



Children's
SOCIETY
Caring for the Future



CAREGIVERS' GUIDE



ABOUT CAREGIVERS' GUIDE

This Guide is designed specially for spouses of individuals in prison who are often caregivers of young children. It aims to give insights on the difficulties and hardships the spouse might face and provide useful ideas on how to handle difficult situations during this trying time.

Disclaimer: For the purpose of easy reference, we refer to the parent in prison as he or him; we certainly do not discriminate against fathers.

Information in this Guide should not replace professional advice. Please continue with the help and support from relevant agencies.

While every effort was made to keep the information relevant and up-to-date, we shall not be liable for any damages related to the use of this publication.

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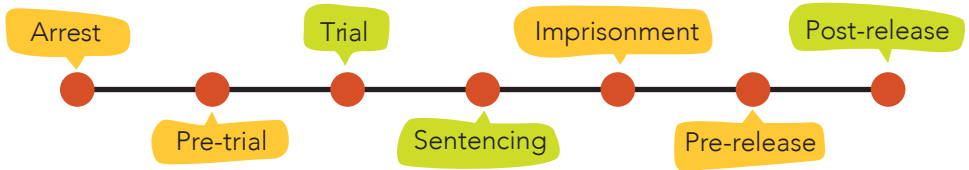
About Singapore Children's Society



CHALLENGES AT DIFFERENT STAGES

When your spouse got into trouble with the law, there may be several points of stress for you and your family.

TIMELINE



1 ARREST

The arrest will come as a shock to you, especially if you were unaware of his criminal activities. Feelings of confusion and panic sets in.

Children who witness the arrest may be more shaken than those who do not. Images of the arrest could result in flashbacks, nightmares or an increased fear of the police.

2 PRE-TRIAL AND TRIAL

There is anxiety and fear due to uncertainty of the sentencing outcome. Children may sense something is wrong, even if the truth is not known to them.



3 SENTENCING

You hope that your spouse would not be found guilty or be given a short sentence. Sometimes, you avoid thinking about it to block out negative feelings. After the sentence is passed, you may experience grief and loss as separation becomes real.

4 PERIOD OF IMPRISONMENT

As a result of feeling abandoned, shamed or disappointed, anger towards your spouse may develop. You feel all alone in this struggle and blame him for the situation.

However, you may come to terms with the imprisonment and eventually rebuild your relationship with him.



5 PRE- AND POST-RELEASE

You look forward to your spouse's release as the days go by. You and your child would also have to re-adapt to your spouse's parenting role when he comes home.

IMPACT OF IMPRISONMENT

Imprisonment is a major stressor on the family. Examples of stressors are:



Financial Difficulties

especially if the spouse in prison was the sole breadwinner



Lifestyle / Habit Changes

as the usual routine might be disrupted



Childcare / Parenting Difficulties

If these problems are not carefully dealt with, it may lead to broken relationships within the family. In some cases, marriages end in divorce due to imprisonment.

HOW IT AFFECTS YOU

During your spouse's imprisonment, you may face the following difficulties:



EMOTIONAL



SOCIAL



FINANCIAL

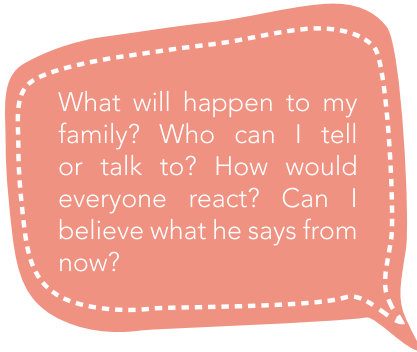


STIGMA



EMOTIONAL

All of a sudden, your spouse seems a different person. You feel shocked and confused with many questions in your head.



SOCIAL



If those around you do not know about the imprisonment, you tend to be on guard that others would find out. Over time, you may develop a fear of socialising. You become more sensitive towards people's words and comments. Without support, you may feel lonely, depressed and helpless.



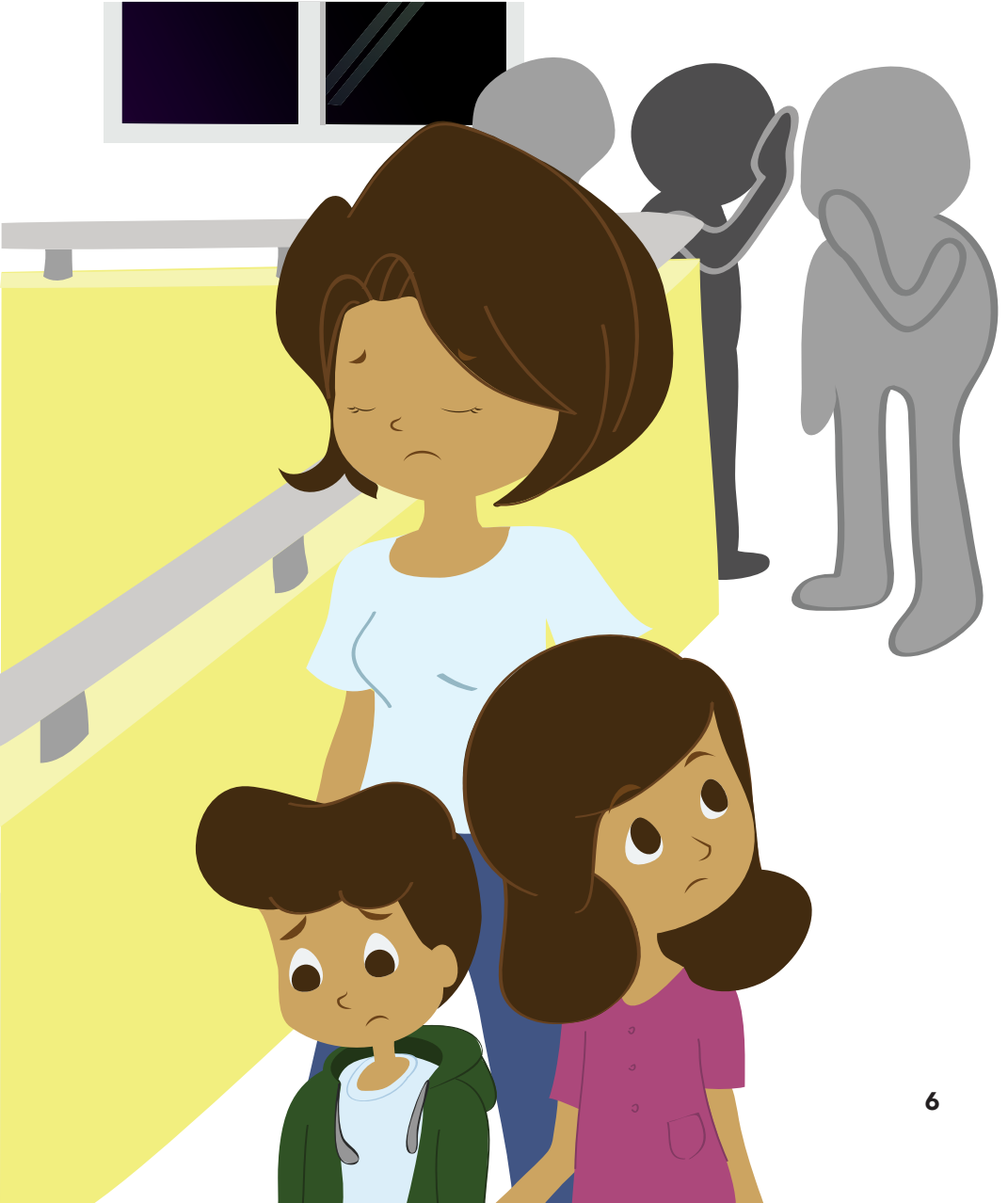
FINANCIAL

During your spouse's imprisonment, you become the sole breadwinner in your family. You may enter or return to the workforce, or work longer hours to earn more money.



! STIGMA

A sense of feeling inferior and shame could arise. It is worsened by unkind comments, finger-pointing, and judgements from friends and relatives.



HOW IT AFFECTS YOUR CHILD

While parental imprisonment does not always lead to negative outcomes, it is a strong risk factor for delinquent behaviours and mental health issues in children.

You might feel worried about your child's well-being during this period. Remember, it is not possible to protect your child from all the changes faced. However, it is helpful to support your child with your loving guidance and acceptance.

Your child has the ultimate control over her behaviors and choices.



INFANCY

(0-2 years)

Imprisonment may affect the bond between parent and child as well as child's ability to form attachments with others in future.



EARLY CHILDHOOD

(3 to 8 years)

When separation from a parent is sudden, traumatic or prolonged, child may experience separation anxiety or be overly clingy.

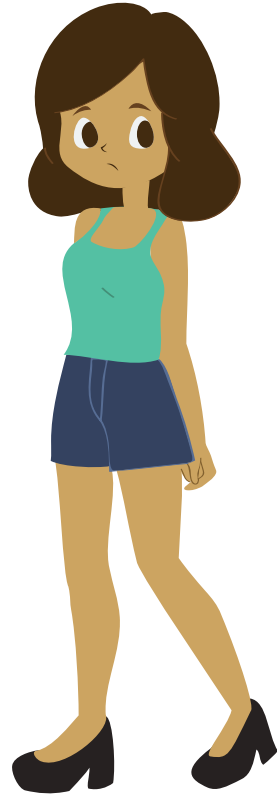
Some children develop guilt and feel responsible for their parent's arrest. This is known as the survivor's guilt.



MIDDLE CHILDHOOD

(9-11 years)

Child may experience a sense of loss. Prolonged absence of a parent has been associated with delinquent behaviors and disciplinary problems.



ADOLESCENCE

(12-18 years)

Child may behave in the following ways as a result of trauma: aggression, over-sensitivity, difficulties in relating to others, poor social skills, problems in concentration, poor self-control or withdrawal. Other antisocial behaviours include lying, stealing, gang activities and violence.

COPING TIPS

So how do you cope with your spouse's imprisonment and at the same time, provide support for your child?

FOR YOU

It is understandable that you feel overwhelmed having to shoulder all the responsibilities on your own. In this section, we will be sharing with you tips to help you and your child cope with the imprisonment better.

While your spouse is imprisoned, you become the pillar of support and source of strength for your family. It is important that you first take good care of yourself - physically and emotionally.



Stay healthy. Avoid junk food, and refer to the nutrition guide recommended by the Health Promotion Board. Stay away from alcohol and drugs.



Exercise and stay active. Exercising releases "feel-good" chemicals in your brain. You may join suitable events organised at the nearest Community Centre.



Engage in activities which you enjoy. Start a hobby if you do not have one. It can be anything: knitting, writing, cooking, dancing, yoga etc. You can also join a new hobby group where no one knows you. This may help to lower your stress level.



Cry if you need to. At the same time, remember to adopt a positive mindset.



Talk to a trusted person. It is normal to feel lost, lonely, disappointed, fearful, or angry. Talk to a counsellor if you do not feel comfortable talking to loved ones. It is absolutely normal to seek help!

Remember to take one day at a time; do not think too far ahead.

Sadly, there will always be people passing unkind comments. You cannot stop them but you can manage your own feelings. Learn who to avoid and who you can trust.

There will be times when you would think about your relationship with your spouse. Do you intend to hold on to the relationship and make it work? Or do you intend to end it? Do take into consideration your child's welfare during this process.

Try this breathing technique:



1..2..3..
4..5..6..7..

Breathe In



1..2..3..4..
5..6..7..8..
9..10..

Breathe Out

First, count from one to ten for each "in" breath...

At the same rate, count from one to ten for each "out" breath

Use this breathing technique to calm yourself. Breathe in and out slowly and notice the movement of your abdomen in the process. Let go of any thoughts as you focus on your breathing.

FOR YOUR CHILD

Your child is learning to cope with the absence of your spouse. She may have many thoughts and feelings going through her and probably misses her father too.

Look out for changes in your child's behaviour at home and in school. Find out the reason(s) for these behavioural changes. Talk to your child or engage a counsellor, or someone your child trusts, to talk to her. Find out her concerns. Nonetheless, respect her space and never force her to share if she is not ready to. Every child adjusts to changes at a different pace. Be patient and let her know you are available whenever she is ready to talk.

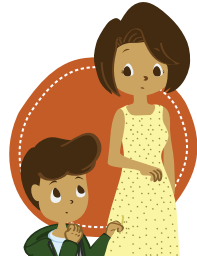
Here are some signs to look out for:



Your child yells or cries for no reason



Your child finds it difficult to fall asleep or wake up often at night



Your child clings to you more than usual



Your child hits out at others



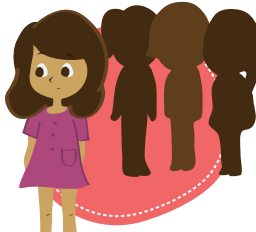
Your child eats more or lesser than usual



Your child smiles or laughs less often



Your child wets the bed at night



Your child withdraws from peers



Your child's school performance drops

Help your child express her feelings and let her know that you are there whenever she needs you. Tell her that you are just a phone call away. Engage her in meaningful activities and build her network of support with trusted people.

TO TELL OR NOT TO TELL?

There are many reasons parents choose not to tell their child about the imprisonment, such as:



For those who kept their spouses' imprisonment a secret from their child, many had to resort to lying about the whereabouts of the parent who is in prison.

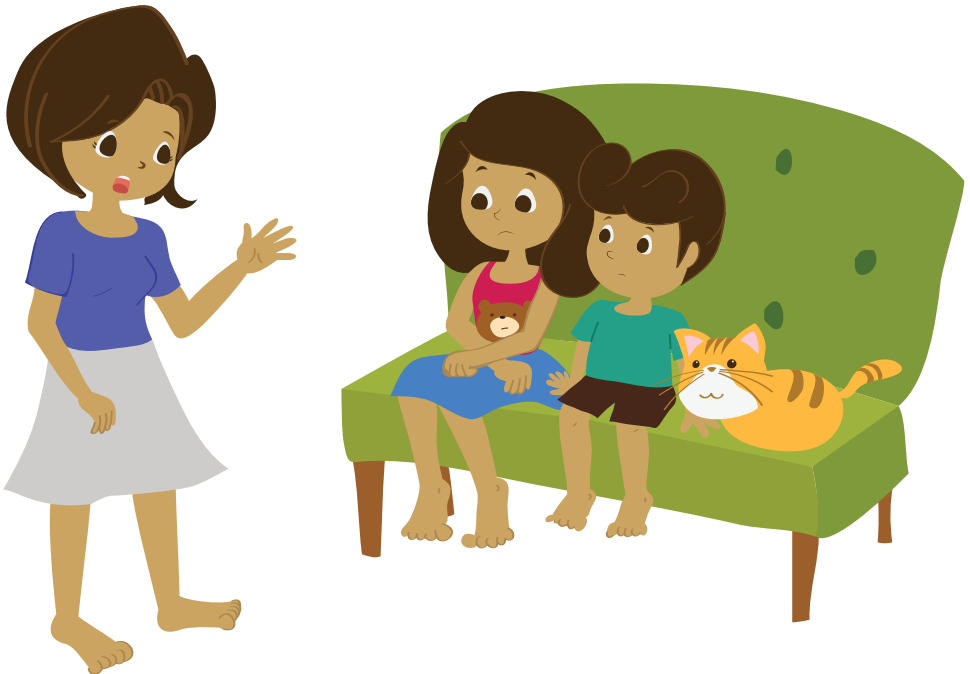
No matter what the children are told, it is possible for them to "piece up" or discover the truth. For example, the child may suspect the imprisoned parent's whereabouts after observing the surroundings of the parent on screen during tele-visits. Sometimes, the child might also accidentally discover the truth when she overhears a conversation.

When children are not given proper explanations about their parent's absence, they make up stories in their mind. Some children wrongly believe that they are responsible for their parent's absence or something bad has happened. Others may even think that their parents have left them. When children stumble upon the truth on their own, they often feel cheated. Some of them become distrustful towards others while others may feel less valued for being kept in the dark.

Even if family members tell the children about their parent's imprisonment, they often encourage them not to tell others for fear of shame. Parents are concerned that the children would be bullied or teased when other children find out. However, asking children to guard the secret gives them additional burden. Stopping the children from sharing with friends or professionals about the imprisonment prevents them from getting emotional support. Many parents noticed that their children become withdrawn and quieter over time, carrying this burden.

As a parent, you need to consider the impact of each option on your child:

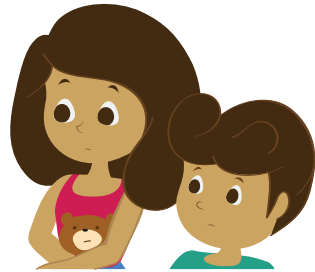
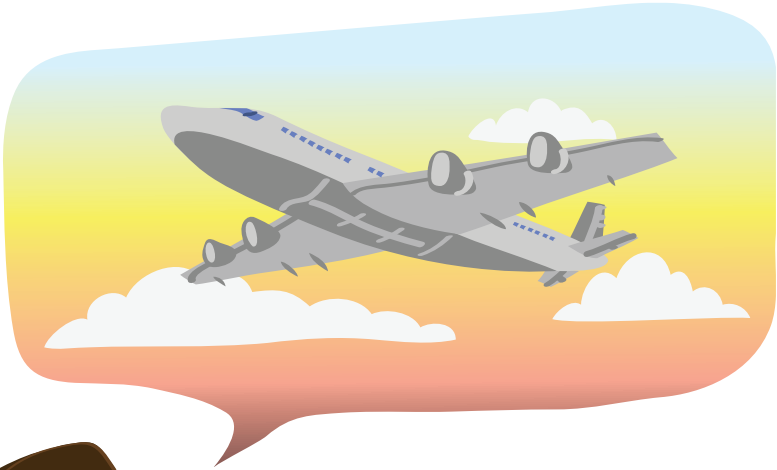
1 TELL THE TRUTH AND LET THE MATTER BE OUT IN THE OPEN



2 TELL THE TRUTH BUT ASK THE CHILD TO KEEP IT A SECRET



3 MAKE UP A STORY



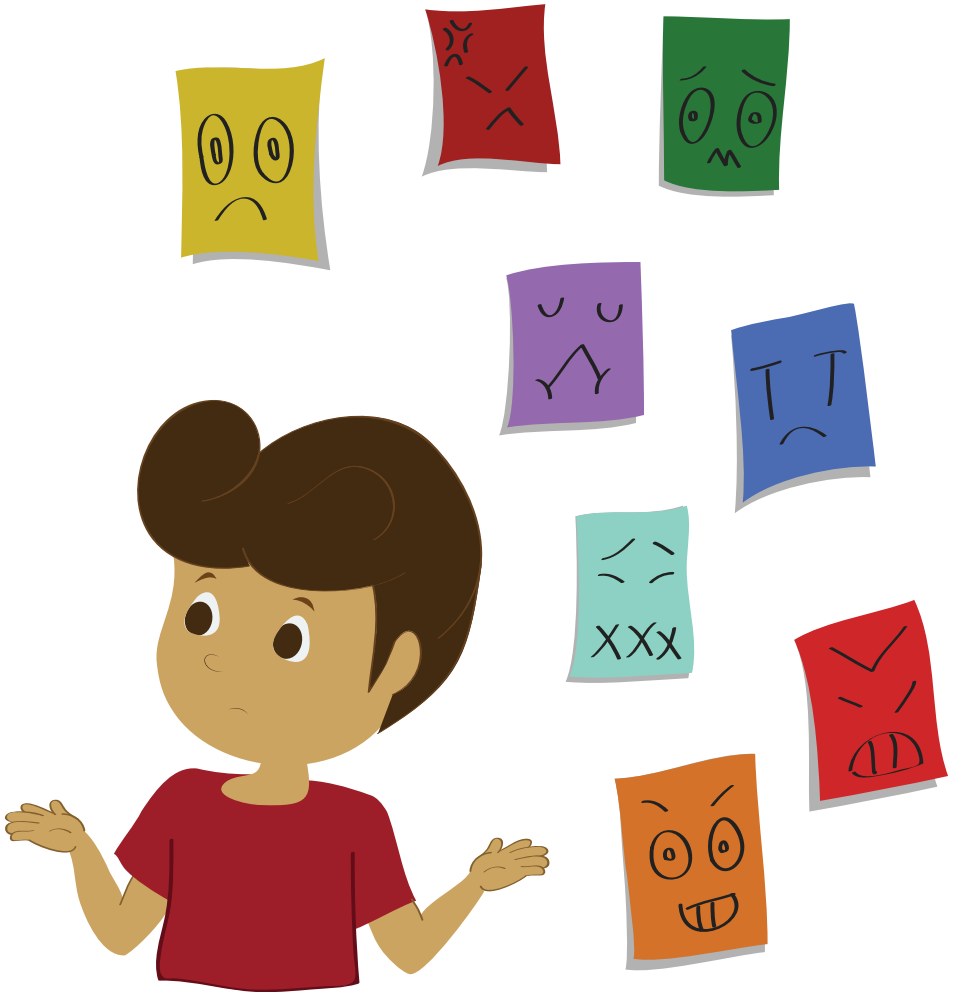
Informing your child about the imprisonment is certainly not easy. However, many children feel comforted when they have someone to talk to about their feelings. It is usually more manageable when the children hear the facts rather than find out on their own later on.

It is important for children to trust the adults who take care of them. You build trust when you tell the truth – even if it hurts. If they find out you had lied about a loved one in prison, they may be hurt twice: about the imprisonment and your lies.

HOW WOULD YOUR CHILD REACT AFTER YOU REVEAL THE TRUTH TO HER?



Children may experience feelings of sadness, anger, fear, confusion, abandonment or embarrassment. The feelings could change from time to time and this is normal. It is important for you to help your child understand that the feelings are normal and guide them to manage their emotions.



Remember, how your children feel is reflected in their behaviour. Some children react positively to the truth (e.g. improvement in their attention span) while others react negatively (e.g. doing worse in their studies due to an inability to focus). If you notice any changes in your child's behaviour, have an honest discussion with her. You could also seek advice from a counsellor.

TIPS FOR REVEALING TO YOUR CHILD



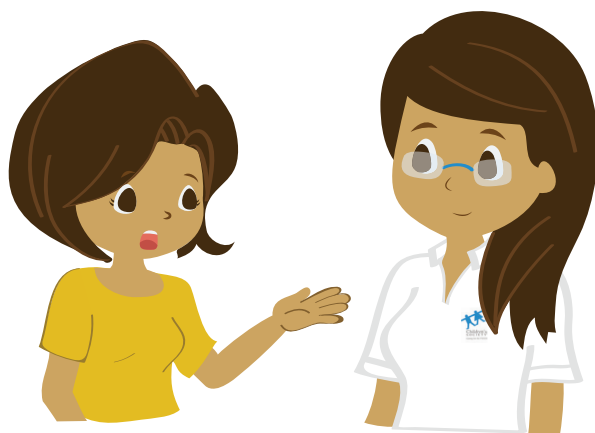
Adjust your explanation according to your child's age. Stories or toys may be helpful tools when revealing to younger children. Children usually need time to understand the information. Be patient and give her time, reassure your child that you will be there for her when she needs to talk.



When you are unsure of the answer to your child's questions, or when you are not ready to answer, it is good to say "I don't know but I'll let you know when I have the answer." Do not unnecessarily raise her hope as it may lead to disappointment later.



It is useful to let your child know when her parent in prison will return home. If your child is young, you can explain the expected time of the release by linking it to a significant event, such as after the New Year or after her birthday. Remember not to lie (e.g. "soon" or "next week"). Children get upset and disappointed if they expect the parent to return but he does not.



You do not have to do this alone. Seek support from your spouse and people you trust. You can also talk to a counsellor.

HOW TO ANSWER YOUR CHILD'S QUESTIONS

The following are suggestions for your consideration.

Why was Dad sent to prison?



Dad was sent to prison because he had made bad decisions and did not obey the law. The law is made up of rules to tell us how to behave. Children as well as adults have to follow these rules, and when we break them, we receive punishment.

Is it my fault?



No! You are not responsible for Dad's behaviour or decision. There are negative consequences when a person breaks the law and he has to be responsible for it.

Will I go to prison too?



Each person is responsible for his own choices. Dad was sent to prison because of a bad decision he made. You can avoid going to prison by making correct choices and obeying the law.

Where do people in prison live?



Most of them share a room, called a cell. The cells are usually small and shared by a few people. Each person will be given his own box to put their belongings.

What do people in prison eat?



They are served their daily meals. Those with special meal requirements will also be looked after.

How do people in prison spend their time?



They have a timetable to follow. Sometimes they may need to attend counselling or treatment programmes. They may also attend classes to learn skills that would enable them to find jobs in future. Some might even work while inside the prison.

Are people in prison safe and healthy?



They are safe in prison. There are doctors and nurses to look after those who fall sick.

Does Dad still love me?



Dad loves you even when he is in prison.

RELATIONSHIP BUILDING TIPS FOR YOU AND YOUR CHILD

During the time when your spouse is in prison, you will need to manage many things on your own.

Even though you are busy, it is still important to spend quality time with your child. Here are some ideas of what you can do with her:



Play a board game or card game



Give each other a hand or foot massage



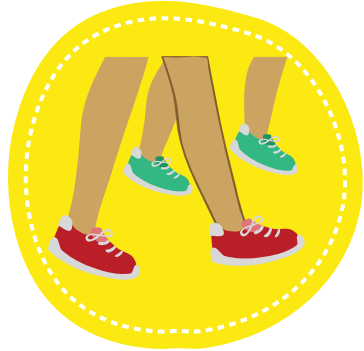
Visit a common place of interest



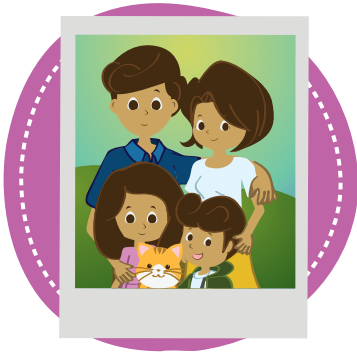
Share jokes



Draw a picture together



Go for walks



Look at family photos



Cook together



Do a craft together



Create unique 'musical instruments' from recycled materials and play a song

IMPORTANCE OF MAINTAINING CONTACT WITH THE PARENT IN PRISON



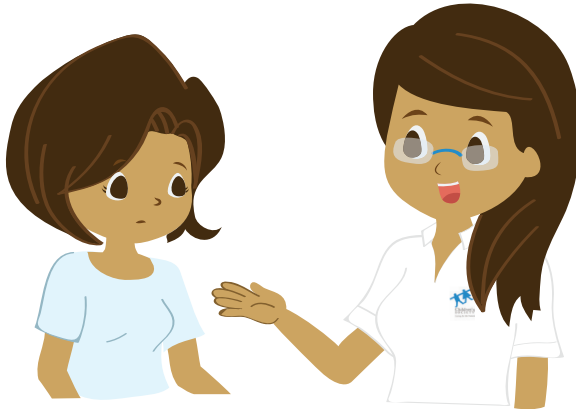
The pain of separation from the parent who is in prison is real. Maintaining the relationship with him can help the child to adjust and heal better. He can address the child's questions directly, such as the crime committed and life behind bars. This helps to reduce the child's anxiety or even guilt. By doing so, they help their child to feel valued and gain clarity of the situation.

Maintaining contact through visits also helps to prepare the child and family for your spouse's return. Otherwise, the child may view the parent's return as stressful and confusing since parenting rules and routines shift whenever changes take place in the family.



You could benefit from the visits by maintaining the relationship with your spouse and keeping your marriage intact.

Your spouse would benefit from regular visits too. Maintaining regular contact with his family motivates him to change for the better. With a stable and supportive home environment, he is more likely to succeed in leading a productive and crime-free life.



Even if you are divorced or separated from your spouse, it is important for your child to keep in contact with her father. Speak to a counsellor when in doubt.

TIPS WHEN BRINGING YOUR CHILD FOR TELE-VISIT



BEFORE VISITATION

Prepare your child. Tell her where you are taking her, how long and for what purpose.

Suggest some talking points to your spouse e.g. recent happenings at home or in school, child's new hobby.

Encourage your child to share about her daily routine or special events.

Think of creative ways to keep your child engaged while visiting. For instance, she may sing a song that she learned or share the story of a book that she read.



DURING VISITATION

It is important to allow your child time to bond with your spouse. In this way, your child will know that her father has an interest in her life and that he still cares for her. If you need to discuss issues with your spouse that may lead to quarrels, do it when your child is not around. Your child might get frightened if she feels the tension between you and your spouse. It is normal to have disagreements and different views on issues. What matters more is to be able to communicate in a peaceful manner. If need be, ask for your child to step out of the room. You may speak to a staff about this arrangement.

Be careful not to use the visit time to discipline your child as she may lose interest in visiting if it happens on a regular basis.

When your spouse speaks of how it will be like when the family is reunited, do not over-promise the child. It is important to keep your child's hope alive but broken promises lead to disappointment and mistrust.



AT THE END OF THE VISIT

Let the child know when the visit will end. This way, she will have time to say goodbye before it ends.

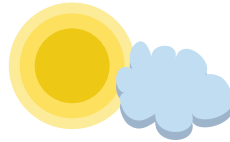
Develop a goodbye ritual, like singing a song or blowing flying kisses. This can be reassuring to your child.



AFTER THE VISIT

Ask your child how she feels and give her space to talk about it. You can teach her to name the feelings and help her to learn how to deal with the negative ones.

COMING HOME



During the period when your spouse was in prison, your family went through many changes. You took on the role of the head of the household and learned to be independent. Your child may have grown used to having only one parent around. Therefore, the return of your spouse would bring about changes in your family dynamics.



FOR YOU




After your spouse is released, he would need to look for a job and gain financial stability. Sometimes employers are not willing to hire someone with a criminal record. Be patient and encouraging towards him.

Your spouse may need to go for follow-up appointments with the police and would need your support during this period.

Some organizations run groups designed to help newly released inmates. These are run by professionals to assist ex-offenders adjust to the outside world. Some examples are organizations are Singapore Corporation of Rehabilitative Enterprises (SCORE) and Industrial and Services Co-Operative Society (ISCOS).

It is important to realize that getting back into mainstream life will be challenging for a start. You may have fears that your spouse would reconnect with his old friends and get involved in criminal activities again. However, you need to give your spouse space to make his own decisions. Have a positive attitude and learn to trust him to make the right decisions.



You cannot control what the other person feels or does; the only person you can control is yourself. Keeping track of someone every other minute will only stress you further and hurt the relationship. If the person you care for does something wrong again, remember that it is not your fault. You can be supportive and caring, but in the end, they have to bear the consequences of their actions.




FOR YOUR CHILD



The process of your spouse returning home is not easy for your child too. If it was a long-term imprisonment, she may not remember a time when both parents lived together. Your child may not be used to sharing you with another person or obeying someone else. You may find the following tips useful in helping your child cope with this transition.

Prepare your child for your spouse's return. Share information on your spouse i.e. his likes and dislikes, interests. Try not to focus on negative traits as it will affect your child's thoughts about him. Give time for your child and spouse to accept each other's presence again.

Encourage your spouse to be involved in your child's life, such as walking her to school or carrying out an activity together. Spend time as a family and create good memories.



Everyone in the family would need to adjust and put in effort on rebuilding the relationship. It is fair to expect challenges along the way but a give-and-take mindset will make the journey smoother.

My spouse is remanded. What should I do?

When your spouse is arrested, he might be offered bail. However, if bail is not offered or if you are unable to bail him, your spouse would be held in prison until his sentence.

The remandee can ask for a legal representative. You could consider seeking help from the Legal Aid Bureau if you qualify for its assistance.

Legal Aid Bureau

45 Maxwell Road, #07-11,
The URA Centre (East Wing),
Singapore 069118

Email: OneMinLaw@mlaw.gov.sg

Tel: 1800 2255 529

You may also seek free basic legal advice at the Law Society's Community Legal Clinics.

Community Legal Clinics Appointment

Speak to an Officer directly at the Community Justice Centre located at Level 1, The State Courts of Singapore.

Email: ProBonoServices@lawsoc.org.sg

Tel: 6536 0650

For some adults, their instinct is to reassure their child that their parent will be released soon. A child expecting a parent to return home may become very disappointed when the parent fails to do so. It is important to manage your child's expectations.

This is not the first time my spouse is imprisoned. I don't know whether I should continue to stay with my spouse.

In making your decision, it might help if you consider the following:

- How will you be affected emotionally?
- How will it affect your children?
- How would your family be affected financially?

How do I maintain a relationship with my spouse who is in prison?

Maintaining a relationship under normal situations is hard work. Keeping a relationship together when your partner is imprisoned is even harder. Having your spouse repeatedly imprisoned may strain your marriage; you have to deal with physical as well as emotional separation.

One of the biggest challenges is keeping love alive. In order to stay committed to each other, you will need to find ways to express your love and concern for your spouse.

Here are some suggestions:

- Write letters regularly. Tell your spouse about your schedule and events you have planned.
- Visit regularly.
- Share a common interest, such as reading the same book so that you have a common topic to talk about.
- Share your budgeting concerns with each other.
- Make decisions about finances, children, housing, and jobs together.

I have decided to divorce my spouse. What should I do?

There could be mixed emotions when deciding on a divorce. You may feel relieved yet heartbroken and guilty over the breakup of your marriage. Divorce is never easy no matter where your spouse is.

One of the hardest part of a breakup is the process of ending the relationship. Once you have finalised the papers and said your goodbyes, you can start to heal. You will need to give yourself time to grieve the loss of the marriage. Some people find comfort in keeping busy and planning for the future. Each person handles divorce differently. Talk to someone about the situation if needed.

Consider the needs of your child. It is important for your child and her father to maintain contact to express their love and support for each other, even if your marriage is over. If possible, help arrange visits for your child. If you do not wish to see your spouse, make arrangements for another adult to bring your child to visit. You can also encourage your child to communicate with her father by writing letters and sending cards to him. Let your child know that it is alright for her to care for and contact her father.

I feel very tired. I have worked hard to keep the family intact and I don't know how much longer I can hold on.

Sometimes you may feel like no one appreciates your hard work in providing physically and emotionally to the family. Your children may even disobey you. Studies show that a parent's imprisonment leads to a higher risk for children's delinquency. At this point, you play a significant role not just holding the family together, but also in guiding your child, so that she does not go astray. Find time to engage in activities that you enjoy or catch up with friends that you trust. Do not feel bad about having time on your own because self-care is important. Tell yourself that difficult times will soon pass one day.

I don't have anybody to talk to about this issue. None of my family members know about my spouse's imprisonment and I do not wish to tell my friends too.

You may consider speaking to a counsellor.

I feel relieved that my husband is in prison. Am I normal?

Sometimes a person feels relieved that her spouse is in prison, especially if the spouse's activities had been causing strain or stress in the family.

I miss my spouse a lot. My child misses her father too.

Dealing with separation is a difficult and painful process. There may be times when you or your child feel sad, stressed, desperate, lonely, angry, upset, tired, guilty, inadequate or powerless. It can be comforting if you understand and name each of your or your child's emotions rather than to avoid them. The following have been found to be helpful in these moments:

- Talk to people you trust
- Talk to a counsellor
- Keep a journal of your feelings and emotions
- Listen to music
- Draw or make craft to express yourself
- Go for walks
- Read a book

FAQS

FOR YOUR CHILD

My child witnessed the arrest or crime and is traumatised.

A trauma is an event which makes a person feel helpless. Seeing a parent arrested can be a very scary and confusing experience. Although the degree of trauma varies, witnessing the crime or the arrest can be extremely upsetting even for older children.

After your child goes through a trauma, it is normal for her to feel scared or even have nightmares. She might try to avoid things that remind her of the incident. Some children become fearful of the police. Others may have flashbacks and visualise the scene in their mind over and over again. The child may also feel ashamed and guilty about what she witnessed. These feelings are normal. Encourage your child to talk about what happened with a counsellor or a trusted adult and learn ways to help your child calm down whenever the thoughts appear. She could practise replacing the untrue or unhelpful thoughts with positive thoughts.

My child has become more withdrawn.

1. Show care and concern towards your child.
2. Try to find out what is causing her to keep to herself, but do not force her to talk.
3. Discourage solitary games, i.e. computer games to prevent further withdrawal. Alternatively, join in and play together.
4. Encourage your child to interact with others by arranging outings and group activities.

My child is blaming herself for the situation at home.

Children often blame themselves for their parents' mistakes. For example, a child who had pressured her parents for an expensive gift may think that the parent's arrest was linked to buying her the desired gift.

Children sometimes interpret the parent's behavior in relation to themselves. "If you cared about me you wouldn't have gone to jail (and left me behind)."

Both parents should assure child that she is loved unconditionally and she has not done anything to cause the imprisonment.

This is not the first time my spouse is imprisoned. My child is feeling angry towards him.

Oftentimes, children feel anger towards the parent in prison. A child would hope that the parent change for the better after being released from prison. However, this may not be the case. The child, then gets disappointed and sometimes acts out because she is upset. It is okay to assure your child that feelings of anger are natural. However, it is important for your child to learn safe ways to express her anger without hurting herself or others. You can help her to understand that she can love and yet still feel angry towards her father.

Research has shown that the more times a parent is imprisoned, the higher the chances of a strained parent-child relationship. The lack of consistent contact between them may result in the child's loss of desire to see the parent. It would be good if you could spend time with your child to talk about it.

My child does not want to visit my spouse anymore. What shall I do?

It is possible that your child may stop speaking to your spouse, or ignore his letter. This does not mean that she does not love him. Some adolescents, for example may feel anger towards their parent for causing a change in their life. Others may be confused by what is happening. At the same time, it is normal for your child to feel sad, angry or even guilty for doing so.

Try to understand the reasons that make it difficult for your child to communicate with your spouse. Every child is different, and your child's reaction towards her father depends not only on her personality but also on the relationship she shared with her father before the imprisonment.

It is important for you to try ways to build the connection between your child and her father. If a child's reaction is extreme, back off and try again later. Do not give up asking your child to visit him no matter how difficult it seems. It certainly requires lots of strength, patience and persistence.

RESOURCES

Children's Social and Emotional Well-being (e-CSEW) Directory

The e-CSEW Directory is an online resource that consolidates programmes and publications targeted at children, youth and their caregivers by local social service agencies. Users can search based on subject matter, target audience or beneficiaries, or for programmes and publications specific to individual organisations.

Website: <http://csewdirectory.childrensociety.org.sg/>

Tinkle Friend

Tinkle Friend is a toll-free national helpline and online chat for all primary school children in Singapore. Tinkle Friend provides support, advice, and information to lonely and distressed children, especially in situations when their parents or main caregivers are unavailable.

Tel: 1800-2744-788

Online Chat: www.tinklefriend.com

PERSONAL DETAILS

One-time donation

Monthly donation

INDIVIDUAL DONATION

Name

NRIC / FIN No.

Date of Birth

(Please state your NRIC number for auto tax deduction in your Notice of Tax Assessment)

CORPORATE DONATION

Company Name

ROB / ROC No.

Contact Person

CONTACT DETAILS

Address

Postal Code

Tel. No.

(HP)

Email

With effect from January 2011, due to IRAS requirements, we will need your NRIC number to help get your tax deduction from donations.

DONATION DETAILS

I enclose a Cheque/PO/MO made payable to Singapore Children's Society

INDIVIDUAL DONATION

Cheque No.

Please debit my Credit Card
Visa / Mastercard / American Express
Others (Specify)

Card No.

Expiry Date

-

Signature

Date

I would like to donate via GIRO, please send me a GIRO form.

I would like to subscribe to 'Sunbeam' - Singapore Children's Society's quarterly newsletter.

Singapore Children's Society is an institution of Public Character and all local donations qualify for 2.5 times tax exemption benefits. For more information about us, please visit our website at www.childrensociety.org.sg.

If you have any feedback for us, please contact us at **6273 2010** or **info@childrensociety.org.sg**.

Thank you for your support!



ABOUT SINGAPORE CHILDREN'S SOCIETY

Singapore Children's Society has been fulfilling a very meaningful role to disadvantaged children, youth and their families in Singapore since 1952. We are an independent and non-profit organisation that relies predominantly on public support for many of our programmes including public education initiatives such as this Caregivers' Guide.

If you find this Guide useful and would like to contribute towards our programmes, please fill up your particulars and donation details on page 38 to 39 and mail it back to us at:

Singapore Children's Society
No. 298 Tiong Bahru Road
#09-05 Central Plaza
Singapore 168730

Your kind donation will help us touch the lives of needy children and youths and allow us to commit to our mission of bringing relief and happiness to children in need.



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