

Dads@School Forum 2018

Complimentary Resources and Workshops

MOE's Comprehensive Online Resources for Parents

For Parents

Below is a list of guides & tips, resources and useful links to help you to reinforce Cyber Wellness education at home.

Check out these pages for useful guides and tips!



Guides & Tips

- What are some useful parenting tips in the digital age?
- How do you set parental controls on your child's ICT devices?
- What are some useful guidelines to manage your child's use of social media apps?
- What are some useful strategies and tips shared by MOE Social Media?
- How do you help your child manage online scams?
- How do you help your child manage cyber contacts?
- How do you help your child manage cyber bullying?
- Suicide Games and Online Media: What Should Parents Do?
- How do you help your child manage excessive internet use?
- How do you help your child stay safe online?
- How to Devote your child to be a positive peer influence online? (New!)

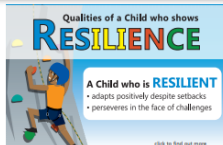


RESILIENCE BOOSTERS

Building the resilience muscle of our children to help them bounce right back

UNDERSTANDING RESILIENCE

As parents, we hope to strengthen the social and emotional skills and positive beliefs of our children so that they develop the resilience to persevere and adapt positively in the face of challenges. It is not impossible to build resilience in our children.



The ability to thrive despite challenges arises from the skills of resilience. The good news is that resilience skills can be acquired and nurtured.

Move Towards Goals
Guiding our children to set and move towards realistic and meaningful goals one step at a time focuses on what they can accomplish. This encourages them to move forward in the face of challenges and increases their likelihood of achieving their dreams.

Have a Sense of Purpose
Developing a sense of purpose in our children provides the motivation and energy for them to persevere through challenges. It moves them to look beyond present circumstances and to contribute towards their desired future.

Keep Things in Perspective and Maintain a Hopeful Outlook
Encouraging our children to maintain an optimistic and positive outlook, while accepting the negative circumstances or emotions, enables them to see the good things in life and keep going even in the toughest times.

Overcome challenges or obstacles
Facilitating the problem solving process in our children helps them to face themselves to find alternative solutions for problems or find a way out of difficulties. This also builds their confidence to handle future challenges.

Building RESILIENCE in our children

Focus on Strengths
Helping our children recognise their own strengths and encouraging them to use them in their daily lives contributes to more meaningful lives. Focusing on their strengths rather than weaknesses also helps them in overcoming challenges or obstacles.

Make Connections
Building positive social skills in our children helps them to make friends and build relationships. Connecting with people provides the social support in times of need.

Emotion Self-Care
Teaching our children to acknowledge and manage their negative emotions is part of self-care. Only then can they find ways to deal with the problem.

1st Aider Mental Wellness Workshop (for Dads)

A 2-hour Mental Wellness Starter's workshop that aims to equip fathers (& parents) with basic skills to identify and apply basic 1st aid to children/teens in distress.

The workshop covers:

1. Awareness of dynamics between Parent and Child, its influence on observable behaviour
 - a. What type of Father/parent are you to your child, and its impact;
 - b. What is the family environment the child is growing in, and its impact
2. Understanding Child's temperaments and resiliency
 - a. Situations and challenges impacting your child
3. First Aid for your Child's mental Health
 - a. Recognise symptoms of common mental health issues;
 - b. What can be done immediately;
 - c. First aid in episodes of breakdown;
 - d. Referral Network for Help.

Developed by Eagles Mediation Counselling Centre (EMCC) and brought to you jointly by EMCC & CFF.

[Details & Registration at Centre for Fathering Booth.](#)

Digital Age Parenting (Facilitation) Workshop

Parent Learning Workshop (with Certification)!

The Digital Age Parenting course aims to provide a sustainable learning and mentoring environment for parents. This course seeks to empower and equip parents with relevant knowledge and practical skills to reinforce cyber wellness learning in their home environment.

Course Program will be covered over 3 sessions x 2 hours workshop over 3-4 weeks and participants will receive a certificate of completion "Digital Age Parenting (Participant)" from TOUCH Cyber Wellness.

Following on the "Digital Age Parenting (Participant)" course completion, parents who are keen to reach out and be a source of support and help other parents, can be trained as a **Digital Age Parenting (Facilitator)** to provide continual mentoring and support in these cyber wellness areas to fellow parents in the same community.

This "Train The Trainer" workshop requires parents to

1. Have completed the Digital Age Parenting (Participant) Workshop
2. attend a 3-hour facilitator training on how to use the facilitator resource work book and package
3. Commit to conduct of at least 1 run of workshop within 6 months in their school community

[Details & Registration at Centre for Fathering Booth.](#)

Becoming Confident Digital Parents

A 3-hour workshop brought to you by the Industry's Media Tech Experts, at Google Singapore!

For Parents, the tween and teen years are an important season of balancing the need for discovery and having healthy boundaries for their lives.

How can parents best support them in this season, especially in the area of media and technology?

Come for this session and learn from a panel of experts and share tips with fellow parents:

1. Mr Lucian Teo (Google)
2. Dr Jiow Hee Jhee (Singapore Institute of Technology)
3. Mr Joel Lim (Help123)
4. Ms Carol Loi (Village Consultancy)

A perfect opportunity for fathers, who missed having their wives at the Dads@School Forum 2018 to grab a couple of seats for you and your spouse!

5 May 2018 (Sat), 9am - 12noon @ Google (150 seats only!!!)

We regret that only 2 seats per registrant and priorities will be offered to Dads@School Forum 2018 attendees.

[Details & Registration at Centre for Fathering Booth.](#)