

## FamilyMatters@School Workshops:

This year, FamilyMatters@ School workshops address a broad range of parental concerns that include effective parenting skills, how parents can support the education process of their primary school kids and tools to boost the parent-child relationships as well as spousal relationships.

Some workshops conducted last year included **“Family Rituals”** – that offers tips on ties that bind, **“Connecting in Love”** – based on the Five Love Languages by famed author Gary Chapman, **“Correcting in love”** – on effective discipline strategies that work and **“Smart talk”** – where parents learnt how to listen and respond empathetically so our children are more willing to talk to us.

These workshops were very well received and below are some of the feedback given by the parent participants:

"It's a very good workshop. Looking forward to more of such workshops."

"I have learnt new skills. I will try to apply them at home."

"I really enjoyed the coffee talks very much. I can share and learn from other parents' experiences."

"I am more confident of what I do."

"I love the family bonding day events. I get to spend quality time with my children."

The local academic culture is a major concern for many parents. Hence, workshops like **“Transition to Primary One”**, **“How to Help Your Kids Beat Exam Stress”** and **“the 6As of Effective Parents”** empower parents with effective means to support their children.

SFE also conducts workshops on spousal relationships like **“He said, She said”** to cultivate a healthy and loving bond between moms and dads, as we believe that a strong marriage lays the foundation to a happy home life for the children.



Transition to Secondary 1 – Talk on 16 Nov 2013

## Focus Group Discussions

Parents feel isolated in their parental woes at times. Focus Group Discussions provide a platform for parents to share their parental experiences and learn from other parents.

Some discussions include **“Making Sound Decisions”** - on how to help your kids make good decisions, and **“Preparing for P1”** for parents with primary one kids. These sessions are usually conducted in smaller groups and therefore facilitate intimate sharing between parents.

## Family Bonding Activities

Princess Diana believes that *“Family is the most important thing in the world.”*

And so do we. FamilyMatters@School conducts periodic activities for the family to have fun, build relationships and bond together. These events are always well-attended by our TNS families who usually leave with smiles and happy memories. Check out some of our memorable family-bonding events.



Family Bonding event thru Sandcastle building on Jan 2013



Family Bonding – Rocking climbing on Nov 2013

Jointly organised by:



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FAMILY matters!