

# 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 Mission30 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!

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



Being descriptive with your praise affirms your children and helps them 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 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!



### LEARN more parenting strategies with other parents & our Family Life Educator

For more information, check out our flyer [here!](#)

PARENTS CONNECT  
@Jurong East



### CONNECT with other Mums for mutual support

For more information, check out our flyer [here!](#)

MUMS CONNECT  
@Jurong West



## Overcoming barriers to bless others



**Season of Giving**

2021



4th AWARD TOGETHER MILLION STEPS

2023



Mission I'mPossible

"I'm glad I've created opportunities for others to join me and do good."

Daryl, Community Partnerships Manager

[Read more](#)

Daryl has been fundraising for Lakeside since 2021 and here is her story on how she overcame her barriers to do good.

"The 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 think of me. Then, I learned it is important to have the right mindset and conviction.

Once I was clear about my intention, I looked beyond my discomfort, challenging myself to see how far I could go."

## Mission accomplished!

Thanks to YOUR incredible support, Mission30 has been a heartwarming success, raising **\$219,475**, along with the Lakeside Charity Gala which raised **\$349,932**!

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

Let us keep up this beautiful spirit of compassion and empowerment, and we look forward to partnering you in changing lives and transforming communities again.



## MENTORS NEEDED - Here's your chance to journey with youths

### THE GRIT ACADEMY+ MENTORING PROGRAMME



We are looking for Volunteer Mentors!

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

[Find out more](#)

## Adrenaline rush, aquatic fun!



Thank you, Shell Jurong Island for a memorable end to 2023! Their volunteers brought our children from The GRIT Project to Universal Studios Singapore, and our seniors from Kaki Kampong Seniors' Wellness to the SEA Aquarium. The children had the time of their lives on the rides, while the seniors spent the day 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](mailto:volunteer@lakeside.org.sg)!



Lakeside Family Services



[lakesidefamilyservices](https://www.lakesidefamilyservices.org.sg)