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Raising a child is often fraught with worry and tension. GN Focus asks UAE parents to detail memorable meltdowns

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By **Sanaya Pavri**



**Sheer presence of mind and a little assistance from a superhero helped Sukaiyna Gokal tide over her child's illness**

Image Credit: Supplied

**Sukaiyna Gokal**  
British, 46, Lifestyle Coach

I panicked when I received the news that my son Ayden, then four-and-a-half, had been hit by the seat of a swing.

I also knew that my composure was essential to his confidence.

If he saw me panicking, he would, in turn, be fearful and the experience could stay with him forever.

I offered him warm, reassuring words as we rushed to the hospital.

To distract him, I talked of superheroes getting hurt and how it goes with the territory. I used images to which he could relate.

We celebrated the cast on his arm and chose a superhero colour for the plaster. His birthday saw the arrival of Batman wearing a similar cast and all the children learnt that even superheroes get hurt sometimes.