Madam N Arasakumani

In brief:

For Madam N Arasakumari, the past nine years spent looking after her two foster children have been an enlightening experience for her.

Mdm Arasakumari credits the Tamil support group that she belongs to in MCYS as instrumental in helping her become a better foster mother. "I am always happy to go for the support group once a month and I learnt a lot from the other foster mothers in the group. I also learnt a lot from the training that MCYS organizes for foster parents," she adds.



No regrets caring for fostet children

aking care of children is not easy, especially caring for a child who is active and not able to focus on a given task. For Madam N Arasakumari, she says the past nine years spent looking after her two foster children have been an enlightening experience for her, albeit a stressful one as well.

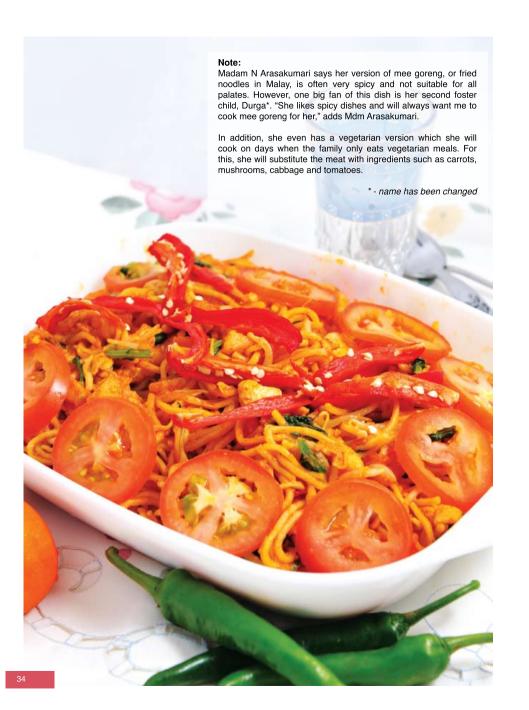
The source of the stress is having to cope with one of the foster children, Ramesh*, who has a very high energy level and has difficulty concentrating. Mdm Arasakumari says it is a challenge getting him to sit still even for a short period of time, which is an issue in school.

Ramesh can also be moody at times. For instance, Mdm Arasakurmari's 20-year-old daughter, Gowri, says that there are times when he would say mean things to others. However, Ramesh's temperament has changed dramatically after professional services were given and they have learnt how to better manage his behaviour. Ramesh can also be an affectionate and caring boy, such as holding the other foster child's hand when walking across the road or exchanging a kind word.

Mdm Arasakumari says she has picked up useful skills to better cope with the care of children with different needs. In addition, she adds that her husband who was rather quick-tempered in the past, has mellowed after becoming a foster parent as well.

Despite the stresses, Mdm Arasakumari has no regrets becoming a foster mother. And if it wasn't for the foster children, Gowri adds, the home would be very quiet. In fact, Gowri says she loves the chatter and cheekiness of the two children. She also enjoys watching Ramesh dance, something that he does well in and enjoys doing.

Memento One of the children's favourite past-time is Mdm Arasakumari credits the Tamil support group doing puzzles, says Madam N Arasakumari. Whether it is crosswords puzzles or jigsaw that she belongs to in MCYS as instrumental in puzzles, the children love them all, she says. helping her become a better foster mother. "I am always happy to go for the support group once a month and I learnt a lot from the other foster mothers in the group. I also learnt a lot from the training that MCYS organizes for foster parents," she adds. * - name has been changed Madam N Arasakumari • A • Memento 33





Ingredients:

- 1kg yellow noodles
- 100g bean sprouts
- ½ kg small prawns, shelled
- 2 big bean curds, cut into small pieces
- 10 fish balls, cut into halves
- 3 big fish cakes, thinly sliced
- 3 red chillies, cut into thin strips

- 3 green chillies, cut into thin strips
- 10 tablespoons chilli paste
- 1 big onion, sliced
- 5 cloves garlic, chopped
- 2 tomatoes, cut into small pieces
- 6 tablespoons cooking oil

Heat the wok and pour in half the oil.

Add in the bean curds, prawns, fish balls and fish cake and fry till fragrant. Set aside.

STEP

Heat up the rest of the oil in the wok, add the chopped onion and garlic, and sauté till golden brown.

Then add the green and red chillies.

STEP

Add the chilli paste and sauté together.

STEP

Add the tomatoes and bean sprouts.

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After 2 minutes, add the yellow noodles, stirring well.

STEP

Finally, add in the cooked prawns, fish cakes, bean curd, fish balls and fry together for 8-10 minutes.

Serve when hot.







