

## **FamilyMatters@School Programme – Semester 1 2015**

### **1) January 2015**

#### *a) Supporting Your Child's Transition to Primary One*

As children transit from pre-school to primary school, they are faced with numerous challenges. In this workshop, speaker Johnny Ong will share his experience and tips on the following –

- Your Child's Mental Development
- Key differences between pre-school and primary school
- Adjusting to primary school life
- How Parents can support and encourage their children
- Maintaining your child's transition and eventual adaptation

Date: Friday, 2 January 2015

Time: 11.00am to 1.00pm (Registration begins at 10.45am)

Venue: AVA Room (4th Floor)

Fee: Free of Charge

#### *b) 5 Ways to Raise Money Smart Kids – P1-5*

Many children are not taught formally how to manage their pocket money well since young, resulting in many facing financial problems later on in life. How can parents ensure that their children are equipped with some basic money management skills?

Parents who are concerned over their children's lack of money management skills need not despair. During this 2 hour session, Ms Zarina Zaharudin, an Associate Financial Planner and a regular columnist with Berita Harian sharing Money Tips every fortnightly, will provide simple steps for all parents to start practicing good money habits with their kids at home.

Date: Friday, 30 January 2015

Time: 11.00am to 1.00pm (Registration begins at 10.45am)

Venue: AVA Room (4th Floor)

Fee: Free of Charge

### **2) February 2015**

#### *a) Supporting Your Child For The PSLE*

Your child will be taking the PSLE this year. As a parent, you would want to be able to support your child as he/she prepares for this crucial exam. This workshop seeks to equip you with tools to help your child on this journey.

Mr Johnny Ong, who conducts regular parenting and student workshops under the Ministry of Social and Family Development FamilyMatters@School programme, will focus on the following during the workshop –

- Positive Thinking
- Discover Your Child's Intelligences
- Setting SMART Goals and action plans
- Adopting a Growth Mindset
- Motivational Techniques
- Find out about your child's Learning Style
- Parenting Styles

Date: Wednesday, 4 January 2015  
Time: 10.30am to 1.00pm (Registration begins at 10.15am)  
Venue: AVA Room (4th Floor)  
Fee: Free of Charge

*b) Structuring Your Child's Time – P3 to P5*

Structure is essential in a child's life. Schedules, boundaries, rules, and discipline help children feel secure. Not only does structure help children in identifying their priorities, it ensures that their time is spent meaningfully in an effort to address all their needs.

Miss Harjit Kaur from Morningstar Community Services will cover the following areas during the workshop:

- Explore the make-up of a balanced schedule for our children
- Learn how to involve our children in the planning process
- Understand how to work with our children to monitor the efficacy of planned schedules
- Gain ideas of how to make full use of the holiday times.

Date: Friday, 13 February 2015  
Time: 11.00am to 1.00pm (Registration begins at 10.45am)  
Venue: AVA Room (4th Floor)  
Fee: Free of Charge

**3) March 2015**

*a) Motivating Your Child – P6*

As parents support their children for the upcoming PSLE, this workshop seek to help you rediscover your child and equip you with tools to develop and enhance your child's strengths. Johnny Ong will share on the following:

- Discovering Facts about Your Child
- Discover Your Child's Intelligences
- Personal Mastery versus Learned Helplessness
- Encouraging Your Child
- Managing stress through Positive Emotions

Date: Friday, 13 March 2015  
Time: 8.30am to 9.30am  
Fee: Free of Charge

*b) Building Bonds That Last – Parent-Child Bonding Activity – P1 – P3*

Parents and Children come together to build memories that last through design and assembling a photo frame.

Date: Monday 16 March 2015 and Tuesday 17 March 2015  
Time: 9.00am to 11.00am

Note - Space is only available for 10 pairs for each session. A ballot will be conducted if registration for each session exceeds 10 pairs.

*c) Love Them, Talk About Sex – P4 to P6*

Parents really make a difference when we talk with our kids. In fact, teens often name their parents as the biggest influence in their decisions about sex. And teens who report having good conversations with their parents about sex are more likely to delay sexual activity. Parents really can make a difference.

Come join this interactive workshop by the Health Promotion Board where Miss Monica Fernando will address the issues of “How can I start talking to my children about sexuality” and “How do I answer my child’s questions about sex and sexuality”.

Date: Friday, 27 March 2015  
Time: 10.00am to 1.00pm (Registration begins at 10.15am)  
Venue: AVA Room (4th Floor)  
Fee: Free of Charge

Note - Space is only available for 50 participants as stipulated by Health Promotion Board. A ballot will be conducted if registration exceeds 50 participants.

**4) April 2015**

*The Difference in Parenting Boy and Girls – P1 – P6*

This engaging and insightful workshop serves and equips parents with informative perspectives and understanding on how they can understand the differences in parenting a boy or girl.

The overview of this session will cover the following areas:

- a. Are boys and girls hardwired differently?
- b. The difference in the social and emotional development
- c. The values between boys and girls.
- d. The role parents play in bringing up boys, and girls
- e. The gender difference between boys and girls
- f. Dealing with the discipline issues.
- g. Pink and Blue brains: How boys and girls learn best
- h. The Nature vs. nurture debate – how boys and girls respond to their world.
- i. Raising your emotionally healthy son and daughter.

Date: Friday, 24 March 2015  
Time: 11.00am to 1.00pm (Registration begins at 10.45am)  
Venue: AVA Room (4th Floor)  
Fee: Free of Charge

**5) May 2015**

*Talking Back Behaviour – P1 – P6*

What is “Talking Back”? Why are children "Talking Back" and what are the causes?  
Are parents the cause of agitation? How much are children responsible?

From En Community Services will help parents foster better relationship with their children by sharing on the following:  
- Principles to good relationship.

- Understand & realize how parents sometimes agitate their children
- Ways to secure cooperation
- Understand & implement effective discipline measures

Date: Friday, 22 March 2015

Time: 11.00am to 1.00pm (Registration begins at 10.45am)

Venue: AVA Room (4th Floor)

Fee: Free of Charge

## **6) June 2015**

### *Parent-Child Bonding Through Painting A Mural – P4 – P5*

This workshop is tailored specially by art therapist Jeanette Chan for parents to connect with their children on a deeper level in a fun and non-intrusive setting. As art provides an alternate form of self-expression when words are not good enough, images can become powerful tools for family members to share their stories and express their feelings for each other in a non-verbal manner.

Date: Tuesday, 2 June 2015

Time: 9.00am to 12.00pm (Registration begins at 8.45am)

Venue: Thinking Cabin (Library)

Fee: Free of Charge

Note - Space is only available for 10 pairs as stipulated by vendor. A ballot will be conducted if registration exceeds 10 pairs.