

Madam Rozita Bte Ramlee

In brief:

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Madam Rozita Bte Ramlee and her daughter, Razrina



Love that disciplines

Former operations manager, Madam Rozita Bte Ramlee, first learned about the MCYS Fostering Scheme when she was assigned by her event company to help organise the MCYS annual party for foster families. As a person who loves children, she immediately asked whether she could foster a child too.

"However, MCYS said they only accepted non-working mothers then. Since I was working at that juncture, I did not fit their criteria," Mdm Rozita says. "When I decided to quit my job and stay at home several years later, the first thing I thought of was this fostering scheme."

At present, Mdm Rozita is a foster mother to three-year-old Nadia*, a "rascal" whom Mdm Rozita says enjoys making funny faces, singing songs and imitating others. "Because she likes making funny faces, so if you call her by the comedian Jim Carrey's name, she would reply, 'No, my name is Nadia. Na-dia.'"

For Mdm Rozita, Nadia's ability to recognise her own name is an achievement in itself. When Nadia joined the family in October 2009, Mdm Rozita says Nadia had several developmental issues which left her lagging behind other two-year-olds. Nadia was very active and attention-seeking. She was also unable to walk without wobbling or falling over. "She couldn't talk or respond to instructions. And if you called her, she wouldn't be able to respond to her name," Mdm Rozita adds.

Recalling Nadia's first weekend with the family, Mdm Rozita says, "I remember the first dinner when we brought her home. We put her in a high-chair and watched her eat a bowl of rice. She just ate and ate until she overfed herself."

But that weekend, Mdm Rozita recalls that Nadia would tear around the entire house pulling things

out of their places. "And we were all running after her as we didn't want her to get hurt." Two days of such behaviour left Mdm Rozita overwhelmed and drained of energy. "We felt that this could not continue and something had to change," she says.

Hence, the family took a different approach to ensure that Nadia grows up with the right discipline. "I created a play area equipped with toys for her," says Mdm Rozita. "I told her that she has to play within the area or I would take her toys away."

The family has also created a "naughty corner", which essentially is a cordoned area in the bedroom. If Nadia does not heed instructions after three warnings, she will then be placed in the "naughty corner" as a disciplinary measure.

Initially, it took some time for Nadia to understand the new house rules but Mdm Rozita says she has quickly adjusted and can now sit still for periods of time. She adds that Nadia's behaviour has improved so dramatically that the family does not use the "naughty corner" as a form of discipline any more.

"Now I just give her a one-time warning and she will listen," Mdm Rozita says.

Nadia's considerable improvement since joining the family is Mdm Rozita's proudest achievement. "If she sees my other daughter hugging me, Nadia will come and hug me while saying, 'Nadia hug mummy.'"

Summing it up, Mdm Rozita says, "I think every day is a happy moment. Although there are challenges to be faced each day, I know that it will somehow turn out well."

* - name has been change

NB: Currently, applicants who are working can be considered for the Fostering Scheme as well.

Memento

"When Nadia* first came, she had pretty poor motor skills," Mdm Rozita Bte Ramlee notes. While this puzzle was one of Nadia's favourite toys, she was unable to put together the pieces of the fish puzzle.

With perseverance and patience, Nadia managed to develop her motor skills and learnt how to fit in each piece of the puzzle. Describing her feelings, Mdm Rozita says, "It felt good when she finally learned how to complete the puzzle after a month of teaching her!"

* - name has been change





Note:

The popularity of this 'sayur lodeh' dish amongst Madam Rozita Bte Ramlee's family members usually means that Mdm Rozita would often prepare this dish when she is free during the weekends.

In fact, she says, "There was one Hari Raya celebration when I cooked briyani instead of this dish." My father said to me, "Why did you cook briyani? I can eat that any other day! You should cook 'lodeh' instead!"

While traditional 'sayur lodeh' recipes call for the use of dried prawns, Mdm Rozita often replaces dried prawns with ikan bilis or anchovies instead due to her family members' dietary needs.



Mixed Vegetable Stew (Sayur Lodeh)

Ingredients:

To be grinded into a paste

- 1 big onion (100g)
- 7 cloves garlic
- 1 stalk lemongrass
- 2 tablespoons dried shrimps
- 5 cm lengkuas(50g)



To be sliced/cut

- 20 stalks long beans, cut into 5 cm pieces
- ¼ cabbage, sliced
- 1 turnip, cut into strips
- 1 carrot, cut into small pieces
- 3 taukwa(soya bean cake), each cut into 4 cubes and deep fried
- 4 pieces of tempeh(fermented soya bean), each cut into 3 slices and deep fried

- 1 small packet of coconut milk(200ml)
- 5 tablespoons of oil
- Salt to taste
- Sugar to taste

STEP

01 Heat up the oil and add in the grinded ingredients. Fry till fragrant.

STEP

02 Add in the coconut milk, some water and the sliced and cut ingredients. Bring to boil before reducing the heat.

STEP

03 Lastly, add in sugar and salt to taste and let the vegetables simmer in the gravy till cooked.

