes, but no one is too old to improve their brain functions! Other types of puzzle you can try are logic puzzles and lateral thinking puzzles. Logic puzzles helps your brain

deductive reasoning and teaches you to organize your thinking. Lateral thinking puzzles trains your brain to think outside the box.

6 Read different types of literature and books from a variety of genres.

Reading is one of the simplest ways to provide stimulation to your brain. To make things even more interesting, don't stick to your usual reading materials. If you're used to devouring lighthearted fictional books, try reading non-fiction publications. Get out of your comfort zone. Your brain will thank you for it. Besides reading books on vastly unfamiliar topics, brain scientists recommend reading good mystery novels. This is because a good mystery novel relies on you to develop and put your working memory and prefrontal cortex to work so that you are able to store all the information needed to keep up with the novel, and hopefully solve the mystery.

7 Commit a poem to memory.

Mathematical functions aren't the only thing you should focus on. You should also work on sharpening your memory, and this can be done by regularly exercising your powers of recall. Memorizing a poem or a song is a good way to do it.

8 Make up stories.

This isn't to say that you should fabricate lies. Instead, try writing a story or two. Telling stories enhances your creativity and imagination. It also enables you to learn how to think on the spot and improvise.

9 Learn a few new words daily.

The average adult has a vocabulary of 30,000 words. But no matter how fluent you are in your native tongue, there are bound to be words in the dictionary you don't know the definition of. So make a resolution to learn at least 2-3 new words every day, and stick to that resolution. In addition to memorizing the definition, try to use the words in regular conversation for best retention.

10 Favor writing over typing.

Times New Roman and Arial might look neater than your handwriting, but that shouldn't stop you from penning love notes to your partner or even just writing a list of grocery items to buy. Recent research shows that writing by hand engages the brain in learning a new language, especially if the written language is vastly different from your native tongue (i.e., learning Mandarin when one's native tongue is English).

Why Do We Get Ill During The Holidays?

It was the prospect that kept you going through all those stressful days at work - some long-awaited and much deserved time off. Then, would you believe it? As soon as you try to relax you start feeling ill. Headaches, nausea, exhaustion, a bunged-up nose, sore throat or even a fever all conspire to ruin your free time and leave you cursing your misfortune.

According to scientists, however, bad luck often has nothing to do with it. They have identified a condition called Leisure Sickness which strikes, they say, at the hardest workers in most need of a break. Those who reported symptoms of Leisure Sickness often said they had suffered it for more than ten years and added that it tended to begin at around the age of 26. They blamed it on problems adjusting from the stress of the workplace to a life of relaxation.

In the case of holidays taken away from home, however, the hassles of preparing to travel were a major cause of illness. Victims seem to spend a lot of time thinking about their job and working in general, leading researchers to believe they cannot deal adequately with free time, either through guilt or busy schedules.

Experts believe Leisure Sickness typically strikes those who have an inability to relinquish control and relax. They have the impression it has to do with psychological make-up - especially people who are perfectionists and suggest that anyone exhibiting signs of Leisure Sickness should re-evaluate their priorities and try to lighten the pressure they place on themselves. The best way to get rid of it is simply have another look at your work and try to pay more attention to other aspects of life.

5 ways to avoid getting sick during the holidays

Shopping for gifts, cooking, parties and traveling to see family are holiday responsibilities that require a lot of energy, and coming

down with a cold or flu is the last thing you need this time of year. With all the hustle and bustle of the holidays, we come into contact with more germs that can weaken the immune system. In fact, there are over 200 different viruses that are more prevalent during the winter months.

Avoid germ hotspots

Cold temperatures and unpredictable winter weather means spending more time indoors. Any time there are a lot of people using the same space, there is exposure to more germs. People work out at the gym rather than going to the park so the gym equipment is a big germ hotspot. Also, people tend to do more shopping at malls. Door handles and escalator handles are particularly germ. Using hand sanitizer when you go to public places can help make sure you don't bring cold and flu germs home with you.

Don't spread germs to friends and family

If you feel a cold coming on, there are ways to avoid spreading your illness at parties, family gatherings and public places. Peterson said the simplest and most important thing to remember is to wash your hands. Hand washing by rubbing the hands with warm soapy water for at least 20 seconds helps to slough germs off the skin. Teach your children to wash their hands as well. It is recommended to cough into your sleeve or elbow rather than into your hands, which will lead to contaminating anything you touch. Avoid touching your face and others. Be conscientious of touching your eyes, nose, and mouth, which will contaminate your hands. Most adults touch their face about 16 times a day, and children do a lot

more often, increasing the spread of germs.

Be prepared for travel

The holiday season is the busiest travel time of the year, visiting family or going on vacation. People are in closer proximity on trains and airplanes so they are more likely to be contaminated if someone coughs or sneezes. Plus, the sanitization of trains and airplanes is not very thorough, so surfaces are more likely to harbor germs. The best way to avoid picking up a virus while using public transportation is by using anti-bacterial wipes to clean your hands, tray tables, television buttons and arm rests. Avoid shared items on planes. Unless they are pre-packaged, avoid items used by many people such as pillows, blankets, seat back pockets, earphones and magazines.

Keep holiday stress at bay

Getting everything done on our holiday to-do list can cause anxiety and leave us feeling stressed and fatigued. Stress impacts your immune system making it more difficult to fight off colds and flu. Plus, stress often causes sleep deprivation, which further suppresses your immune system. Making sure you try and stick to a healthy diet, making sleep a priority can help your body get through the holidays without getting sick.

Get moving

We don't have a lot of extra time during the holidays, but Peterson said fitting in even a small amount of physical activity each day can help ward off colds and the flu by boosting the immune system. Exercise on a regular basis helps to turn down the production of stress hormones.

How to De-Age Your Skin



It has been said that how old someone looks - regardless of their actual age - offers insight into their overall health. In fact, someone famously said that your skin is a mirror of your mind.

Accelerated aging occurs when the hormones that build muscle and bone decline more quickly than the hormones that break down tissue to provide energy. The result: Cells experience more wear and tear, less repair, and we feel and look older than our age. The goal is to have your breakdown in proportion to your repair, or even better, more repair than breakdown.

1. Catch the "angel train".

Go to sleep before 10pm, and you'll double the rejuvenating effectiveness of that night's sleep. Getting enough sleep is certainly important when it comes to avoiding dark under eye circles and general exhaustion, but quality sleep specifically between the hours of 10pm and midnight has been shown to be powerfully effective when it comes to cell repair.



2. Stress less (and mind your cortisol).

High stress and, as a result, high cortisol, result in elevated blood sugar. This is linked to pre-diabetes and accelerated aging. You have to save your adrenal glands and your cortisol reserves!

When it comes to reducing stress, you've got lots of options:

- Practice yoga a few times a week (as a yoga instructor, I have to say this is my favorite)
- Meditate or practice deep breathing, several minutes a day
- Add fish oil to your daily vitamin list
- Reduce your caffeine intake
- Have a little (low sugar, high quality) dark chocolate

3. Get your metabolism working for you.

Low thyroid and, as a result, a slow metabolism doesn't just cause weight gain; it can also be a factor in when it comes to energy levels, hair loss, mental acuity, and mood. And nothing makes you feel older than being overweight, bald, foggy, and cranky.

Low thyroid over an extended period of time is also associated with delayed reflexes and a greater risk of Alzheimer's disease.¹

In order to get your thyroid back into the sweet spot, here are some strategies that have made a big difference for my patients:

- Take probiotics! Endocrine disruptors - like Bis-Phenol A and phthalates - from your environment. These are often found in plastic water bottles and lining cans of food. Recent data shows a probiotic prevents your absorption of BPA.
- See if you have a gluten sensitivity or gluten intolerance. Both can wreak havoc on your ability to absorb important nutrients and exacerbate low thyroid. Try a GF or low carb diet for a few weeks and see if your energy levels and weight loss improve.
- Add some Vitamin A and Vitamin D to your list of daily supplements. Both are critical for correct thyroid function.

This advice is just the tip of the iceberg when it comes to reclaiming your youth and balancing your hormones, but these strategies are some serious needle-movers.

Dr Hamed Mahfudh: ‘The most dangerous delays causing maternal death’

By Khadija Amri

When a man goes for a computer course for months or a year, he has an anticipation which is to become an expert in that area and utilize whatever he has learnt for his real life experiences. If he doesn't, he will not only be disappointed but would feel wasted for both his time and money and the loss will only be for him as an individual. However, if such disappointment happens to a doctor who has spent significant years of specialization inside the country and abroad only to come back home and find himself facing appalling fragile struggling health system... that is a tragedy not only for him; but to the entire country.

In Tanzania most emergency cases in hospitals are due to complications occurring during pregnancy and delivery. In this issue, Tanzania Parent Plus speaks to Dr Hamed Mahfudh; an Obstetrician Gynecologist who highlighted the core problem(s) leading to maternal death.

Insufficient screening tools
Health is among the crucial

departments that need more priority in the country. If people become healthier, everything else will take a good flow... they will be strong enough to seek knowledge, engage in a suitable industry to improve their lifestyle and raise their country's economy. Unfortunately the reverse is the case. Much money has been invested in the not-so necessary areas such as politics.

With more than 20 regions, Tanzania still lacks reliable expertise and sufficient medical supplies and equipments to reduce maternal deaths. "It is heart breaking when you are a

specialist and you become helpless to patients just because the hospital lacks required facilities. This is the reason why few lucky citizens go abroad for the check-up. If the government would prioritize health, we could stop many deaths that occur every day" said Dr Hamed. He said despite its efforts to train a number of doctors to become experts each year, the government fails to retain them back due to different economic and financial reasons which leaves most of them with no options than to live in town or never come back at all. "Most of the specialists think about their future and that of the families. If he chooses to transfer in the region



Pic 1: Dr. Hamed Mahfudh Mohamed is seen in New York, USA with Michel Bloomberg of Bloomberg Philanthropies, former Mayor of New York and main donor of World Lung Foundation - Maternal Health Project in Tanzania.



Pic 2: Dr. Hamed Mahfudh Mohamed with the former President of Mozambique in Maputo, Mozambique.

he expects the government to offer him a reliable income and proper education for his children which does not happen. There are very few specialists available and are all settled in cities like Dar es Salaam. If you go to Kigoma, and other regions you won't find a single Surgeon or Physician. It's unfortunate we always react to the problem but we don't act to prevent problems. He noted.

The 3 delays

Explaining about the common habits of so many people not attending the hospitals in Tanzania, Mahfudh mentioned delays as life threatening.

The first delay is the one where a patient hesitates or rather is not sure whether or not to go to hospital for the checkup. "Many people do not have a culture to go to hospitals. They would rather consult witch doctors or chose to live with diseases but not see a doctor, he explained. Many people are suffering from different health instability. But coming into a decision to seek help or do the check-up is a problem.

He further explained another Delay resulted from the poverty such as a means of transportation or poor infrastructure. Majority of Tanzanians especially in villages are economically unfortunate. They do not have access to a reliable transportation. So this is a challenge when it comes to save lives. "In this case many women in the villages get life threatening complications of pregnancy and labour and die or lose their lives when they are on their way on bicycles or on foot to hospitals" Doctor emphasized.

The third delay he mentioned comes from hospitals. 15 % of pregnancies will have complications which could be life threatening and lead to deaths without early intervention. "Every day there are several complicated cases happening in hospitals. Lack of quality Emergency Obstetric care facilities is at all levels from District to National Hospitals. Normally something is missing when the patients are already in the hospital waiting for the treatment. For instance a pregnant woman might have lost so much blood yet there is none available which in the end two lives will be lost; a mother and a child's. He noted.

Who is Dr Hamed?



Hamed Mahfudh Mohamed was born in Zanzibar sixty seven years ago in a family of 7 children. He finished his Doctor of Medicine course in 1976 at Crimean State Medical Institute in Russia, and then attended The Muhimbili Medical Centre for one year Internship.

In 1978, he became a general practitioner in Newala district where he operated for 3 years before joining postgraduate training for the degree of Master of Medicine in Obstetrics and Gynecology in University of Dar es Salaam. His choice of specialization was inspired by the poor life he witnessed from Newala residents, particularly women.

"Initially in my undergraduate level I did not like Obstetrics and Gynecology. But after watching pregnant women fight from different complications during the pregnancy...it encouraged me to go back to school study more about their problems, so that I can be of help to my country", said Dr Hamed. In his experience Doctor Hamed realized that many women die from the number one killer cancer in women in Tanzania

known as Cervix Cancer. He came to comprehend the Cervix Cancer patients do not make it to life because there is shortage of experts and screening systems to detect the early changes. Hence he went on to study Gynecological Cytopathology. In the movement to reduce maternal suffering Doctor Hamed kept on studying several women related fields such as Obstetric Fistula Surgery at Addis Ababa Fistula Hospital for poor women with birth Injuries in Ethiopia where he became an Obstetric Fistula Surgeon, after have had achieving Diploma in International Maternal Health Care from University of Uppsala Sweden in the year 1994. Dr. Hamed also worked with the World Lung Foundation in the project for the reduction of Maternal Mortality.

Gynecology and obstetrics are twin subjects that deal with female reproductive system. While obstetrics deals with pregnancy and its associated changes and complications, gynecology involves treating women with early complications of pregnancy and genital diseases not related to pregnancy.

In advanced countries the two fields are independent from each other but due to shortage of specialists in the third world countries like Tanzania an Obstetrician is as well Gynecologist. Obstetricians closely work with the pediatricians and neonatologists to deal with care of the newborn baby to reduce the chances of mortality and disease of the newborn.

History of Tanzania



Earlier, Tanzania used to be a German colony and was known as Tanganyika. However, in the year 1918, it became a British mandate territory. On 9 December 1961, Tanganyika got its freedom from the British rule. Later in 1964, Tanganyika got merged with Zanzibar to become Tanzania. This is an important day when Tanzanians commemorate their nonviolent transition to freedom from the British rule. In 1884, Tanzania was a German colony and was known as Tanganyika. On the other hand, in 1890 Zanzibar was a British protectorate. Much later in 1918, Tanganyika became a British colony. In 1947, Tanganyika became a United Nations Trust Territory under the British rule. The climate, topography, geography, geopolitics, and history made Tanganyika the most important territory among the other UN trust territories. After it was grouped under the UN Trust territories, the British felt an increasing pressure when it came to managing political progressions. The British concept of “gradualism” was being threatened at a rapid speed and was completely abandoned during the last couple of years prior to independence. Finally, Tanganyika became independent from the British in May 1961. And at this point of time, Julius Nyerere was appointed as the Prime Minister. Besides, a new constitution was introduced. However, the country got its complete independence on 9 December 1961. On 10 December 1963, Zanzibar received its independence from the United Kingdom. Tanganyika and Zanzibar merged on 26 April 1964 to form the United Republic of Tanganyika and Zanzibar. On 29 October 1964, the country was renamed as the United Republic of Tanzania.

THE TRANSLATED VERSION OF THE TANZANIAN NATIONAL ANTHEM:

*God bless Africa
Bless its leaders
Wisdom, unity and peace
These are our shields
Africa and its people
Bless Africa, Bless Africa
Bless us, the children of Africa
God bless Tanzania
Grant eternal freedom and unity
To its women, men and children
God bless Tanzania and its people
Bless Tanzania, Bless Tanzania
Bless us, the children of Tanzania*

What Is Gestational Diabetes?

Gestational Diabetes: Recommended Foods



This type of diabetes develops in pregnant women and usually resolves on its own after giving birth. Gestational diabetes is a type of diabetes that develops during pregnancy due to hormonal changes. Diabetes is a disease marked by high levels of glucose (a simple sugar that the body stores and uses for energy) in the blood, which can cause a range of health issues.

There are several different types of diabetes.

Type 1 diabetes develops when the pancreas produces little to no insulin (a hormone that regulates the amount of glucose in the blood and helps move glucose into cells for energy). *Type 2 diabetes* — the most common type of diabetes — develops when the liver, muscles, and fat cells don't properly respond to insulin. Gestational diabetes, by comparison, develops only in pregnant women who didn't have diabetes before becoming pregnant.

Causes of Gestational Diabetes

Similar to type 2 diabetes, gestational diabetes develops when the body is no longer able to respond effectively to insulin — a condition called insulin resistance. When the body's cells don't properly absorb glucose, the simple sugar builds up in the bloodstream, resulting in elevated levels of glucose on blood tests. Insulin resistance in pregnant women is due mainly to

hormonal changes, according to the 2008 article. More specifically, there's an imbalance between levels of certain insulin- or glucose-affecting hormones in the body during pregnancy. The hormones that raise blood glucose or break down insulin are those that override lower blood glucose, resulting in elevated blood glucose levels.

These hormones include:

- Growth hormones
- Cortisol (a stress hormone)
- Estrogen and progesterone
- Human placental lactogen (a hormone produced in the placenta that helps break down fat from the mother to provide energy for the fetus)
- Placental insulinase (another hormone from the placenta that inactivates insulin)

What's more, other changes during pregnancy — such as eating more, exercising less, and having larger fat deposits — can contribute to insulin resistance. These changes allow the growing fetus access to more nutrients. The woman's body compensates by producing more insulin — but sometimes even this extra insulin isn't enough to keep glucose levels normal, resulting in diabetes.

Risk Factors for Gestational Diabetes

Numerous factors raise a pregnant woman's risk of developing gestational diabetes, including:

- Prediabetes (blood sugar that's elevated, but not high enough to be called diabetes)

- High blood pressure
- A history of gestational diabetes
- A family history of type 2 diabetes
- Hormone disorders, such as polycystic ovary syndrome (PCOS)
- Being overweight, or gaining too much weight during pregnancy
- Being older than 25
- Being of African, American Indian, Asian, Hispanic, or Pacific Islander descent
- Previously giving birth to a baby that weighed at least 9 pounds or had a birth defect
- Previously having an unexplained stillbirth or miscarriage

Managing Gestational Diabetes

Gestational diabetes is managed by monitoring blood glucose levels, adopting a healthy eating plan and performing regular physical activity. Your health care team can help you with blood glucose monitoring, healthy eating and physical activity.

Gestational diabetes can often initially be managed with healthy eating and regular physical activity. However, for some women with gestational diabetes, insulin injections will be necessary for the rest of the pregnancy. Approximately 10 – 20% of women will need insulin, however, once the baby is born insulin is no longer needed. This is safe for both you and your baby. Blood glucose lowering tablets are generally not used in pregnancy. After the baby is born, gestational diabetes usually disappears. A special blood glucose test (Oral Glucose Tolerance Test) (OGTT) is performed six weeks after delivery to ensure that blood glucose levels have returned to normal. However, women who have had gestational diabetes have an increased risk of developing type 2 diabetes later in life and should be tested for diabetes at least every 2 – 3 years.

Iced Sugar Cookies

Serves 40 Total time: 3 Hours, 12 Minutes

Ingredients

9 ounces all-purpose flour (2 cups)
1/2 teaspoon salt
1/4 teaspoon baking powder
3/4 cup butter
2/3 cup granulated sugar
1 large egg
1 1/2 teaspoons vanilla extract

ICING:

1 1/2 cups powdered sugar
4 teaspoons egg white powder
1/8 teaspoon salt
2 tablespoons water
Additional ingredient:
Sparkling sugar (optional)



just until combined.

3. Shape dough into a 4-inch round, and cover with plastic wrap. Chill for 1 hour. Roll dough to 1/4-inch thickness on a lightly floured surface. Cut out 40 (2 x 3-inch) cookies, rerolling scraps as necessary. Place cookies 1 inch apart on a baking sheet lined with parchment paper. Bake at 350° for 9 minutes or until lightly browned on bottoms. Cool on a wire rack.

4. To prepare icing, combine powdered sugar, egg white powder, and 1/8 teaspoon salt, stirring well. Gradually add 2 tablespoons water, stirring constantly with a whisk until smooth. Decorate cookies as desired. Sprinkle with sugar, if desired. Let the cookies stand on a cooling rack until icing is

completely dry (about 1 hour).

VARIATION 1: Gingerbread Cookies

Prepare Iced Sugar Cookies, increasing flour to 11.25 ounces (about 2 1/2 cups). Stir 1 tablespoon ground ginger, 1 teaspoon ground cinnamon, 1/2 teaspoon ground cloves, and 1/4 teaspoon ground allspice into flour mixture. Add 1/4 cup molasses to dough when vanilla is added. Halve icing recipe; decorate as desired. Finishing flourishes don't require special equipment. First, "flood" cookies by spreading thin frosting with a small offset spatula to coat, if desired. Pipe thicker frosting from a zip-top bag to outline. Use a toothpick to make small dots of icing that act as glue for decorative details like sugar pearls.

Preparation

1. Preheat oven to 350°.
2. To prepare cookies, weigh or lightly spoon flour into dry measuring cups, and level with a knife. Combine flour, 1/2 teaspoon salt, and baking powder, stirring with a whisk. Place butter and granulated sugar in a large bowl, and beat with a mixer at high speed until light and fluffy. Add egg, and beat until well blended. Beat in vanilla extract. Reduce mixer speed to low. Add the flour mixture to butter mixture; beat

Gingerbread Cookies

Yield: Serves 40 (serving size: 1 cookie)

Total time: 3 Hours, 12 Minutes



Ingredients

COOKIES:

11.25 ounces all-purpose flour (about 2 1/2 cups)
1/2 teaspoon salt
1/4 teaspoon baking powder
1 tablespoon ground ginger
1 teaspoon ground cinnamon
1/2 teaspoon ground cloves
1/4 teaspoon ground allspice
3/4 cup butter
2/3 cup granulated sugar
1 large egg
1/4 cup molasses
1 1/2 teaspoons vanilla extract

ICING:

3/4 cup powdered sugar
2 teaspoons egg white powder
1/8 teaspoon salt
1 tablespoon water

ADDITIONAL INGREDIENT:

Sparkling sugar (optional)

Preparation

1. Preheat oven to 350°.

2. To prepare cookies, weigh or lightly spoon flour into dry measuring cups, and level with a knife. Combine flour, 1/2 teaspoon salt, baking powder, ginger, cinnamon, cloves, and allspice, stirring with a whisk. Place butter and granulated sugar in a large bowl, and beat with a mixer at high speed until light and fluffy. Add egg, and beat until well blended. Beat in molasses and vanilla extract. Reduce mixer speed to low. Add the flour mixture to butter mixture; beat just until combined.

3. Shape dough into a 4-inch round, and cover with plastic wrap. Chill for 1 hour. Roll dough to 1/4-inch thickness on a lightly floured surface. Cut out 40 (2 x 3-inch) cookies, rerolling scraps as necessary. Place cookies 1 inch apart on a baking sheet lined with parchment paper. Bake at 350° for 9 minutes or until lightly browned on bottoms. Cool on a wire rack.

4. To prepare icing, combine powdered sugar, egg white powder, and 1/8 teaspoon salt, stirring well. Gradually add 1 tablespoon water, stirring constantly with a whisk until

smooth. Decorate cookies as desired. Sprinkle with sugar, if desired. Let the cookies stand on a cooling rack until icing is completely dry (about 1 hour). Finishing flourishes don't require special equipment. First, "flood" cookies by spreading thin frosting with a small offset spatula to coat, if desired. Pipe thicker frosting from a zip-top bag to outline. Use a toothpick to make small dots of icing that act as glue for decorative details like sugar pearls.

Tamale Chicken Potpies

Yield: Serves 4

Total time: 43 Minutes

Tamale Chicken Potpies

Serve these individual potpies with a side of spicy black beans: Heat 2 teaspoons canola oil in a medium saucepan over medium heat. Add 1/2 cup diced green bell pepper and 2 minced garlic cloves; sauté until soft. Stir in 1 (15-ounce) can rinsed and drained black beans, 1 tablespoon fresh lime juice, and 1/2 teaspoon grated lime rind; cook until thoroughly heated (about 5 minutes). Stir in 1/2 teaspoon crushed red pepper, if desired.

Ingredients

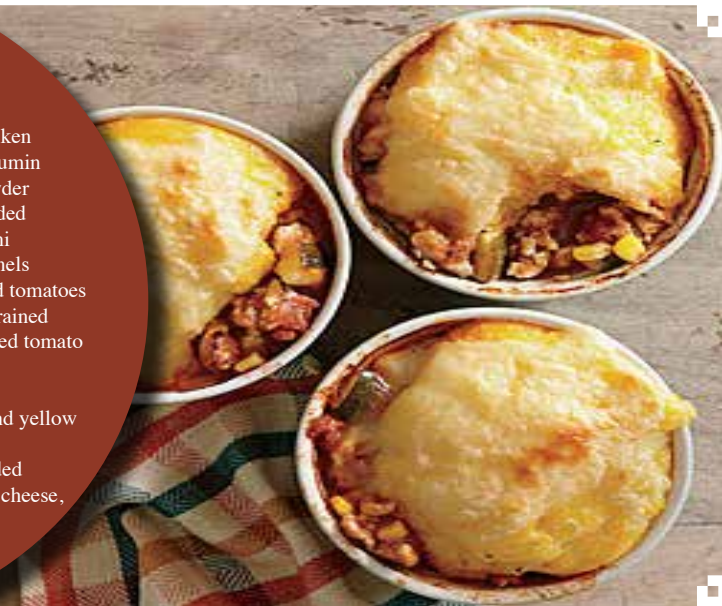
2 teaspoons canola oil
1 cup chopped onion
12 ounces ground chicken
1 tablespoon ground cumin
1/2 teaspoon chili powder
1/2 teaspoon salt, divided
1 cup chopped zucchini
3/4 cup fresh corn kernels
1 (10-ounce) can diced tomatoes and green chilies, undrained
1 (8-ounce) can unsalted tomato sauce
Cooking spray
1/2 cup coarsely ground yellow cornmeal
1 1/2 cups water, divided
3/4 cup of any type of cheese, shredded and divided

Preparation

1. Preheat oven to 400°.
2. Heat a large skillet over medium-high heat. Add oil to pan; swirl to coat. Add onion; sauté 3 minutes. Add chicken; cook 3 minutes, stirring to crumble. Stir in cumin, chili powder, and 1/4 teaspoon salt; cook 1 minute. Add zucchini, corn, tomatoes, and tomato

sauce; bring to a boil. Reduce heat; simmer 8 minutes, stirring occasionally. Divide chicken mixture evenly among 4 (10-ounce) ramekins coated with cooking spray. Place ramekins on a jelly-roll pan.
3. Place remaining 1/4 teaspoon salt, cornmeal, and 1/2 cup water in a medium bowl, stirring to combine. Bring remaining 1 cup water to a boil in a medium

saucepan. Gradually add cornmeal mixture to pan; cook 3 minutes or until thickened, stirring frequently. Stir in 2 ounces cheese. Divide cornmeal mixture evenly among ramekins. Sprinkle evenly with remaining 1 ounce cheese. Bake at 400° for 15 minutes or until light golden brown.



Speedy Shepherd's Pie

Yield: Serves 40 (serving size: 1 cookie)

Total time: 3 Hours, 12 Minutes



Ingredients

1/2 kg lean ground beef
1 cup matchstick-cut carrots, finely chopped
1 cup pre chopped onion
4 garlic cloves, minced
2 tablespoons unsalted tomato paste
1 cup unsalted beef stock, divided
2 teaspoons cornstarch
2 teaspoons Worcestershire sauce
1/2 teaspoon freshly ground black pepper
3/8 teaspoon kosher salt
1 1/2 cups frozen green peas
1 (24-ounce) mashed potatoes
2 tablespoons freeze-dried onion
1/2 teaspoon sweet paprika
Preparation

1. Preheat oven to 500°.

Preparation

1. Preheat oven to 500°.
2. Place beef in a large skillet over high heat; cook 5 minutes or until browned, stirring to crumble. Add carrot, onion, and garlic to pan; cook 2 minutes. Stir in tomato paste; cook 30 seconds. Combine 1/4 cup stock and cornstarch in a small bowl, stirring with a whisk. Add cornstarch mixture, remaining 3/4 cup

stock, Worcestershire, pepper, and salt to pan. Stir in peas. Cook 2 minutes or until slightly thickened.

3. Place beef mixture in a 2-quart glass or ceramic baking dish. Top evenly with mashed potatoes. Sprinkle freeze-dried onions and paprika over potatoes. Bake at 500° for 5 minutes.



All For Love

All for love is a not for profit organization devoted to creating a lasting change in the lives of Tanzania through promoting better education standards. This is accomplished by promoting public awareness of the various issues affecting the standards of basic education.

They have begun initiatives of rehabilitating public primary and secondary schools in an effort to improve the quality of education offered. Their project entails better buildings, adequate teaching staff, correcting teacher to student ratio, and providing

incentives to teachers who agree to work at the rural societies of Tanzania.

In addition, the organization, since 2013 has afforded to sponsor kids back to school through it scholarship fund that was established with a focus on Orphaned and Street Kids that could not afford education. The efforts are in the hope of forever changing their livelihood, rippling further into reduced unemployment and crime in the society.

Their diverse outreach programmes allow them to penetrate through the heart of communities and to offer the much needed long-term

effective help to empower the next generation of Tanzania. Their work recognises and tackles the most pressing needs in the society by keeping up-to-date with local needs.

All For Love was founded by a group of passionate and enthusiastic high school students. Since then, All for Love has grown to welcome a number of volunteers to and are constantly encouraging youth involvement in joining together to enact change. For more information on their events, participation or donations please email info@allforlove.or.tz.

MALAIKA PRIMARY SCHOOL



The Malaika Day Care Centre combines aspects of the Montessori teaching methods with High Scope learning techniques, to offer a first class educational experience resulting in the creation of happy and independent thinkers.

Age Groups:

Toddlers	1 ½ - 3 years
Pre-school I	3 – 4 years
Pre-school II	4 – 5 years

Registration is now open at the Malaika Primary School. The school opened their new academic year in September and offers an enriched *Cambridge Primary Curriculum*, which not only fulfills the aspirations and requirements of the local and International education bodies, but inspires children. It is a skills-based curriculum which allows children to develop competencies in learning and also their personal capabilities.

Students are served breakfast and lunch during their breaks. The meals are balanced, fresh and served with vegetables/salad/fruit in some form every day. The schools are within a spacious, well-maintained, fenced and secure compound with a large ground used for football, basketball, volleyball, cycling, athletics, golf, tennis and other physical activities. The school offers reliable transport to different parts of Kigamboni.

THE MALAIKA BEACH CLUB offers membership to adults and children. Facilities include areas to play beach football, beach volley ball, beach golf and swimming. The facility is open to General Public.

Malaika School

Magogoni Street, Plot no 1216/1217

Block F, Kigamboni - Tememe

Dar Es Salaam, Tanzania

TEL: 0718 023212 or 0682 023217

EMAIL: malaikaschoolsdsm@gmail.com

Decorating Your Home For The Festive Season

Unlike redecorating, staging is all about making small, low-effort changes to your home, ensuring maximum impact for the minimum amount of work. Follow these essential holiday tweaking tips and your home will acquire a warm, welcoming, guest-ready feel in no time! Make your home its holiday best with simple but sensational holiday decorating hints



1. Purchase simple holiday greenery arrangements and embellish them yourself for a unique touch.
2. Pot up and begin forcing bulbs like amaryllis and paper whites six to eight weeks before Christmas.
3. Have your best table linens professionally cleaned.
4. Install night lights in hallways and guest bathrooms so that when friends and family come to stay with you, they can find their way in the dark.
5. Give yourself a warm reception by adding a timer to a lamp in your entry or another front room so that it's lit up when you come home from work or running errands.
6. Buy new napkin rings for your holiday table.
7. If your dining chair upholstery is dated or stained, have chairs re-covered or opt for slipcovers.
8. Replace chipper or cracked service ware or add a new vegetable dish or platter to your collection.
9. Get folding luggage racks for your guest rooms.
10. Warm up the living room by layering floor coverings. Add an area rug or a smaller Persian carpet.
11. Buy new welcome mats for all doorways and outside your entrance.
12. Brighten up a dark corner with a new lamp.
13. Replace dated-looking window treatments like balloon valances or metal mini blinds with tailored valances, Roman blinds or drapery side panels.
14. Stock up on candles. You'll need tea lights, white and coloured tapers, and pillar candles in a few different sizes.
15. Move your artwork around; frame and hang all the pictures you've been meaning to display.
16. Clean chandeliers and pendant lights.
17. Create a natural home fragrance by placing a few orange slices, some cloves and a cinnamon stick into a saucepan with some water, and letting it simmer on the stove for about 15 minutes before company arrives.

Tis' The Season To Be Jolly

By Nilu Kulathunga



The Tanzania Parent Plus team held a Charity Drive to collect items for the underprivileged community in Tanzania.

The struggle of street children on the streets of Tanzania is real. Many of these children are in most cases neglected by parents. They survive on stale leftovers of food often dug out of garbage cans. Some of the children I spoke to recently sleep in dark alleys and shacks. In some cases, it is these needy children who engage in criminal activities for reasons of sheer survival.

This festive season, Tanzania Parent Plus team held a Charity Drive to collect items to donate to these street kids and the



underprivileged community, the Charity Drive was a success.

Boxes of toys, kids and adult clothes, handbags, food items,

sodas, household and other essentials items were collected. Donations were made to Chez Kristo Center Mwanza, Victoria Foundation and street kids of Zanzibar and Dar Es Salaam.

This initiative would not have been possible without the kind support of the community. We would like to say a big Thank You to our donors; Moushumi Gandhi Jani, Mustafa Hassanali, Mira Molenkamp, Alison Randles Rourkes, Samallie Sempebwa Mitti, Corona Society Tanzania, Adyan, Amani and Aleeyah Mahfudh.

Jeweled Photo



This sparkling frame also makes a great gift.

What You'll Need:

cardboard, photo of your child, gold pipe cleaner, 1 medium-size craft jewel, 35 to 40 small craft jewels, white craft glue, green glitter glue

Make It:

Glue the photo to the cardboard. When the glue is dry, cut the photograph into a triangle shape, similar to a Christmas tree. Pipe glitter glue down one edge of the photo and gently press jewels into the glue. Continue all the way around the photo and then glue the largest jewel at the top of the triangle. Bend the pipe cleaner into loop for a hanger and glue it to the back at the top of the ornament.

Foam Snowman



Brrr! Make an entire family of these chilly cuties.

What You'll Need:

3 white foam circles, googly eyes, 2 buttons, 1 small orange pom-pom, yarn, white craft glue

Make It:

Glue the three foam circles together to create a snowman. Glue the googly eyes and the pom-pom (for the nose) on the top circle and the buttons on the middle circle.

To hang the snowman, make a 3-inch loop with the yarn and glue it on the back of the top circle.

Handprint Santa



A sparkly keepsake is also perfect for a scrapbook!

What You'll Need:

construction paper (pink, red, white), googly eyes, glitter glue (red, white), 1 small pink pom-pom, yarn, glue stick, white craft glue

Make It:

Trace your child's hand onto white paper and cut it out. Cut a triangle shape from the red paper to make the Santa hat. Cut a small circle and a flat, cloud-like hat brim from the white paper. Glue the small circle to the top of the red triangle and the flat brim onto the bottom. Cut a circle or oval from the pink paper for a face. Use the glue stick to attach the hat on top of the circle and the handprint on the bottom, inverting the handprint so the fingers are facing down. Use white craft glue to add the eyes and nose. Decorate the white paper with white glitter glue and the red paper with red glitter glue.

Glittery Mosaic



Paste this pretty decoration together.

What You'll Need:

construction paper (red, green), white poster board (about a 5-inch square), 1 gold pipe cleaner, 1 medium-size green glittery pom-pom, 1 small green glittery pom-pom, 1 small red glittery pom-pom, glue stick, white craft glue

Make It:

Cut the construction paper into one-inch squares. Use the glue stick to attach the squares until it covers all or almost all of the poster board; alternate the red and green colors and, if you like, leave a small space in-between the squares.

Once the squares have dried, cut a Christmas ornament shape (circle, oval, teardrop, etc.) from the poster board.

Make a loop from the pipe cleaner for the hanger and glue it to the back, at the top of the ornament. Then glue the small green pom-pom to at the top beneath the loop. Finish by gluing the medium-size green pom-pom and the small red pom-pom together (green on top, red on bottom) to the bottom of the ornament.



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