

PARENTING UPDATE

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APRIL 2020

Dear Parent / Guardian,

We hope that you and your family have been keeping well through this Circuit Breaker period. We have appended in this document information and links to some parenting and family related resources for your reference.

We are also in the works of planning some complimentary webinars on how we can foster healthy digital habits together as a family, as well as how we can help our children in varied cyber wellness related issues (screen time, gaming, cyber bullying, inappropriate content, etc). If you are interested in attending any of these, please help us by [clicking here](#) and letting us know of your preferences.

We hope that you will find the resources on the subsequent pages relevant and helpful to you.

Sincerely,
Shem Yao & Galvin Sng
Parenting Support Provider IC/s
TOUCH Integrated Family Group



Working from Home vs Home-based Learning: The Battle for Dad and Mom's Attention

As parents grapple with the need to work from home and their children's home based learning in today's COVID-19 situation, it can be overwhelming and stressful. Find out how you can make things a little better at home, for yourself and the family.

[Click here to read the article on our website.](#)



Five ways to manage your child's mental wellness during COVID-19

The COVID-19 situation and Circuit Breaker can cause our children much stress as they grapple to adapt to various lifestyle changes. Here are five ways to help keep our children's mental health in check during this trying period!

[Click here to read the article on our website.](#)



Dear parents, are you running on empty during COVID-19?

Dear parents, do you find yourself losing patience with your spouse and your children during this period of working from home? Are you feeling stressed and tired? Here's why – and how to rejuvenate your mental health.

[Click here to read the article on our website.](#)



Managing Conflict through the Circuit Breaker Period (and Beyond)

As we spend more time with our loved ones at home this season managing different work-from-home and home-based learning schedules, we may find ourselves in situations where tensions run high. However, peace can be restored and relationships can be strengthened with the right strategy.

[Click here to read the article on our website.](#)

COMPLIMENTARY

DIGITAL PARENTING WEBINARS

We are in the works of planning some complimentary webinars on **how we can help our children who may be experiencing cyber wellness related issues (screen time, gaming, cyber bullying, inappropriate content, etc).**

If you are interested in attending any of these interactive sessions, please help us by [**clicking here**](#) and letting us know of your preferences.

FREE Evidence-Based Online Parenting Programme

TRIPLE P ONLINE (TPOL)



Triple P Online (TPOL) is an evidence-based online parenting programme that equips parents with positive parenting skills. It is effective for parents of both children and teens. Not only has this programme been proven to improve children's behaviours, it has also significantly improved parenting confidence and satisfaction and helped parents build stronger relationships with their children.

Through this interactive course, parents can learn at their own time and pace, and pick up simple and practical strategies to confidently manage children's behaviour. The course consists of videos, exercises, tips and activities which are suitable for parents of children and teens.

FREE Evidence-Based Online Parenting Programme

TRIPLE P ONLINE (TPOL)



To better support parents through this period, the Ministry of Social and Family Development (MSF) has made this programme available to all parents for **FREE**.

To sign up for your free TPOL account, access the registration form [here](#) and fill in your contact information and your preferred TPOL programme (Toddlers to Tweens / Pre-teens and Teens). **If your child's school falls under the Toa Payoh or Jalan Besar region (list can be found on the last two pages) , your registration will be routed to us and you will hear from us within three working days.** Otherwise, you will hear from your child's school's Parenting Support Provider (PSP) within the same period to assist you in the creation of your TPOL account.

TRIPLE P GUIDE ON**PARENTING DURING COVID-19**

As parents, we ourselves may be feeling a range of uncomfortable feelings (*including anxiety, anger, sadness*); as well as uncertainty about what to do and how we can cope. These feelings are entirely reasonable and normal. It is important to remember (and to remind children) that communities are working together to keep people safe (e.g. healthcare workers who are looking after people with the virus; supermarkets bringing in new rules to allow more vulnerable people to do their shopping safely). **This guide that the developers of the Positive Parenting Programme (Triple P) have created helps parents to support their children and look after themselves during this difficult time. [Click here](#) to access this resource.**

Parenting Telegram Channel

You are invited to join the **TOUCH Integrated Family Group Parenting Telegram Channel**; we will be using this channel to keep you periodically updated on parenting related news and articles, as well as information on our future workshops and relevant activities. [**Click here to join**](#). If you do not already have Telegram installed in your phone, you will be brought to a page with a link to download it. Once you have downloaded it, do access the link above again and you should be able to join in the channel. We are glad to be partnering with you in this parenting journey!



ABOUT US

TOUCH Integrated Family Group (TIFG) is **TOUCH Community Service**'s newest service group, set up in January 2020. TIFG focuses on *Family Resources* to help families cope with different stressors along their life course, transition of roles in *Family Transitions, Relationships & Growth*, and building *Family Resilience*. The group is made up of service pillars such as 'TOUCH Children & Youth', 'TOUCH Family Life' and 'TOUCH Family Enablement'.

With TOUCH's multi-service experience in meeting the needs of disadvantaged children, youth-at-risk and vulnerable families since 1992, TIFG aims to equip families with resources and enable them to build resilience. This is done through an integrated suite of services to support the family as a unit, with emphasis on education, intervention and advocacy.

CONTACT US

parenting@touch.org.sg

For parenting related enquiries

counselling@touch.org.sg / 6709 8400

For adult and family counselling services

1800 377 2252

For children and youth counselling services

WE ARE THE

PARENTING SUPPORT PROVIDER (PSP)

FOR SCHOOLS IN THE TOA PAYOH & JALAN BESAR REGION:

Primary Schools

- Ai Tong School
- Anglo-Chinese School (Primary)
- Bendemeer Primary School
- Catholic High School (Primary)
- Cedar Primary School
- CHIJ Primary (Toa Payoh)
- Farrer Park Primary School
- First Toa Payoh Primary School
- Guangyang Primary School
- Hong Wen School
- Kheng Cheng School
- Kuo Chuan Presbyterian Primary School
- Maris Stella High School (Primary)
- Marymount Convent School
- Pei Chun Public School
- Singapore Chinese Girls' School (Primary)
- St Andrew's Junior School
- St Joseph's Institution Junior
- Stamford Primary School

WE ARE THE

PARENTING SUPPORT PROVIDER (PSP)

FOR SCHOOLS IN THE TOA PAYOH & JALAN BESAR REGION:

Secondary & IP Schools

- Anglo-Chinese School (Barker Road)
- Bartley Secondary School
- Beatty Secondary School
- Bendemeer Secondary School
- Catholic High School (Secondary)
- Cedar Girls Secondary School
- CHIJ Secondary (Toa Payoh)
- Dunman High School
- Guanyang Secondary School
- Kuo Chuan Presbyterian Secondary School
- Maris Stella High School (Secondary)
- Pierce Secondary School
- Raffles Girls' School
- Raffles Institution
- Singapore Chinese Girls' School (Secondary)
- St Andrew's Secondary School
- St Joseph's Institution
- Whitley Secondary School