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MEDIA FACTSHEET

PROGRAMMES BY FAMILIES FOR LIFE (FFL) TO STRENGTHEN FAMILIES

The FFL offers a wide range of programmes to enhance and enrich family relationships. These include marriage preparation and mentoring, parenting and grandparenting programmes as well as parent-peer support groups. These programmes are offered at various towns nationwide through the Families for Life at Community (FFLC).

1. Expansion of Journey with You Marriage Mentoring [NEW]

The Journey with You (JoY) marriage mentoring initiative was first trialled in December 2021 by the Ministry of Social and Family Development (MSF) and the Registry of Marriages (ROM) with a small group of newlywed couples. This initiative was designed to provide support to them throughout their first year of marriage by pairing them with Licensed Solemnisers who served as their mentors.

By tapping on the wisdom and experience of the marriage mentors, JoY aims to provide newlyweds with valuable advice and tips on how to navigate the challenges and joys of married life, and encourage couple to discuss key marriage topics. JoY mentors also facilitate connections to relevant resources through FFL@Community to ensure that couples can continue to be supported throughout their marriage and parenting journey, even in the years ahead.

To complement solemnisers' current efforts, JoY **will be expanded to include community volunteers who are trained as mentors to journey with newly-wed couples**. Community mentoring will be introduced to a small group of couples on a voluntary basis for a start, starting from the second half of this year.

By extending its impact through community-based mentoring, JoY strives to create a supportive network of mentors within the community who can positively influence and enrich the lives of newlywed couples, which will in turn create a stronger and more resilient foundation for marriage and family relationships.

1. Rollout of Purposeful Play For Parents with Children aged 4 to 6 years old [NEW]

The Purposeful Play programme is a collaborative effort between the Ministry of Social and Family Development and the Parenting Research Centre from Australia. The programme, which was introduced in April 2023, **is now available to all parents with children aged 4 to 6 years in Singapore**.



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Purposeful Play equips parents with 10 evidence-based strategies to create a stimulating environment to help children learn and develop, make use of everyday activities to strengthen parent-child relationships and promote children's language and communication skills.

The programme consists of five in-person sessions, conducted over five consecutive weeks, with each session lasting 1.5 hours. The programme may also be conducted via a hybrid model with three sessions conducted in-person and two online. During these sessions, parents gain valuable insights and practical tools to support their child's development.

Purposeful Play also fosters a sense of community by providing parents with the opportunity to establish supportive relationships with other participating parents. For more information, please visit <https://familiesforlife.sg/unite-at-an-event/Pages/purposefulplay.aspx>.

2. Temasek Foundation WiseJourneys Programme (WiseJourneys) for Parents with Children up to 36 Months Old

WiseJourneys is a free programme for parents and caregivers of children up to 36 months that provides a supportive and interactive platform that enhances parenting skills.

The programme consists of three distinct modules, where each group participates in guided online sessions over four weeks. These sessions offer valuable opportunities for participants to acquire practical parenting insights and techniques. WiseJourneys facilitators lead the sessions to foster dynamic discussions and conversations around relevant topics, accompanied by practical insights and research-based tips for day-to-day parenting.

By participating in WiseJourneys, individuals become part of a nurturing community, gaining useful insights from others, and fostering personal growth as parents or caregivers. For more information, please visit <https://familiesforlife.sg/unite-at-an-event/Pages/wisejourneys.aspx>.

3. Triple P (Positive Parenting Programme) for Parents and Grandparents with Children aged 7 to 16 years old

The Positive Parenting Programme (Triple P) is an evidence-based programme that equips parents with techniques to promote the psychological, social, and emotional competence of their children aged up to 16 years. Triple P follows a tiered system that provides varying degrees of parental support based on individual needs and the age of the children.

Local evaluation studies conducted by the Ministry of Social and Family Development found that Triple P has positive effects on parenting and child outcomes. About 85% of parents have endorsed the programme as relevant to their parenting needs. Parents with secondary school-going children have shown a sustained 31% reduction in their emotional distress scores and



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a 22% reduction in their child's problematic behavioural scores. Parents with primary school-going children have experienced a 15% improvement in their parenting satisfaction and efficacy scores, along with an 18% reduction in their child's problematic behavioural scores.

Recognising the importance of grandparent-grandchild relationships, the Triple P Level 2 seminar series has been extended to include grandparents since June 2022. The aim is to help grandparents strengthen their bond with their grandchildren, which will benefit their grandchildren's emotional development and well-being. To date, approximately 400 grandparents have participated in the programme.

The Triple P Level 2 Seminar Series is designed for parents and grandparents of primary and secondary school children who are coping well with their children's/grandchildren's needs. This series consists of three seminars that cover topics such as positive parenting/grandparenting, raising confident and competent children/grandchildren, and raising resilient children/grandchildren.

Triple P Level 3 offers four one-to-one consultation sessions for parents who may require additional help in addressing mild to moderate behavioural difficulties displayed by their children.

Triple P Level 4 is tailored to parents of children with high or very high levels of behavioural difficulties. This programme provides parents with skills to decrease negative behaviour, teach emotional regulation and plan for challenging situations. It is conducted in a small group setting over five sessions followed by three phone consultation sessions.

For parents seeking more flexibility, the Triple P Online (TPOL) programme allows them to complete parenting modules independently and at their own pace. TPOL provides a toolbox of strategies to encourage positive behaviour, as well as prevent and manage misbehaviour. This interactive course includes videos, exercises, tips, and activities, making it suitable for parents of children and teens. For more information on Triple P, please visit .

4. Signposts

Signposts is an evidence-based programme that equips parents with skills to help them understand, prevent and manage their child's difficult behaviour through the development of a personalised programme that suits the unique needs of their child. The programme consists of five in-person group sessions, with each session lasting 2.5 hours.



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5. Prevention and Relationship Education Programme (PREP)

The Prevention and Relationship Education Programme (PREP) is an evidence-based programme that aims to equip soon-to-wed and newly-wed couples with effective communication and conflict-resolution skills to build a strong marriage foundation and attain higher relationship satisfaction.

According to overseas studies, couples reported increased positive interaction for up to five years after the completion of the programme.

Locally, preliminary studies indicate that couples attending marriage preparation programmes do better in areas of communication, relationship quality, emotional bonding, and marital adjustment. Specifically, newly-wed couples who attended PREP showed a 10% improvement in communication skills scores within a year of attending the programme.

The PREP workshop employs cognitive-behavioural techniques to empower couples with expectation management, supportive listening and speaking, developing effective problem-solving skills, and maintaining fun, friendship, and sensuality in their relationship.

Couples attending the PREP programme by approved agencies, with either partner being a Singapore Citizen or Permanent Resident, will be eligible for a \$140 rebate upon completion. This rebate helps offset the total cost of the programme. The programme is open to grooms aged 25 and above and brides aged 21 and above.

The approved agencies that provide PREP are Careworks Community Services, Cornerstone Community Services, Family Central - A Service by Fei Yue Community Services, Morning Star Community Services and TOUCH Community Services.

6. Online Prevention and Relationship Education Programme (ePREP)

To complement traditional in-person sessions, the Online Prevention and Relationship Education Programme (ePREP) was introduced. It provides a convenient and flexible option for couples, with six self-learning sections that can be completed at their own pace over a three-month period. ePREP covers comprehensive topics such as communication, conflict management, commitment, friendship, and problem solving.

ePREP has been proven to help couples learn to protect and preserve fun and friendship and enhance their commitment and love for each other.

ePREP is suitable for soon-to-wed couples preparing for marriage and newly-wed couples within two years of their marriage. To be eligible, at least one of the spouses must be a Singapore Citizen or Singapore Permanent Resident.



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Social service agencies that provide ePREP are AMKFSC Community Services, Fei Yue Community Services and Care Corner Singapore Ltd.

7. Marriage Preparation Programme (MPrep)

A strong marriage requires a solid foundation built on commitment. To help soon-to-wed and newlywed couples in preparing for their journey together, these programmes offer practical skills and valuable knowledge.

MPrep consists of core modules designed to address important aspects of married life. These modules include Family of Origin, Communication & Conflict Resolution, Sexual Intimacy, Family Planning/Fertility Awareness, Financial Planning, Role Relationship & Expectations, and In-law Relationship.

By participating in the MPrep, couples can establish a strong foundation for a fulfilling and enduring marriage, fostering lifelong love, trust, and understanding. MPrep is suitable for soon-to-wed or newlywed couples attending a marriage preparation programme for the first time, with at least one partner being a Singapore Citizen or Permanent Resident. Upon completion of any of the programmes, couples are eligible to receive a \$70 rebate. MPrep is suitable for grooms aged 25 and above and brides aged 21 and above.

For civil marriages, social service agencies that provide MPrep are aLife Ltd, Alive Community Network, Careworks Community Services, Catholic Family Life, Eagles Mediation & Counselling Centre, Family Central - A Service by Fei Yue Community Services, Focus on the Family Singapore Ltd, Hearty Care Centre, Lutheran Community Care Services, REACH Counselling and TOUCH Community Services.

For Muslim marriages, they may attend the Cinta Abadi (Eternal Love) MPrep by appointed providers APKIM Resources, Bio Dew Management International & Institute, Prowise Consultancy and SP Management Consultant.

8. Prepare/Enrich (P/E) - Marriage Enrichment Programme (MEP)

The Prepare/Enrich (P/E) Marriage Enrichment Program (MEP) is a complimentary programme specifically designed for married couples. It comprises four 3-hour face-to-face sessions or three 4-hour face-to-face sessions providing couples with opportunities to identify their strengths and growth areas, gain insights into their relationship dynamics, commitment levels, personality, spiritual beliefs and family systems and learn proven relationship skills with the support of a Certified Facilitator and the P/E assessment inventory tool.

To be eligible for the P/E MEP, couples must have been married for more than two years and at least one partner must be a Singaporean Citizen or a Singapore Permanent Resident.



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Social service agencies that provide P/E MEP are AMKFSC Community Services, Fei Yue Community Services and Care Corner Singapore Ltd.

For more information on FFL marriage programmes, please click [here](#).