28 SEP (SAT)



SEPTEMBER - OCTOBER









Click the pictures to learn more about each activity! (PDF version only)



THE MINDFUL CHILD

Discover how you can help your child concentrate on tasks, follow directions and manage their emotions.

For parents of pre-schoolers.





For parents with kids aged 3 to 6.

IN-PERSON '



12 OCT (SAT) TEACHING NEW SKILLS & LANGUAGE LEARNING

Learn ways to teach your child new skills, and how engaging them in everyday activities can make a big difference to their language learning.

For parents with kids aged 1 to 6.





TRIPLE P LEVEL 2 PARENTING SEMINAR (PRE-SCHOOLERS)

Learn simple, practical strategies to confidently manage your children's behaviour, prevent problems from developing, and build strong relationships with them.

For parents of pre-schoolers. VIRTUAL .



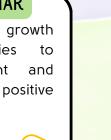


Support your grandchild's growth

strategies confidently. Learn enhance their development wellbeing, and promote behaviours.

aged 0 to 12.

For grandparents of children







GRANDPARENTING SEMINAR

Support grandchild's your confidently. Learn strategies enhance their development and wellbeing, and promote positive behaviours.

and primary school children. IN-PERSON -

For grandparents of pre-school



REGISTER



FOR WOMEN AND CHILDREN

SingHealth community nurses are

stationed at FamNex@OTH to address your concerns and support families and children to keep well. Book an appointment today. For women aged 21 and above, and

IN-PERSON -

children aged 0 to 6.

DID YOU KNOW?



Picky eating habits are more likely to develop when parents punish, bribe or reward their children's eating behaviors.





physical activities and social bonds in our children? Find out more about the allure of scrolling and the complexities of screentime management.

For parents/grandparents of

VIRTUAL

children and teens.





interactive hands-on activities that aim

to foster creativity and innovation as well as encourage curiosity and lifelong learning. For parents and children of all ages. No registration required.

IN-PERSON

