

## Dear Friends of Lakeside,

We are pleased to announce that Lakeside has been appointed by the Ministry of Social and Family Development as a Families For Life@Community (FFLC) provider! Previously known as Parenting Support Services, this appointment will enable us to do even more indepth and upstream work to strengthen couples and families in Singapore.

FFLC will continue to offer strong support to parents and families, while extending our reach to collaborate with religious organisations, schools, and vital community partners. Thank you for your support as we embark on this new chapter and build a stronger, more resilient community where every family can thrive!

Read on for more helpful parenting tips from FFLC, highlights from our work with children and youths, and a joyful close to our Season of Giving campaign!

**Teo Tee Loon**

**Executive Director**

## LAUNCHED: Families for Life @ Community



Families For Life@Community (FFLC) equips parents with necessary skills, evidence-based knowledge, and follow-on support to transform them as confident and competent parents resulting in improved parent-child relationships, positive family dynamics, and a conducive environment for raising successful responsible, confident, and competent children.

### What's New at FFLC?

In addition to parenting seminars, group work, and 1-to-1 consultations, we are pleased to bring you these new programmes at FFLC.



#### Prepare & Enrich: Marriage Enrichment Programme

Married or getting married soon? In this 12 hour group programme, couples can gain personalised insights on relationship dynamics, commitment levels, personality, spiritual beliefs & family systems.



**NEW!**

#### Purposeful Play

Is your child 6 and under? Learn to create a warm and stimulating home environment with play and home activities! You can enhance their language development, problem-solving skills, and overall school readiness!

[Find out more](#)

## The ABCs of Motivating Your Child in Their Studies

Do you struggle to keep your children motivated in school? Here are some tips on how parents can help them stay focused and enthusiastic in their academic journey, brought to you by our Families For Life@Community!

### 1. Autonomy

Let your children take ownership of their studies. Guide your children to make a study plan! Discuss what and when to study and teach them how to prioritise.

### 2. Belongingness

Let your children feel that they are an essential part of something wonderful. Consider putting aside your own devices and entertainment when your children are studying. Be present, praise their efforts along the way.

### 3. Competence

Start with subjects that are your children's strong suit. Praise the effort and process more than the results. The more children experience success, the more confident and motivated they will be to try, even when the task seems tough.



## Networking to Better Support Youths



It was a pleasure for our Integrated Service Provider (ISP) team to hold our annual networking session at Yuhua Secondary School on Friday, 1 March. School leaders and various stakeholders in Jurong West came together to mingle, understand each other's roles, and learn how to better support the youths.

We would like to thank our community partners including the Community Policing Unit, Central Narcotics Bureau, and the Secret Societies Branch for sharing insights on steering youths away from scams, drugs, and unlawful gang activities. Special thanks to Yuhua Secondary School for their partnership and for hosting us at their premises!

[More photos](#)

## The Play of Light and Shadow

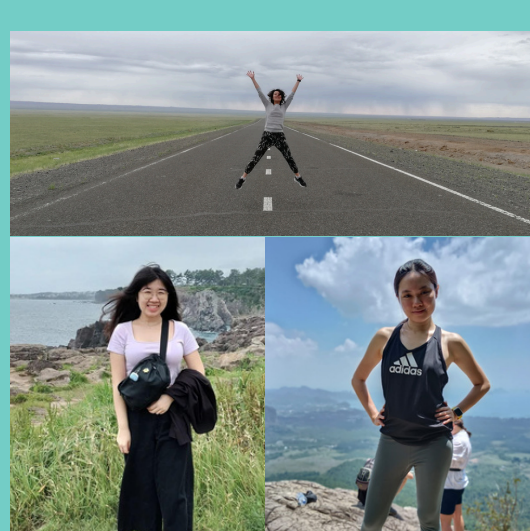


Many thanks to student volunteers from NUS Raffles Hall and Photographic Society of NUS for imparting photography skills to our The GRIT Project children! With the help of the experts, the camera quickly became a tool of exploration and a thing of magic as our children learned to operate a professional DSLR.

At Jurong Lake Gardens, our fledgling photographers experimented fearlessly with angles, colours, and compositions. Not only did they learn new skills, they also gained confidence as they admired their photos! Thank you all for a memorable learning experience for our children!

[More photos](#)

## Lakeside celebrates International Women's Day



For International Women's Day, we got colleagues Jodie, Constance, and Jasmin from Lakeside's FAM@FSC, Community Partnerships, and SOAR teams to share their personal and professional achievements.

They remind us of the beauty of perseverance, the importance of growth, and the healing power of compassion for ourselves and those around us. May their stories inspire you to be your best self!

[Read more](#)



## Well and Truly Blessed

Thank you donors for being such a blessing to our Season of Giving campaign! We have raised a total of \$70,671 out of our \$100,000 goal!

Your support has really enabled many struggling families to find hope, joy, and strength in their everyday lives. Thank you once again for your tremendous support!

## Lunar New Year festivities with UOB



#UOBHeartbeat volunteers brought 30 children from The GRIT Project on a sponsored shopping trip at Jurong Point, where they selected bright new outfits, down to the right shoes and accessories to complete the looks. Thank you UOB for this lovely treat!

[More photos](#)

[Video Recap](#)