

PARENT KIT

26 May 2023

‘R & R’ as A Family

Looking for ideas for family bonding during the June break? Look no further!



Relax

For our children

Get ready for active family bonding at:

- [FunFam SportFest](#) by Active Parents.
- [Kindsville @ Children's Festival](#) @ Gardens by the Bay.
- [Kindsville Learning Journey](#) @ MINT Museum of Toys.
- [National Family Week \(NFW\) 2023](#) by Families for Life at over 50 Community Centres!



- Showcase the family's talents [here](#) at the Mother Tongue Language Symposium (MTLS) Challenge.
- Bond with our children with [Singa and the Kindness Cubbies](#) or over [storytelling at public libraries](#).

For our teens

- Want to be a cool parent? Find out where you can share [five active experiences](#) with your teens.
- Bond with our teens at Teenspace over a [variety of programmes](#).



- Check out the National Youth Council's [On My Way \(OMW\) programme](#) with your teens to learn about different jobs and industries.
- Chill out and [Café-Hop With Your Teen](#) – stock up on fun pictures while at it!

Rest

Holidays are great to get more rest as a family. When our children (and us) get quality rest, we are more re-energised and refreshed for the next day – it becomes a positive cycle!

a. Time for Bed

Agree with the family on a reasonable time for bed. Set the bedtime and stick to it.

Pro Tip:

Check out [this resource](#) on conversing with our children if you are facing difficulties in convincing our children to put their devices aside.

b. Bye-Bye, Screen Time

Make it a family effort to leave our personal devices outside the rooms/sleeping areas around 60 minutes before bedtime.



c. Hello Dream Time!

Connect with our children as we wind down for bed. Create a routine, e.g. chat about our day, read a book. It helps our children go to sleep feeling more relaxed.

Pro Tip:

Discuss with our children on what works best for them and co-create a regular pre-bedtime routine for quality sleep.

Have a chat with fellow parents to get [ideas](#) as well 😊

We wish all parents a fruitful and fun-filled June ahead 😊



Missed our last issue? [Click here](#) for our previous Parent Kits.



For weekly tips on parenting in education, check out our Instagram account for parents, [@parentingwith.moesg](#).

Rest Up, and Share to Win!

Have a story/tip to share about how your child keeps to bedtime routines? Share them with us by 16 June and stand to win prizes for the family, courtesy of the Health Promotion Board.