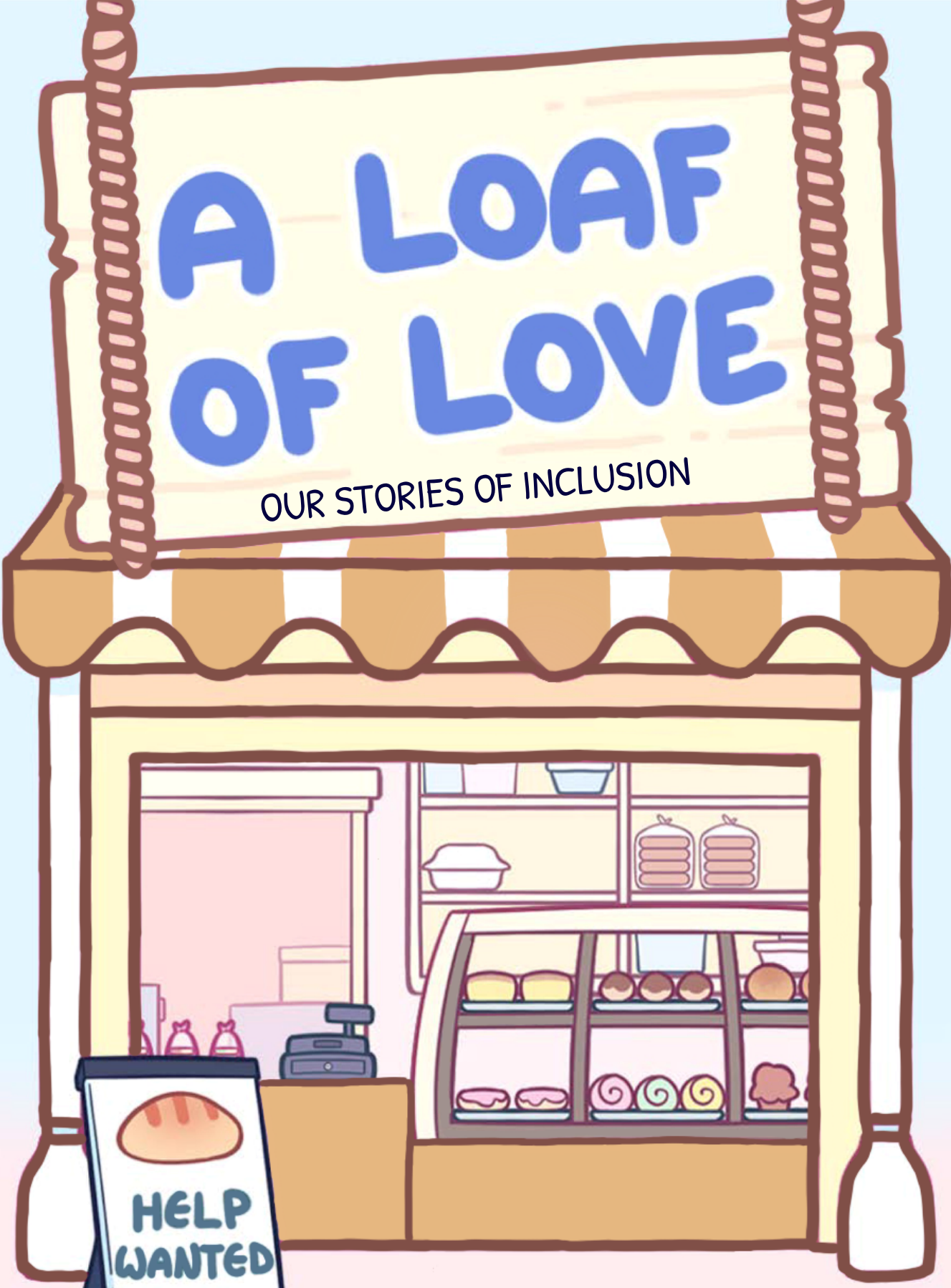


# A LOAF OF LOVE

OUR STORIES OF INCLUSION



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# Author's Note

Hello, it's really nice to meet you! We are a group of final year students in Nanyang Polytechnic's Diploma in Social Sciences (Social Work). In collaboration with the National Council of Social Service (NCSS), we are embarking on our Final Year Project titled "Unseen Colours", to advocate for the inclusion of persons with intellectual and developmental disabilities.

Persons with disabilities often struggle to be included and accepted by mainstream society due to the negative stereotypes portrayed in traditional media and the lack of understanding from the general population.

Like rocks in the dark cave, if light is not shone on it, nobody will ever know that the rocks in the cave can be beautifully coloured.

Through "Unseen Colours", we would like to inculcate an inclusive mindset in our younger generation using a series of educational publications. We hope to shed light on the potential and hidden talents of persons with intellectual and developmental disabilities.

This story, *A Loaf of Love*, follows the journey of Daniel, an 18-year-old youth as he navigates through his first job at a neighbourhood bakery. There, he meets Oliver, a differently-abled person with Down syndrome.

Down syndrome is a genetic condition caused by the presence of an extra chromosome 21. A baby born with Down syndrome has three copies of chromosome 21 instead of the usual two.

We hope you enjoy *A Loaf of Love* with us.

This is Daniel. Daniel is looking for a part-time job during his school holidays because he is saving up to buy a new book.



He passes by his neighbourhood bakery, and he sees a 'Help Wanted' poster! Daniel enjoys baking. He thinks, "Why not give it a try?"

As Daniel walks into the bakery, he sees Auntie Lilian putting loaves of freshly baked bread into the display boxes. Daniel feels so nervous that cold sweat starts dripping down from his forehead.

But Auntie Lilian is very friendly, she smiles at Daniel. After a few questions, Daniel gets the job!



Daniel is both excited and nervous for his first day. He wants to do well!

Aunty Lilian introduces him to Oliver, who just came by the counter. She says that Oliver would be teaching Daniel.



As Daniel looks over, he notices that Oliver is a little different.

Oliver has a big, bright smile and he looks like a happy person.

His eyes look a little rounder and they slant upwards. His nose looks a little flat. His hair is neatly combed. No strand of hair is out of place. And he is a little shorter too.



Oliver was a great teacher. He was very patient and understanding. Oliver taught Daniel everything he knew. Very soon, Daniel got the hang of baking!







Oliver is very hardworking and he always does his best! However, Daniel notices that some customers would stay away from Oliver. They would ask other workers for help instead. Daniel asks Oliver why this happens.



“Not sure,” Oliver says,  
“Maybe because I am too handsome!”

As days go by, Oliver and Daniel get closer to each other. Oliver is always so warm and bright, Daniel feels comfortable with Oliver.

They are becoming the best of friends.





As a group of Daniel's friends walks into the bakery, he greets them with excitement. Daniel introduces Oliver to his group of friends. They are kind and caring towards Oliver.



Daniel's friends enthusiastically invite both Daniel and Oliver to a hip-hop dance session later in the evening. From the bottom of his heart, Oliver feels a gush of warmth from Daniel and his new friends.

The next day, the bakery is surprisingly quiet for a Friday morning. Oliver is on duty at the counter, ready to serve any customers who walk in.

Just then, a middle-aged lady carrying bags of groceries walks into the bakery. Oliver greets her with a smile.





“Good morning, Madam! I am Oliver, how may I help you?” he begins. However, the customer ignores Oliver and she looks very grumpy.

After looking through the racks of bread available in the bakery, the customer orders a plain waffle instead. She walks towards the counter, carrying the heavy bags of groceries. The customer unwillingly agrees to have Oliver prepare her order,



as he is the only staff present at the front counter.

While pouring the waffle batter into the machine, Oliver notices that the customer is frowning at him.





“Beep beep!” the waffle is ready. Oliver carefully lifts the waffle, packing it into a paper bag. As he is passing the waffle to the customer, her hands slip! Her hands are still full and she drops the freshly-baked waffle to the ground.

Upon seeing this, the customer sees red and flares up. Her anger rises and she glares at Oliver. Oliver feels the piercing eyes and looks down. He apologises to the angry customer.

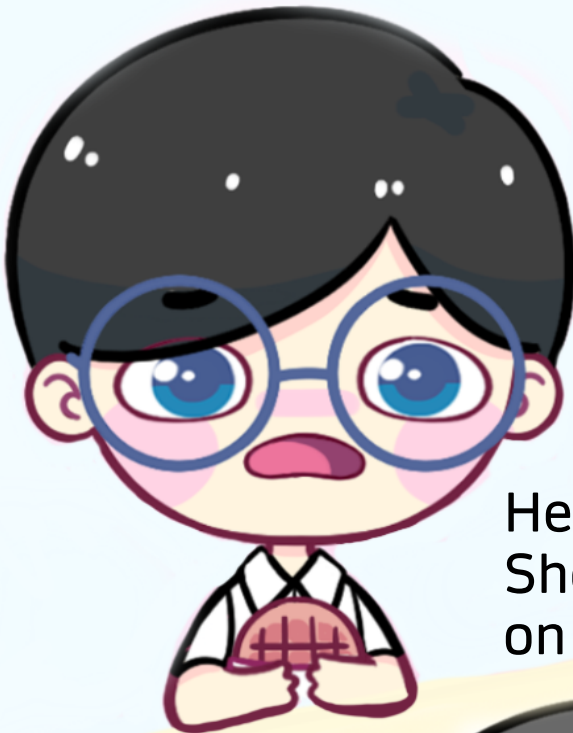


Under her breath, the customer mutters. "These kinds of people should just stay at home! Don't come out and waste other people's time!"

Upon hearing this, Oliver could no longer remain silent.

“I am sorry for dropping the waffle. But what you said was not nice.

I am trying my very best at my job and not to simply rely on others.”



Her anger spikes!  
She is about to lash out  
on Oliver when...



Aunty Lilian and Daniel come out of the kitchen. Aunty Lilian kindly approaches the customer and says, “Oliver is such a hardworking boy! All our customers love him, and his wonderful energy never fails to brighten up their day!”



“What you just said was not fair, He was trying his very best. Everyone needs a safe and comfortable environment to work in!” adds Daniel.

Upon hearing this, the customer turns red with embarrassment. She realises that her actions are insensitive and rude. She turns to Oliver and says sorry.





As the customer leaves the bakery, Oliver turns to Aunty Lilian and Daniel, “Thank you for standing up for me!”

Aunty Lilian smiles, “Let’s get back to work guys. The cupcakes are not going to frost themselves!”

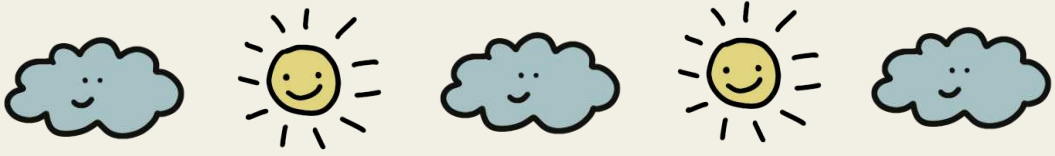
As Daniel stands, frosting the cupcakes,  
he thinks to himself...

Even though Oliver looks a little different,  
talks a little different, walks a little different...



He has a big, bright smile, he is a happy  
person, he is a great teacher, and he is an  
amazing friend!

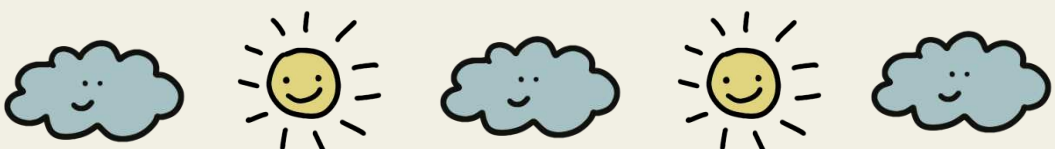
Oliver is strong in his own way, even  
though he is a little different.



# DEBRIEF

After reading this story about Daniel, Aunty Lilian and Oliver; a differently-abled person with Down syndrome :

1. How would you feel if you were Oliver?
2. What happened at the end that resulted in Oliver being included?
3. What can you do to make Oliver feel more welcomed?
4. Do you think it is important for us to include everyone?  
Why or why not?

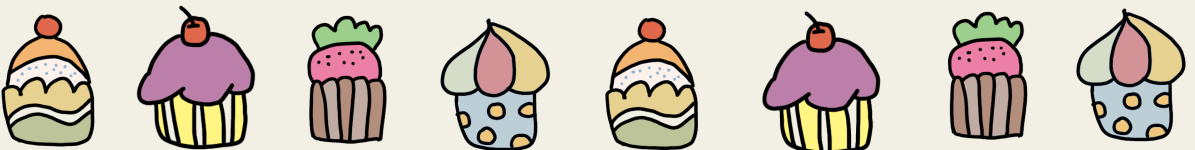






# 3 KEY MESSAGES

1. Don't be afraid to take the first step to interact with people who are different from you.
2. Take time to get to know a person, before being quick to judge someone based on their appearance and behavior.
3. Persons with disabilities might require additional help but that does not mean that they are not able to achieve the same things as you. Persons with disabilities can have hidden potential and capabilities to achieve great things like everyone else and they have a part to play in this world too!





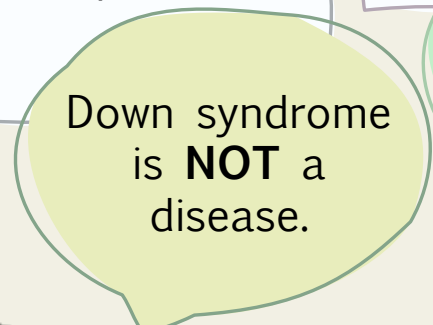
# INFORMATION ON DOWN SYNDROME

## OLIVER'S CONDITION


We are all born with 23 chromosomes. Our character, Oliver, has a condition called Down syndrome. Someone with Down syndrome is born with one extra chromosome. This may lead them to have certain unique traits!

## COMMON TRAITS OF PEOPLE WITH DOWN SYNDROME

- Eyes that slant upwards
- A small, flat nose
- Smaller hands and feet
- More prone to vision impairments



Down syndrome is **NOT** a disease.



It can't be spread!



# FACILITATING CONVERSATIONS ABOUT INTELLECTUAL DISABILITIES WITH YOUR CHILD



## WHAT IS AN INTELLECTUAL DISABILITY?

An intellectual disability is a developmental disorder where the individual faces more difficulty than others in grasping concepts and solving problems

*Institute of Mental Health*



## COMMON TRAITS OF SOMEONE WITH AN INTELLECTUAL DISABILITY

- Significant limitations in the skills needed to live in and work in the community
- Faces difficulties in ; communication, self-care, social skills, safety and self-direction
- Has an IQ level of 70 or below

*Institute of Mental Health*

## USEFUL TIPS

### Tip 1 : Be open to discussions with your child


Using pointers mentioned in the previous page, have open conversations with your child on intellectual disabilities and allow a space for his/her questions.

### Tip 2 : Correct your child when they have misconceptions

Don't encourage your child to use labels to describe persons with intellectual disabilities. Instead validate their observations and explain what exactly happened, such as a meltdown. Instruct them about the noted differences by sharing that the child wasn't acting that way because they were naughty; they were simply trying to manage something that was hard for them.

### Tip 3 : Teach your child to focus on the commonalities and not the differences

Remind your child that a person with intellectual disabilities is a person before their disability. They go through the same experiences and have the same emotions as us.



# QR CODE

Scan here for our e-book version!



# Acknowledgements

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