

# SEPTEMBER - OCTOBER

## HAPPENINGS WITH Family Nexus

@ Our Tampines Hub & Punggol

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



19 SEP (THU)

### THE MINDFUL CHILD

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

For parents of pre-schoolers.

VIRTUAL

REGISTER NOW



28 SEP (SAT)

### EAT RIGHT, FEEL RIGHT PARENT-CHILD WORKSHOP

Tackle common eating challenges through interactive activities with your child and find out how you can prepare healthy meals at home together.

For parents with kids aged 3 to 6.

IN-PERSON

REGISTER NOW



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.

IN-PERSON

REGISTER NOW



3 SESSIONS IN OCT (SATURDAYS)

### 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

REGISTER NOW



19 OCT (SAT)  
IN MALAY

### TRIPLE P LEVEL 2 GRANDPARENTING SEMINAR

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

For grandparents of children aged 0 to 12.

IN-PERSON

REGISTER NOW



2 SESSIONS IN OCT (TUESDAYS)  
IN CHINESE

### TRIPLE P LEVEL 2 GRANDPARENTING SEMINAR

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

For grandparents of pre-school and primary school children.

IN-PERSON

REGISTER NOW



BY APPOINTMENT

### COMMUNITY NURSING SERVICES 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 children aged 0 to 6.

IN-PERSON

REGISTER NOW

### DID YOU KNOW?

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

## MORE EVENTS FROM OUR PARTNERS



20 SEP (FRI)

### THE IMPACT OF SCREEN VIEWING ON CHILD HEALTH & DEVELOPMENT

How does screentime affect sleep, 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 children and teens.

VIRTUAL

REGISTER NOW



26 OCT (SAT)

### EARLY READ FIESTA

Try your hand at a range of exciting 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

BROUGHT TO YOU BY:



CLICK HERE TO FIND OUT MORE DETAILS

