



Singapore Newsletter

æ This Issue æ

- ◆ Household chores produce caring children?
- ◆ Key Principle
- ◆ New classes starting
- ◆ Nursing & illness
- ◆ Have You Registered?
- ◆ New Product—Signing DVDs for ages 1-8 yrs old
- ◆ GFI Australian Conference
- ◆ Book Recommendation—Answers to Your Kids' Questions

Dear GFI Family

Reflecting on the NKF episode, I was reminded to be thankful. I thank God that he has installed wise leaders in our land who acted fast and swift. I am thankful that there still exists a consensus in our society of what is morally wrong. As Singapore celebrates our 40th year as a nation this month, let's continue to pray for our nation. To pray for Godly men & women to continue to rise up and take up the challenge of leading this country. Take this opportunity to create a day of memorial for our children. As you watch the national day celebration, plan the day as a day to pray together as a family, to put stones on the beach as a memorial for the journey that your family has travelled thus far. A thanksgiving worship to the Lord who has been faithful. To commit "...that for me and my household, we will serve the Lord."

Dorcas Li

New Toddler Class Starting 10 Oct

Every Mon 7.30pm
at

S'pore Recreation Club
(near Raffles City Shopping)

- How to be pro-active in your training of your toddler.
- Learning should not be by chance.
- What is structured day?
- Weaning, what food to give? How to prepare?
- How to get toddler to eat happily?
- Potty training

Registration form and details of the class is available on-line at www.gfi-singapore.org

Register your interest and reserve a place now.

Household chores produce caring children?

Researchers from Toronto, Canada and from Macquarie University in Australia studied children from families who were given daily chores and those who were not. Their research pointed toward some interesting conclusions.

Children who performed household chores showed more compassion for their siblings and other family members than children who did not share in family responsibility. Even more interesting was the fact that not all chores are equal. The kids who did family-care chores like cleaning table after dinner, feeding the cat or mopping the floors, showed more concern for the welfare of others than children who had only self-care responsibilities, such as making their own bed and hanging up their own clothes.

Such research validates the obvious. Whenever children participate in the care of others, they grow sensitive to human need. Include your children, to whatever extent possible given their age, in helping to secure the welfare of your family. That may mean bringing out the rubbish every day after school, helping out with the sweeping of floors, folding clothes or washing dinner dishes. Whatever it may look like in your home, include your children in the experience of serving others daily.

Source: "Let the Children Come Along the Virtuous Way", Chapter 8, Gary & Anne Marie Eggo, with modification to Singapore context by Dorcas Li

**Key Principle: Virtuous Way Chapter 6
Respect for Authority and Parents**

**Parenting in the mind of God is a
Kingdom Issue**

Nursing and illness (Self-limiting illnesses)

By Barbara Philips, RN, CLE

Babyline Vol III Issue 2

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A common question or concern a nursing mom has is whether or not she can still breastfeed her infant when either she or her baby is sick. Looking at breastfeeding from both the mom's and baby's perspective, allow me to share some basic thoughts regarding both of these issues.

Nursing plays a unique role in encouraging wellness when a breastfeeding mother or infant is ill. Although the nursing patterns of the baby may temporarily change, in most cases, nursing does not need to stop.

In self-limiting illness such as colds or flu, the anti-bodies that the mother is producing will be given to the baby through the breast milk, resulting in protection for the baby or the baby may only experience a mild course of the disease.

MOM

Mom should rest, drink plenty of fluids and even with a diminished appetite, try and take nourishment. Should there be a need for medication, such as an analgesic or antibiotic, check with your paediatrician about its compatibility with nursing (even with over-the-counter medications.) If it isn't compatible, there is probably a suitable alternative. During an illness you may notice a temporary decrease in your milk supply as a result of the illness. The supply usually returns to its prior level with some additional nursing time (possibly adding an extra feeding, or some extra time at each feeding.) (Huggins, pg. 112-113)

INFANT

Nursing infants are less likely to be hospitalized if they become ill. The balance of fluids and low solute load (the conversion of solids) in the milk will help him to remain adequately hydrated. (Lawrence, pg 342-343). The protect factors in the breast milk will also aid him in recovering.

Some moms have been concerned that nursing a sick baby would increase the infant's fatigue levels, especially in an infant with respiratory symptoms. Studies have indicated that an infant with significant respiratory symptoms uses less energy at the breast than at the bottle. This is due to the synchronicity of respiration during breastfeeding. (Johnson and Sailsbury) (Lawrence, pg. 342-343)

With colds and stuffy noses along with an accompanying cough or sore throat, the infant may be less interested in nursing than previously. This may be due, in part, to blocked nasal passages. Try feed him in a more upright position. Saline drops will help clear the nasal passages, but check with your doctor on the number and frequency. You can prepare saline drops at home by dissolving one teaspoon of salt in one pint of warm water. (Riordan & Auerbach, pg. 488) Using a cool mist humidifier will also help.

An elevated temperature indicates the infant has an infection. Unfortunately, there is not always a corresponding relationship between the severity of the fever and the severity of the illness. You infant may have a high temperature with a minor infection and a low temperature with an infection that is more serious. (Huggins, pg. 113) As a rule, during the first four months of your baby's life, his temperature should not exceed 99° F (if taken in the arm pit) or 101°F (if taken rectally). If it exceeds these temperatures, report it to your paediatrician.

Fevers can result in dehydration, so you need to maintain his fluid intake and monitor his number of wet diapers. Other signs of dehydration are dry mucous membranes (dry mouth), listlessness, depressed anterior fontanel ("soft spot" on the top of the infant's head), cool clammy extremities—especially the fingers and toes

and the infant looks ill. (Riordan and Auerbach, pg. 486-487) If you suspect this in your infant, call your paediatrician immediately.

SIGNS OF ILLNESS

Sometime the first indication of illness is that your baby is not acting like himself, such as refusing to nurse or nursing poorly, listlessness, etc. Don't hesitate to contact your paediatrician with your concerns. Diarrhoea is uncommon infants who are breastfeeding. (Huggins, pg. 113) (Jolley, pg 52) In fact, the stools of a healthy breastfed infant can appear as diarrhoea in that they are similar in appearance—watery, and yellowish with small curds. (Jolly, pg. 52) Diarrhoea would be defined as having frequent (12 or more per day), extremely loose, watery stools. Sometimes they can be foul-smelling, and exhibit blood or mucous. (Huggins, pg. 113) Fluid loss can be high and the baby may become dehydrated very quickly. Your health care provider should be contacted regarding treatment. Occasionally, they will recommend fluid replacement with a solution containing electrolytes such as Pedialyte. Nursing is usually continued.

MEDICATIONS

Any medications prescribed for the body should be given to the baby, and not taken by the mother—rationalizing that it will come through the breast milk. This is especially true for antibiotics. There is no way to control the dosage amount that reaches the infant, as it will depend on the strength, time taken, and how much milk was consumed. (Lawrence, pg. 343)

ROUTINE

In regard to the routine, observe his nursing patterns. Is he maintaining his routine, or is he nursing less and unable to last until the next feeding? You may need to make some temporary changes in your routine, such as decreasing the time between feedings or adding an extra one. You would not want to eliminate any feedings during this time. Your baby may require longer nap periods, so you may find his wake times are less.

The above are simple guidelines to help you in assessing your infant and making decisions for his care. Illness is a part of life, and even in the best of circumstances, cannot always be avoided. Don't be hesitant to contact your paediatrician with questions; that is a part of providing health care. A call may bring needed care or simple confirmation that everything is fine.

Sources:

- Huggins, Kathleen, *The Nursing Mother's Companion*, Revised Edition, 1990, Harvard Common Press, Boston, Massachusetts.
- Jolly, Sandra, *Breastfeeding Triage Tool*, Seattle-King County Department of Public Health, 1996, Seattle, Washington
- Lawrence, Ruth, *Breastfeeding, A Guide for the Medical Profession*, Third Edition, 1989, Mosby, St. Louis, Missouri
- Riordan, Jan & Auerbach, Kathleen, *Breastfeeding and Human Lactation*, 1993, Jones & Bartlett, London, England...

• This article is available at www.gfi-singapore.org under <Articles>

Are you registered?

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.

Signing Time! Teach children a Fun New Language

Signing Time is a sign language video series for hearing infants and children that teaches them basic American Sign Language (ASL) in a fun and memorable way. Big kids and grown-ups love it too!

Sign language opens up a world of communication for pre-verbal infants, toddlers, and children with special needs - all of whom may be able to hear, but may not yet be able to communicate with speech.

Parents, preschool teachers, speech-language pathologists and paediatricians everywhere recommend Signing Time as the best sign language video series for young children. Signing Time makes ASL fun for everyone!



The series comes in 6 volumes of 30 mins DVDs. Each volume focuses on different themes; family, feelings & fun, playtime signs, everyday signs etc...The series is available from GFI website. You can visit www.signingtime.com to watch short portions of the videos.

GFI Leadership Conference

Sep 28th to Oct 1st, 2005

Adelaide, Australia

Key Conference Speaker

—Mr & Mrs Ezzo

Encouraging, Equipping and Empowering Families
- Building Our Nation for the Next Generation

Registration form and details available at

www.gfi-singapore.org

Reserve your place now!

Book Recommendation

Answers to Your Kids' Questions

By Chuck Colson, Tyndale House

Got kids? You need this book. And so do they. In an easy-to-use Q&A format, Chuck Colson helps parents, teachers, and youth workers answer one hundred of the most pressing questions teenagers have about God, evil, evolution, sex, culture, school, and their future. On tough issues like...

Is God real, and where does evil come from?

Can we really believe the Bible?

Does modern science disprove Christianity?

Is homosexuality genetic?

How do we deal with schools, values and violence?

Based on Colson's popular BreakPoint radio commentaries, this book provides a resource parents will turn to repeatedly during their kids' teen years.

Chuck Colson is a popular and widely known author, speaker, & radio commentator. A former presidential aide to Richard Nixon and founder of the international ministry Prison Fellowship, he has written several books, including *How Now Shall We Live?*, *Born Again*, *Loving God*, *Kingdoms in Conflict*, and *The Body*, that have shaped Christian thinking on a variety of subjects. Colson was awarded the prestigious Templeton Prize for Progress in Religion, given for extraordinary leadership and originality in advancing humanity's understanding of God.

