

## MAYFLOWER PRIMARY SCHOOL

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Dear Parents/Guardians.

## **Parenting Support Programmes**

Interested to find out how to handle the following situations with your child/ward?

- Motivating your child/ward to do their homework
- · Managing tantrums or defiance
- · Setting up healthy routines

If so, do sign up for the Parenting Support Programmes by Families for Life @ Community! These free-of-charge programmes cater to different profiles of parents/guardians, whether you are seeking to learn new parenting strategies, or require some coaching. Parents who prefer to complete an online self-guided learning programme may also sign up for that option. Grandparents are welcome, too!

Visit the links below to find out more about the programmes, and sign up for them.

- Video on the Parenting Support Programme: https://youtu.be/Gq5ogYNaXOc
- Details about the programmes: <a href="https://adobe.ly/3JCL7i8">https://adobe.ly/3JCL7i8</a>
- Sign-up interest link: <a href="https://bit.ly/Fam4Life">https://bit.ly/Fam4Life</a>

Do contact Ang Mo Kio Family Service Centre at famforlife@amkfsc.org.sg if you have any questions.

We appreciate your support in our effort to nurture Empowered Learners and Empathetic Leaders!

Thank you.

Yours sincerely,

Mrs Eileen<sup>t</sup>Kwan

Head of Department (Character and Citizenship Education)

In-charge of Partnership & Publicity Committee