

Lakeside News

Dear Friends of Lakeside.

As we look back on our remarkable 30th anniversary last year, we are filled with gratitude for a wonderful year. At the same time, we look forward with hope to the incredible journey that lies ahead. Your unwavering support has been a great enabler for service to the community through our Mission 30 campaign.

We would like to begin the year by sharing some tips to help parents manage your children's screen time. We would also like to share opportunities with you to support our work with youths and families.

In the spirit of the new year, let's embrace the challenges and opportunities that come our way, knowing that together, we can create lasting, meaningful change.

> Teo Tee Loon Executive Director

Tips on managing your child's screen time

Wherever we go these days, it's easy to find children glued to their screens. Everyone knows how addictive mobile devices can be, even for adults. If you don't want to raise an iPad kid, try these tips!

boundaries and age-appropriate rules so your children understand the behaviour that is expected of them. 2. Don't just say "Good job"! Instead, try

1. Have clear and consistent use of

saying "I like that you followed the rule of using your phone for 30 minutes, and only after your homework is completed."



understand what good behaviour means. When they break rules, introduce logical consequences. For example, you may reduce their mobile gaming time by 10 minutes each time a rule is broken. 3. Have open communication with your children and allow them to express their

Being descriptive with your praise affirms your children and helps them

- views during the process of setting limits, rules, and consequences. This will help them feel engaged.
- 4. Lastly, remember to connect before you correct! Have empathy and acknowledge the feelings and motivations behind their actions so they feel more understood. This will help them be more calm and receptive to your words.

For more parenting skills and strategies, join our Parents' Support Groups below!



with other parents & our **Family Life Educator** For more information, check out our flyer

here!

LEARN more parenting strategies

PARENTS CONNECT

@Jurong East



@Jurong West



Mums for mutual support For more information, check out our flyer here!

CONNECT with other

Overcoming barriers to bless others



Mission 30

exciting

Daryl has been fundraising for Lakeside Season of Giving since 2021 and here is her story on how



main challenge I faced while fundraising was my self-consciousness. At first, I was hesitant to reach out to

friends as I wondered what they would

she overcame her barriers to do good.

think of me. Then, I learned it is important to have the right mindset and conviction. Once I was clear about my intention, I beyond looked my discomfort, challenging myself to see how far I could go."

success, raising \$219,475, along with the Lakeside Charity Gala which raised

Your kindness and generosity have fueled our mission to bring hope, possibilities, opportunities, inspiration to every beneficiary we touch, and we thank you for being such a huge role in making a difference in

Thanks to YOUR incredible support,

Mission30 has been a heartwarming

\$349,932!

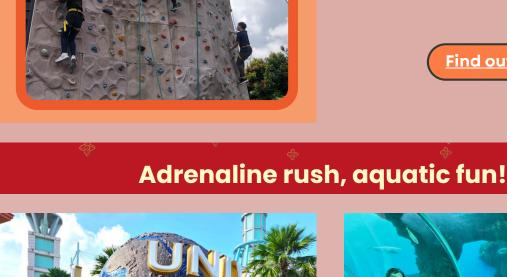
lives. Let us keep up this beautiful spirit of changing lives and transforming communities again.

THE GRIT ACADEMY+

MENTORING PROGRAMME



If you are passionate in mentoring and engaging youths with activities, you are the mentor we are looking for at The GRIT Project.







marvelling at marine life. The volunteers did a great job looking after our beneficiaries, who are delighted with any opportunities to learn and play! Looking for fun and meaningful Corporate Social Responsibility or volunteering

initiatives? Reach out to us at volunteer@lakeside.org.sg!