

HELPERGUIDE

The Tan family household handbook

Gabay sa Bahay

Para kay Maria • Mula sa The Tan family
4-room HDB flat, Tampines (fictional sample family)



Welcome

Maligayang pagdating

Maligayang pagdating sa aming tahanan, Maria. Masaya kami na nandito ka. Ipinapaliwanag ng librong ito kung paano tumatakbo ang aming bahay, para hindi ka na manghula. Magtanong ka lang anumang oras. Sa mga unang linggo, sabay tayong matututo.

Welcome to our home, Maria. We are happy you are here. This book explains how our home works, so you never have to guess. Please ask us anything, anytime. In the first weeks we will learn together.

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3. Kitchen and food · Kusina at pagkain
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SAMPLE · fictional family

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May tanong? Magtanong lang. Walang tanong na maliit.



Our family

Ang aming pamilya

Wei Ling (nanay). Sa bahay nagtatrabaho tuwing Lunes at Biyernes. Sa kanya magtanong tungkol sa bahay at sa mga bata.

Wei Ling (mum). Works from home Monday and Friday. Ask her about the house and the children.

Jun (tatay). Umaalis ng 7:30, umuuwi bandang 7pm. Sa kanya magtanong tungkol sa paradahan, aircon at mga bayarin.

Jun (dad). Leaves at 7:30, home around 7pm. Ask him about the car park, aircon and bills.

Si Ethan, 4 na taon. Pumapasok sa preschool 8:30 hanggang 12:30. Mahilig sa dinosaur. May allergy sa mani.

Ethan, 4 years old. Goes to preschool 8:30 to 12:30. Loves dinosaurs. Allergic to peanuts.

Si Ah Ma (lola), 78 taon. Kasama namin sa bahay. Gumagamit ng walker. Hokkien at kaunting English ang salita niya.

Ah Ma (grandma), 78. Lives with us. Uses a walking frame. Speaks Hokkien and a little English.

Daily routine (weekdays)

**Araw-araw na gawain
(Lunes hanggang
Biyernes)**



Gabay lang ang mga oras. Kung matagalan ang isang gawain, okay lang iyon.

Times are a guide, not a stopwatch. If something takes longer, that is okay.

6:30

Gumising, maghilamos, mag-almusal.

Wake up, wash up, have your breakfast.

7:00

Magluto ng almusal: lugaw para kay Ah Ma, tinapay at itlog para kay Ethan.

Cook breakfast: porridge for Ah Ma, toast and egg for Ethan.

8:10

Ihatid si Ethan sa preschool (Block 512, 5 minuto). Hawakan ang kamay niya sa kalsada.

Walk Ethan to preschool (Block 512, 5 minutes). Hold his hand at the road.

8:45

Gamot ni Ah Ma sa umaga mula sa asul na kahon (pinupuno ito ni Wei Ling tuwing Linggo).

Ah Ma's morning medicine from the blue box (Wei Ling fills it each Sunday).

9:00

Labada at ang gawaing linis sa araw na iyon (tingnan ang Paglilinis).

Laundry and the day's cleaning task (see Cleaning).

12:15

Sunduin si Ethan. Tanghalian nina Ethan at Ah Ma ng 12:45.

Pick up Ethan. Lunch for Ethan and Ah Ma at 12:45.

13:30

Tulog ni Ethan. Ikaw naman ang kumain at magpahinga hanggang 15:00.

Ethan's nap. Your lunch and rest until 15:00.

15:00

Merienda, laro, maikling lakad kasama si Ah Ma sa void deck.

Snack, play time, short walk with Ah Ma at the void deck.

17:30

Magluto ng hapunan. Paliguan si Ethan ng 18:30.

Cook dinner. Bath for Ethan at 18:30.

19:15

Hapunan ng pamilya. Kumain ka kasama namin.

Family dinner. Please eat with us.

20:30

Maghugas, ihanda ang school bag para bukas. Pagkatapos nito, oras mo na.

Wash up, prepare tomorrow's school bag. After this, your time.

21:30

Magpahinga. Subukang matulog bago mag-10:30 ng gabi para sapat ang pahinga mo.

Rest. Try to sleep by 22:30 so you get enough rest.



Kitchen and food

Kusina at pagkain

Kung ano ang kinakain namin, iyon din ang kakainin mo. Para sa lahat ang meryenda sa itaas na aparador.

You eat what we eat. Snacks in the top cupboard are for everyone.

May allergy sa mani si Ethan. Huwag kailanman bumili o magluto ng anumang may mani o peanut oil.

Ethan is allergic to peanuts. Never buy or cook anything with peanuts or peanut oil.

Malalambot na pagkain at kaunting asin para kay Ah Ma. Hiwain nang maliliit ang karne.

Ah Ma eats soft food, little salt. Cut meat small.

Kanin: 2 tasa sa hapunan, 1 tasa sa tanghalian. Pindutin ang 'Cook' sa rice cooker.

Rice: 2 cups for dinner, 1 cup for lunch. Rice cooker button 'Cook'.

Hilaw na karne sa pulang sangkalan, gulay sa berdeng sangkalan.

Raw meat on the red board, vegetables on the green board.

Tira-tira: takpan, ilagay sa ref, ubusin sa loob ng 2 araw.

Leftovers: cover, put in the fridge, finish within 2 days.



Laundry

Labada

Hiwalay na labhan ang puti at may kulay.

Uniporme ni Ethan araw-araw.

Whites and colours wash separately. Ethan's school uniform every day.

Gamitin ang programang 'Mixed 40' sa washing machine. Isang takip ng likidong sabon.

Washing machine programme 'Mixed 40'. One cap of liquid detergent.

Patuyuin sa kawayang sampayan sa bintana ng kusina. Gumamit ng sipit para walang mahulog.

Dry on the bamboo poles at the kitchen window. Use the clips so nothing falls down.

Mga blusa ni Wei Ling para sa trabaho: kamay lang ang paglaba, isampay, huwag ilagay sa dryer.

Wei Ling's work blouses: hand wash, hang to dry, no dryer.

Pamamalantsa tuwing Martes at Biyernes ng hapon.

Ironing on Tuesday and Friday afternoon.



Cleaning

Paglilinis

Daily

**Walisin at i-mop ang sahig ng kusina at sala.
Punasan ang mesa pagkatapos ng bawat kain.**

Sweep and mop kitchen and living room. Wipe the dining table after each meal.

Mon

**Mga banyo (asul na spray, huwag kailanman
ihalo sa bleach).**

Bathrooms (blue spray, never mix with bleach).

Wed

**Mga kwarto: palitan ang mga kobre-kama,
punasan ang alikabok sa mga istante.**

Bedrooms: change bedsheets, dust shelves.

Fri

**Linisin ang loob ng ref at mga aparador sa
kusina.**

Fridge clean-out and kitchen cabinets.

Never

Huwag kailanman umakyat sa upuan para linisin ang labas ng bintana. Loob lang. Para ito sa kaligtasan mo.

Never climb on chairs to clean windows outside. Inside only. This is for your safety.



Looking after Ethan

Pag-aalaga kay Ethan

Panonood sa screen: 30 minuto lang pagkatapos matulog sa hapon.

Screen time: 30 minutes after nap only.

Kung umiyak siya sa paghatid, iabot siya sa teacher at umalis nang mahinahon. Tumitigil siya pagkalipas ng isang minuto.

If he cries at drop-off, hand him to his teacher and leave calmly. He stops in a minute.

Walang matamis bago maghapunan. Okay ang prutas.

No sweets before dinner. Fruit is okay.

Kung may lagnat siya na lampas 38 degrees, tawagan agad si Wei Ling.

If he has a fever over 38 degrees, call Wei Ling straight away.

Hindi kami namamalo o sumisigaw. Kung pasaway siya, sabihin sa amin at kami ang bahala.

We never hit or shout. If he misbehaves, tell us and we will handle it.

Caring for Ah Ma

Pag-aalaga kay Ah Ma



Lumakad sa tabi niya, sa mahina niyang bahagi (kaliwa). Dapat lagi siyang gumamit ng walker.

Walk next to her, on her weaker (left) side. She must always use the walking frame.

May upuan sa banyo. Manatili sa malapit habang naliligo siya.

Shower stool in the bathroom. Stay close while she showers.

Kulang siya sa inom ng tubig. Alukin siya ng isang baso tuwing 2 oras.

She drinks too little water. Offer a cup every 2 hours.

Kung matumba siya, huwag siyang buhatin nang mag-isa. Tumawag sa 995 kung nasaktan siya, saka tawagan si Wei Ling.

If she falls, do not lift her alone. Call 995 if she is hurt, then call Wei Ling.



Appliances

Mga gamit sa bahay

Water heater: nasa labas ng banyo ang switch.
Buksan 10 minuto bago maligo, saka patayin.

Water heater: switch outside the bathroom. On 10 minutes before a shower, then off.

Induction na lutuan: kalderong patag ang ilalim lang. Pindutin ang lock pagkatapos magluto.

Induction hob: only flat-bottom pots. Press the lock key after cooking.

Aircon: 25 degrees. Patayin kapag walang tao sa kwarto.

Aircon: 25 degrees. Turn off when nobody is in the room.

Robot vacuum: kusang tumatakbo ng 10:00. Pulutin muna ang mga laruan at kable sa sahig.

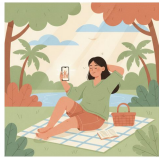
Robot vacuum: runs by itself at 10:00. Pick up toys and cables from the floor before.

Bottle steriliser: hindi na kailangan, nakatago sa bodega.

Bottle steriliser: not needed any more, kept in the store room.

House rules, phone and rest day

Mga patakaran, cellphone at day off



Iyo ang cellphone mo. Itabi lang ito habang nagluluto, nagpapaligo kay Ethan at naglalakad sa labas.

Your phone is yours. Please keep it away while cooking, bathing Ethan and on walks.

Nasa card sa ref ang pangalan at password ng Wi-Fi.

Wi-Fi name and password are on the card on the fridge.

Ang day off mo: Linggo (ayon sa napag-usapan natin). Puwede kang umalis pagkatapos magalmusal. Sabihin lang sa amin kung mga anong oras ka babalik.

Your rest day: Sunday (as we agreed together). Leave any time after breakfast. Tell us roughly when you will be back.

Mga bisita: magpaalam muna sa amin.

Visitors: please ask us first.

Kung may masira, sabihin sa amin. Nangyayari ang aksidente. Hindi kami magagalit.

If something breaks, tell us. Accidents happen. We will not be angry.

Kung masama ang pakiramdam mo, sabihin agad sa amin sa araw ding iyon.

If you feel unwell, tell us the same day.

The day at a glance

Ang araw sa isang tingin

6:30

Gising, almusal

Wake up, breakfast

8:10

Ihatid si Ethan

Ethan to preschool

8:45

Gamot ni Ah Ma (asul na kahon)

Ah Ma medicine (blue box)

12:15

Sunduin si Ethan, tanghalian 12:45

Pick up Ethan, lunch 12:45

13:30

Pahinga mo hanggang 15:00

Your break until 15:00

17:30

Magluto ng hapunan

Cook dinner

18:30

Paliguan si Ethan

Ethan bath

19:15

Hapunan ng pamilya

Family dinner

22:30

Pahinga, tulog

Rest, sleep

Words we use

Mga salitang ginagamit namin

Lola (sa Hokkien)

Ah Ma

Ang bukas na palapag sa ilalim ng HDB block

Void deck

Palengke

Wet market

Mop / lampaso

Mop

Bodega / taguan

Store room

Take-out na pagkain

Dabao (takeaway)

Puwede ba? (karaniwang tanong sa Singapore)

Can or not?

Ayos / magaling

Steady

In an emergency



Kung may emergency

995 Ambulance / fire · Ambulansya / sunog

999 Police · Pulis

Numbers below are written by hand, so they never leave your home. · Isulat dito

Address of this
home

Address ng bahay

Employer

Amo

Employer (2)

Amo

Family doctor / clinic

Klinika

Agency

Ahensya

Other

Iba pa

From MOM

Mula sa MOM

Ito ang eksaktong teksto ng MOM (Ministry of Manpower). Basahin ang buong pahina sa link.

Quoted from mom.gov.sg as published.

HelperGuide gives no legal advice; MOM's current page is the authority.

Rest days

"Your MDW is entitled to one rest day per week. You and your MDW must mutually agree on which day of the week she should take the rest day."

<https://www.mom.gov.sg/passes-and-permits/work-permit-for-foreign-domestic-worker/employers-guide/rest-days-and-well-being>

Rest days

"However, you must ensure that your MDW has at least one rest day per month that cannot be compensated away."

<https://www.mom.gov.sg/passes-and-permits/work-permit-for-foreign-domestic-worker/employers-guide/rest-days-and-well-being>

Settling-in Programme

"You will have to send a first-time migrant domestic worker (MDW) for the Settling-in Programme within

7 days of her arrival in Singapore excluding Sunday and public holidays.”

<https://www.mom.gov.sg/passes-and-permits/work-permit-for-foreign-domestic-worker/eligibility-and-requirements/settling-in-programme-sip>