

ASIA Reader's digest

MOST TRUSTED & MOST READ

SURPRISING WAYS TO SLEEP BETTER

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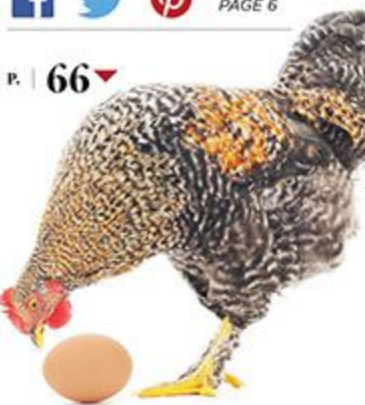
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Think outside
the box to
reclaim your
night-time rest

BY LISA FIELDS

Surprising Ways to Get More Sleep

★



When a four year old bumps into a widower at the supermarket, the karma is instant – and everlasting



When Norah Met Mr Dan

BY TARA WOOD
FROM TODAY.COM

PHOTOS COURTESY TARA WOOD

Sure, it got sort of dark at the end, but I liked where her heart was.

I was struck by her thoughtfulness and empathy and posted that quote as a status update on Facebook when we got home. I had no idea how much she really meant it.

The following day – her birthday – again on the way home from school, she asked if we could stop at the supermarket to buy cupcakes for her and her six siblings to enjoy after dinner.

How do you say no to a birthday girl?

I popped Norah and her younger sister into one of those car-shaped shopping trollies and headed towards the bakery. After we picked up the cupcakes, I stopped at a clearance shelf that caught my eye. While I was distracted, Norah was busy standing up in the trolley, excitedly waving and gleefully proclaiming, “Hi, old person! It’s my birfday today!”

The man was elderly, stone-faced and furrow-browed. However, before I could shush her for calling him an old

THE DAY BEFORE my daughter Norah’s fourth birthday, something she said foreshadowed a remarkable event.

I’d just picked her up from preschool when she cautioned me to mind the elderly person walking across the car park at a glacier’s pace.

She went on to explain that she has a soft spot for mature folks: “I like old peoples the best ‘cause they walk slow like I walk slow and they has soft skin like I has soft skin. They all gonna die soon, so I’m gonna love ‘em all up before they is died.”

person or ask the earth to swallow me whole, he stopped and turned to her.

If he was troubled by my no-filter child, he didn’t show it. His expression softened as he replied, “Well, hello, little lady! And how old are you today?”

They chatted for a few minutes, he wished her a happy birthday, and we went our separate ways.

A few minutes later, she turned to me and asked, “Can I take a picture with the old man for my birfday?” It was the cutest thing ever, and although I wasn’t sure if he’d oblige, I told her we’d certainly ask.

We found the man a couple of aisles over, and I approached him. “Excuse me, sir? This is Norah, and she’d like to know if you’d take a photo with her for her birthday.”

His expression morphed from confused to stunned to delighted.

He took a step back, steadied himself on his shopping trolley, and placed his free hand on his chest. “A photo? With me?” he asked.