

ISSUE 5**APRIL 2023**

THE ARIF TIMES

Achieving Resilient and Inspiring Families

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Celebrating Syawal in Good Health

Welcome to another edition of ARIF Times.

Ramadan is a month of fasting, restricting calorie intake where we can lose excess body weight and control chronic illnesses like diabetes. As we are reaching the end of Ramadan, we would like to congratulate you for embracing the month well.

In the upcoming month of Syawal, we celebrate Eid'ul Fitri - a wonderful time to maintain ties with family and friends, which often happens over delicious mouth-watering food. If not consciously managed, the act of over-eating may reverse the weight loss that has been done during Ramadan. We hope that Syawal continues to see us practising the good healthy habits we inculcated during Ramadan, and make them sustainable throughout the year.

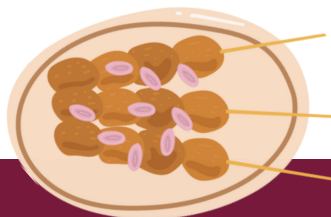
Wishing you a blessed Eid with your loved ones!

Healthy Eating Tips During Syawal

by Dr Suzanna Sulaiman

Tips to welcome Syawal with good planning in healthy eating:

- Plan your visits wisely to accommodate your mealtimes.
- Mingle with your relatives and friends first before eating.
- Eat within your calorie limit.
- Drink water before eating.
- Limit to one small plate or bowl per house. To eat smaller portions and reduce serving size.
- Avoid sugary drinks
- Follow the 20-minute rule:
 - Our bodies may take around 20 minutes to recognise that the stomach is full. Everyone's body is unique, so be mindful of your capacity. Eat slowly and let your satiety hormone fill your gut. Allow enough time for your body to signal to inform on whether you can add that extra ketupat and rendang.



Contributors

Dr Suzanna Sulaiman

Head and Senior Consultant
Department of Obstetrics and
Gynaecology
KK Women's and Children's
Hospital

Ustazah Azizah Rhai'yan

THE LADIES' MINARET

Ustazah Shikin Yunos

THE LADIES' MINARET

Ustazah Latifah Yusoff

THE LADIES' MINARET

Siti Nurzakiah Zar'an

Senior Medical Social Worker
Department of Obstetrics and
Gynaecology
KK Women's and Children's
Hospital

Kindly email
projectarif@kkh.com.sg for
any comments or
feedback.

Log in to
<https://www.projectarif.sg>
for other Project ARIF
Resources.

- Avoid over-eating, as this can cause indigestion and gastric reflux issues.
 - It can be tough when the spread of food in front of you is so good! But going for one round during your meal is often sufficient for your body's daily needs. Take small portions to avoid wastage and to reduce the tendency to overeat.
- Make room for some greens
 - Vegetables are a must on a balanced food plate. Although protein and carbs dictate most of the Hari Raya dishes, eat as many types of vegetables as you can during your visit. Vegetables are highly nutritious food that can prevent diseases while ensuring that you remain satisfied and full for a longer period of time.
- When hosting an open house, include healthier dishes as part of your menu.
- Make time for exercise and remain active. Exercise is beneficial for all age groups.



Let's be reminded that great health maximises productivity in all areas of your life. Make health a priority, treat it as a blessing and you will see amazing benefits. Be mindful of your food choices that nourish your body, make exercise a priority by sticking to your workout schedule and continuously strengthen your emotional health by nurturing positive relationship with your loved ones. Selamat Hari Raya!



Eid with Kids

by The Ladies Minaret

Eid is a worldwide festival and celebration for Muslims regardless of age. To be able to celebrate with our family is a blessing.

In our enthusiasm, let's harness this moment as an opportunity to educate our children on etiquette during Eid and the values that the day signifies.

Receiving "Duit Raya".

Receiving 'Green packets' is one of the many things children look forward to during Hari Raya.

"Duit Raya" is not an obligation but a priceless gift. It is an act of giving and an expression of love. Prophet Muhammad encouraged us to exchange gifts as that will lead to increasing our love to one another.

Green packets also symbolise charity, the act of giving selflessly and sincerely. Charity does not decrease our wealth, instead, it teaches us humility and hence elevates us in our faith.

Eating in moderation

With a spread of yummy cookies and snacks being presented on the table and hospitable hosts encouraging children to eat to their hearts' content, it is important for parents to have a conversation about eating in moderation - a value that our Prophet taught.

The concept of 'moderation' may be quite difficult for young children to understand. Therefore, parents need to help them regulate their cookie - intake at each home they visit. Gently communicate that:

1. We are thankful for the delicious snacks that the host has prepared.
2. Take a maximum of 3 pieces of a type of cookie/delicacy.
3. Reward good behaviour with a playground treat in between house visits.



Family Traditions

Why are they important and how to create them?

by Siti Nurzakiah Binte Zar'an



As a newlywed celebrating your first Hari Raya together, you share with your partner how you celebrated this festive day as a child with your family. You share how you felt and how you looked forward to those moments every year. In turn, you listen to your partner's experience as well. This is the beginning process of how both of you are creating your own unique family traditions.

Family traditions are cultures that you choose to be part of your identity. They create a sense of belonging, unite families, and reinforce important family values and beliefs. For example, during Hari Raya, a common tradition we still see being practised is donning new attires that match one another or cooking a specific menu that reminds the family of happy memories. Children, particularly, cherish family traditions because having consistency and predictability provide comfort in their lives. As a result, they grow up with these meaningful memories that anchor them dearly to their family.

Creating (and maintaining) family traditions can be easy, but it has to be intentional and purposeful.

1. Have a conversation with your partner. Agree on what family traditions you want to uphold (e.g. seeking forgiveness in the morning of Hari Raya).
2. Focus on values. You will want to continue some traditions you have experienced since childhood. Reflect on why that tradition is important to you and what values you carried from it. Moving forward, as you are building your own family, consider the family values you want your children to inherit from you.

Wishing all a Happy Hari Raya
From ARIF to you.

