

do things better

Useful news and tips from all over

Vitamin overload

With the proven health benefits of vitamins and minerals, many people are loading up on multivitamin supplements that are available off the shelves. But can you actually go overboard with the stuff? Yes, says the Mayo Clinic, a noted US institution. Here are some findings:

- Vitamin C: Taking more than 2,000 mg a day may cause diarrhea.
- Magnesium: Those over 55 have a higher chance of experiencing side effects when taking too much of this: stomach pain, loss of appetite, irregular heartbeat.
- Zinc: Older adults may suffer from a weakened immune system if taking more than 15 mg of this.

Vitamins and minerals do contribute greatly to our health, but you should be careful about indiscriminate intake of multivitamin supplements. Consult your doctor before taking very high doses of supplements.



Understanding depression

Experts have found out that depression is not just a momentary sad feeling you can snap out of, as most people believe. It's a condition that can become long-term, caused by an imbalance of chemicals in the brain that is rightly called "clinical depression." The best way to fight this condition is to identify it and understand it. Symptoms of depression include: lack of motivation (for example, inability to drag yourself from bed), withdrawal from people, an overall feeling of despair or loss of hope, and irritability. People who exhibit these symptoms or "feel down" for more than two weeks may be clinically depressed. Those who seek medical help are usually able to manage depression, especially with the support of family or friends. If you or someone you know exhibits signs of clinical depression, don't brush it aside. It's something that, with a doctor's help, can be treated and managed.

Avail of a GSIS housing loan

DECS school teachers can avail of a housing loan from the GSIS thru its own Bahay Ko Housing Program and thru conduit banks. Under this system, the GSIS is relieved of the burden of administering, maintaining and collecting housing loan accounts—functions that the banks can handle more effectively. Members also benefit with improved accessibility of GSIS housing loan facilities.

You can avail of this housing loan for:

- Purchase of a house and lot, row house or a condominium unit
- Construction of a house on a lot already owned by the member
- Construction of a house on a lot not yet fully paid
- Refinancing of an existing housing loan from another financial institution other than GSIS



This Bahay Ko House Design, provided for free by GSIS, is 33 sqm and will cost P150,000 to build.

- Repair / expansion / improvement / completion / renovation of an existing housing unit

Features of this housing loan include: a lower and fixed interest rate (8-12%), repayment terms of up to 30 years, release of loans within five days of submission of requirements, free cost estimates and house designs. Complete information is available at the GSIS website: www.gsis.gov.ph or call (02) 8916120 to 8916161 for more information.

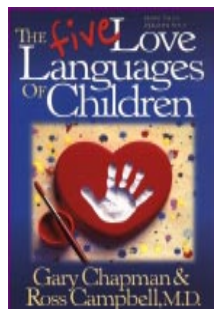
Parenting 101

It's not enough to know that we love our children. They need to see and feel love from us. Here are great books on parenting techniques for both parents and teachers. **BY HOPE LEYSON**

Teachers and parents bear the ongoing responsibility of providing a child's basic needs during the formative years. One of these is unconditional love. The foundation of love laid in early years affects a child's ability not only to mature emotionally, but also to learn. The following books offer frameworks and practical suggestions on how teachers and parents can effectively send messages of love and positive affirmations to children. All books are available at National Bookstore.

THE FIVE LOVE LANGUAGES OF CHILDREN

By: Gary Chapman & Ross Campbell
Northfield Publishing Co.



The book focuses on children's need for love and how adults can provide for this need. According to the authors, it is not enough to say "I love you". We need to express our love in a language that children will understand.

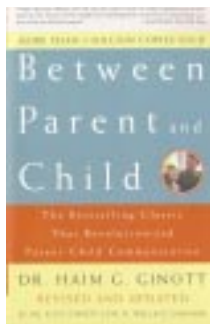
As the title suggests, there are five languages through which people communicate love. Each one of us, adult or child, has a primary one that best communicates love to him or her. These five languages are: physical touch, words of affirmation, quality time, gifts and acts of service. As children mature, their primary love language emerges and it's important to know what that is in order to effectively communicate your love. The book has a chapter on how to discover a child's primary love language.

The authors discuss each love language and provide vivid examples on how to use them to communicate to children. An eye-opener.

BETWEEN PARENT AND CHILD

By: Dr. Haim Ginnott
Three Rivers Press

The book is a wonderful treasure trove of tips for improving our skills in communicating to children. It recognizes the energizing power of words.



Dr. Ginnott, a prominent child psychologist, talks about the self-defeating patterns we fall into when relating to children, like resorting to bribes, threats, sarcasm, promises, blame, shame, accuse,

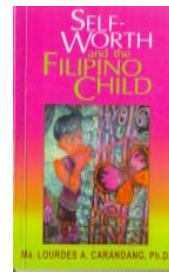
sermons and the like. Adults find themselves saying things that their parents said to them even if these may be damaging to children's self-esteem. Why? Because they are unaware of the destructive power of words. The tragedy lies in a lack of knowledge, not love.

The book also offers concrete solutions for dealing with daily, ordinary problems while respecting the child's dignity. Useful and inspiring.

SELF-WORTH AND THE FILIPINO CHILD

By: Dr. Lourdes Carandang
Anvil Publishing Co.

In this locally-published book, author Dr. Carandang talks about the development of self-worth specifically in Filipino children, whose innocence and honesty can bring us much needed hope in these difficult times. Topics related to the development of self-concept are tackled in depth. The language used is simple and direct, without the technical terms of clinical psychology. The book includes vignettes of a Filipino child's



everyday life and explores how we can offer the greatest gifts to them: love, respect, dignity and self-worth. The book also discusses the use of play and art as expressive therapies for children with problems, giving specific pointers to readers. A worthwhile read.

Smart Parenting in the Classroom:

1. Recognize what each child is good at, whether it's an academic subject, music or art, making friends, politeness, etc. This increases self-esteem.
2. Listen attentively to the stories children tell you. Include activities that help children talk about what's going on in their daily lives, especially sensitive and scary issues.
3. In some situations, physical touch is one of love's strongest voices. A light pat on the shoulder can shout "I care about you!" Sometimes, just a warm, loving smile can send the message of affection with much more strength than words.
4. Discipline with love. Give choices and set limits. Provide reasonable and consistent discipline.
5. Value and understand the relationship between you and the parents. It is through your open communication and mutual understanding that consistency in expressing love to the children can be attained.

ABOUT THE WRITER:

Hope Leyson holds a Master's in Education from De La Salle University and currently teaches graduate classes there. She received her certification in Montessori early childhood education from the Montessori Institute of Atlanta. She is a loving mom to a 17-year-old boy.