



## Singapore Newsletter

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Dear GFI Family

Do you have to deal with allergies? In Singapore, the number of children having asthma is among the highest in the region. Read about what are some of the preventive measures you can take. Ever have to handle the "It is not fair!" statement? Look at how one mom handles it and see if you can use it. A mom wrote a wonderful prayer that I know all moms can share. And then there is the issue of rules. Will too many rules hurt our children? Some food for thought on that. Children are great observers but bad interpreters. Have a laugh at some of the conclusions made by young children from what they observe.

The Infant Way class is scheduled to start on 18<sup>th</sup> this month, have you registered? Have you told a friend? There are many classes of other programmes that are being started by various churches. Do email us and we will connect you to the one nearest church that is making it available.

Dorcas Li

### New Infant Class Starting 18 Jul

Every Mon 7.30pm  
at  
S'pore Recreation Club  
(near Raffles City Shopping)

- 24-hour infant management program
- Take the guessing out of infant care
- Train infant to sleep through the night by 10 weeks
- Strategy to avoid post-natal blues

Registration form and details of the class is available on-line at [www.gfi-singapore.org](http://www.gfi-singapore.org)

Do log-in to register your interest now and reserve a place.

### Teaching Contentment

*"Be content with what you have." Hebrews 13:5*

Thecla was upset that her sister was given a pink pencil and she does not. "It is not fair! I do not have. I want that too. Why don't I have it? Hump!"

Mommy (mimicking child's tone & facial expression), "Hump! It is not fair! I choose to be sad. I choose to be angry with that little that I don't have. I don't want to be happy with all that I have. I just want to be unhappy over the things that I do not have. I want...I want..."

Mommy, "Since you are so unhappy even though you have so much, then there is no point keeping what you have. We will throw away those things that you have. You are not happy even when you have them anyway. Come shall we go throw away your things? Or are you happy with what you have?"

Contentment—helping child to shift her attention on what she has. Giving child the skill not to keep dwelling on that which she does not have.

*A thankful heart  
Is a happy heart  
Be glad for what you have  
That's a good place to start*

**Key Principle**  
*Virtuous Way Chp 10:*

Encouragement takes a quantum leap when you add physical touch to your words of praise. It is even more meaningful when Dad does it.

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# Childhood Allergies, Article by Terri Buel & Dee Dee Dirks

Extracted from *Babyline* A publication of GFI Educational Services Vol. III Issue 3

Red puffy eyes, clear runny nose, excessive drooling, and constant irritability. What do these have in common? They are classic symptoms for allergies that you may see in your baby. If these symptoms are present in your baby, perhaps it may be wise to rule out whether allergies could be the culprit.

## Family History

Having members in the family who experience asthma, eczema, or other skin disorders or other kinds of allergic responses can be a link of understanding, if your child is in line for similar physical traits. An allergic response is how the body indicates that it has been exposed to something that the body is trying to fight against. The most common offenders are dust, molds, and pollens as well as a response to certain foods. Chances are that if either grandparents, parents, or a sibling has allergies, then the child in question may be a candidate for the same experience. The best place to start is to look at the symptoms you are seeing and discuss your observations with your pediatrician.

## Classic Symptoms

The following symptoms are commonly seen. Your child may not have all of these, but it is helpful to realize that an allergic response may be manifested through many different types of symptoms. This list is not conclusive. Skin—Facial twitching, itching, rash, tingling and burning, reoccurring diaper rash, red earlobes, reddish cheeks, blotchy patches, eczema.

- Eyes—itchy or watery eyes, swollen eyelids, puffiness below the eyes, shiners (circles under eyes), crusted eyelids.
- Ears—pain, chronic ear infections, ringing in ears.
- Nose—sneezing, post nasal drip, rubbing nose, stuffiness or sniffing, throat clearing.
- Lungs—wheezing, coughing, chronic bronchitis, asthma.
- Gastrointestinal—constipation, diarrhea, nausea, intestinal bloating, prolonged colic, frequent spitting, excessive drooling, vomiting, and abdominal pain.
- Behavior—sleepy, fatigued, "appearing spaced-out," fidgety, irritability, aggression, hyperactivity, inability to sleep well, intolerance to a variety of formulas.

These symptoms may be a clue but not definitive to diagnosing that your child has

allergies. Many expanded lists include symptoms that can also become excuses for issues that are more likely behavior problems.

Correctly identifying symptoms with your pediatrician and addressing the cause is the first step to improving your child's condition.

## Environmental Factors

Often environmental factors may be the stimulus for an allergic reaction. The following list includes suggestions for limiting your child's exposure to possible allergens in your home. The severity of your child's allergies and the type of reactions they experience should serve as a guide to which allergen(s) is the possible culprit.

Dust/Dust Mites—remove carpet (use tile or wooden floor), replace heavy drapes with light-weight curtains or miniblinds that can be cleaned often, remove stuffed animals, keep room clean, no dust collecting clutter, use 100% cotton bedding, use a dehumidifier (keep humidity under 50%), use a "HEPA Filtration System" to clean household air when there is difficulty breathing as with asthma.

Mold—limit or remove houseplants, remove peeling wallpaper, use exhaust Fans to decrease humidity which encourages growth of mold, keep bathrooms clean especially in tub and shower areas.

Pollen—keep windows closed, vacuum often (use thick microfiltration vacuum bags such as "Orek"), brush pets often and control where they sleep (pets bring pollens and other allergens inside), don't hang laundry outside, wash walls often.

Food—If there is a family history of food allergies or your infant experienced symptoms from breast milk or formula, then don't begin solids until 6 months of age (the later the better).

The following suggestions are from the "Allergy in Infancy Study" Kaiser Permanente UCSD. When introducing solid repeat it 3-4 days in a row in order to thoroughly observe any possible reactions.

**6 months** Vegetables: squash, carrots, potatoes (white or sweet), broccoli, cauliflower, beets, spinach, zucchini. \*No legumes or corn.

**7 months** Grains: rice cereal only. \*No wheat or mixed cereals.

**8 months** Meals: chicken, lamb, turkey, beef, veal, pork. \*No fish or shellfish.

- 9 months** Fruits & Juices: apple banana, pear, cherry, plum, apricot, peach, \*No strawberries or citrus.
- 1 year** Milk: whole or 2% \*No skim;  
Grain: All other Corn Citrus.
- 2 years** Egg, Peanut, Fish "Reminder: The most common Food allergens are milk, eggs, sugar, corn, wheat, citrus, berries, chocolate, and shellfish.

If your child has difficulty tolerating any of these foods, rotation diet may be the next step. This is a 4-day rotating diet designed to eliminate and/or rotate designated foods to allow your child balanced nutrition without triggering severe reactions. Your pediatrician, allergist, or nutritionist would best assist you in designing this for your child. Manipulating your environment and/or re-working your child's

diet may be just the right medicine to bring your child relief. However, there may be other unknown allergens which still irritate your child's immune system. A breathing apparatus, medications cream or lotions, nasal spray, cough suppressants, etc., may still be necessary to treat your child's symptoms. Discuss the use of these and possibilities for any further course of action with your pediatrician and, Lord willing, you'll find the best approach to allergy treatment for your child.

Information used For this article was gathered from many sources but primarily a pamphlet by Dr. Dorothy Calabrese "Childhood Allergies," the Kaiser "Allergy in Infancy Study," and several articles from the Internet. ... *This article is available at [www.gfi-singapore.org](http://www.gfi-singapore.org) under <Articles>*

## GFI Leadership Conference

Sep 28<sup>th</sup> to Oct 1<sup>st</sup>, 2005

Adelaide, Australia

**Key Conference Speaker**

—Mr & Mrs Ezzo

Theme of conference is:

Encouraging, Equipping and Empowering Families

- Building Our Nation for the Next Generation

Registration form and details of the conference is now available on-line at  
[www.gfi-singapore.org](http://www.gfi-singapore.org) Do log-in to register your interest now and reserve a place.

### *Prayer of a Mother*

*Dear God.*

*Help me to live up to the faith I see in my child's eyes.*

*I am so very human, so very frail...*

*Yet to her I am a tower of strength.*

*I can soothe her small hurts,*

*I can give her love, I can protect and cherish her.*

*Yet I can never be half of all I must be,*

*Without You to guide me.*

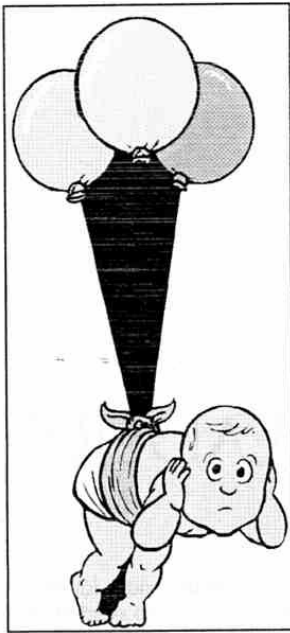
*Help me—and watch over her.*

*Teach her the things that are beyond my power,*

*So that she will one day be a better woman than I;*

*And in her turn, a better mother.*

*William E. Keister—Stratburg, Virginia*



## Interesting Facts Little Children Have Learnt About Life

If your sister hits you, don't hit her back. They always catch the second person.

No matter how hard you try, you can't baptize cats.

When your Mom is mad at your Dad, don't let her brush your hair.

Never ask your 3-year-old brother to hold a tomato.

Don't sneeze when someone is cutting your hair.

Puppies still have bad breath, even after eating tic-tac.

You can't trust dogs to watch your food.

Never hold a feather duster and a cat at the same time.

School lunches stick to the wall.

You can't hide a piece of broccoli in a glass of milk.

Don't wear polka-dot underwear under white shorts.

The best place to be when you're sad is Grandpa's lap.

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## Should I teach my child rules?

One of the very common questions that I am asked when teaching classes is “Would my child become so dependent on rules that he is unable to function without rules?” or “Would rules make my child become very robotic and unimaginative?”. Rules...are they good?

When a child enters into this world, he is like entering into a dark room. In this room there is furniture which your child is unable to see because he is still young. But he must know about the furniture otherwise he will knock into the furniture and get hurt. In this world there are rules that your child must know about and which he has yet to learn. God puts a young infant into a family with parents, who are older and wiser and who are aware of such rules as they have learnt them. Parents are there to tell the child where the furniture is, to tell them the rules.

If there is a huge wooden chest that is in front of your child, unless you tell your child, he will bang into it and get hurt. Of course, based on our uniqueness each parent may opt to overcome the wooden chest differently. You can choose to teach your child to climb over

it. Or you can choose to teach him to go round it. Or you may even choose to teach him to blast the wooden chest into pieces so that your child can walk through. Whatever your choice of approach, one thing remains—you must tell your child the existence of the wooden chest, the existence of rules in this world.

When we fail to teach our children that there are rules that must be obeyed, it would be like allowing our child to believe that the dark room has no furniture. With this belief the child would naturally assume that he can run all over the room without any obstacles. The child will end up getting hurt and confused.

We succeed as parents when we are able to teach our children such that they become very skilled in manoeuvring through the room without knocking into furniture, without breaking rules. The brightest child would be the one who is able to re-arrange the furniture such that the lay-out is to his liking. But the furniture remains.

### **Are you registered?**

[www.gfi-singapore.org](http://www.gfi-singapore.org)

GFI has just revamped our web site. Have you visited it? Let's build a community that can find new ways to stay connected despite our busy schedule. Do register on our web by clicking on <Contact US> today! From Oct onwards, this Newsletter will be sent only to those who have registered their interest on our website. We try not to send unsolicited mail.