



FAMILY FESTIVAL 2011

by TOUCH Family Services

**FREE
LUNCHTIME
TALKS**

25-27 MAY 2011
See pg.4 for details

THE MOTHER- IN-LAW DANCE

**HE said
SHE said**
see pg.8

**Should
JUNIOR be
BUNKING
in the
MASTER
BEDROOM?**
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PARENTING byDESIGN

Photo courtesy of Junior n U



ABOUT FAMILY FESTIVAL

This is the 6th Family Festival, since 1997. A total of 101 free public talks have been organised, attended by some 17,500 participants. With this year's theme, "My Family, My Love", we hope to see families growing stronger and closer to each other. Couples, parents and parents-to-be will get to pick up tips and ideas from our engaging speakers at the exciting 3-day FREE lunchtime talks in the Central Business District. So come join us with other couples and parents to discover the secrets to enjoying the journey of marriage and parenting at **Family Festival 2011!**

"The speaker was humorous and was able to get his message across effectively. I liked the personal anecdotes and found the talk to be entertaining and informative."

"Family Festival is an excellent lunchtime event and should be organised more regularly."

"Family Festival is a good initiative and convenient for working parents in the CBD area. I am certainly looking forward to picking up more useful tips at future talks."

Life has a lot to do with managing relationships, at work and at home. It is certainly no mean feat to build and maintain good relationships with our spouse, children and even in-laws while managing heavy demands at work.

As a marriage solemniser, I love the opportunities I have in meeting many couples months before their big day to chat with them – not about their wedding, which lasts only a day – but more importantly, their marriage.

I like to share with couples that learning to relate well with loved ones takes strong commitment, and is sometimes hard work; however, it is also a journey that is fulfilling and enjoyable!

With this in mind, I am pleased to present to you Family Festival 2011. Themed "My Family, My Love", it aims to bring you tips and ideas on how, even in the midst of demanding and competing schedules, you can simply appreciate and enjoy precious time spent with your family. This includes how to experience greater intimacy with your husband or wife, parenting your toddlers or teens more effectively, and learning to better relate with your in-laws. You can find out more in this Guide.

So mark 25 – 27 May 2011 on your calendar as TOUCH brings you a series of insightful lunchtime talks near your workplace. Enjoy!

Eugene Seow
EXECUTIVE DIRECTOR
TOUCH COMMUNITY SERVICES





MS EVELYN TAN

Pre-school Teacher and Media Celebrity

A familiar face in the local entertainment industry. Evelyn is married to Darren Lim, a MediaCorp artiste, and they have three young children aged 21 months, 4 and 6 years old. Passionate about children and motherhood, the alumna with the National University of Singapore has also armed herself with a Diploma in Early Childhood Education, and teaches at enrichment classes for children on a regular basis.

LIFE WITH TODDLERS

Simple strategies to love and discipline

The first few years are crucial to our children's development. Learn some simple strategies that busy working parents can use to show love to their toddlers while teaching them to be respectful and obedient.

**25 MAY 2011
(WEDNESDAY)**

**12PM – 1PM
VENUE: SAMSUNG HUB
3 CHURCH STREET,
LEVEL 8 - REGUS**

MR SIMON SIM AND MRS SIM BEE CHIN

Marriage Preparation Course Instructors and Family Life Educators

Simon is passionate about helping others build strong relationships with their families. As the author of *The Family CEO: Building a Happy and Successful Family*, he has enthralled thousands with his humorous yet honest insights about life, love, marriage and parenting. As Family Life Educators, Simon works closely with Bee Chin to bring encouragement to many couples and parents through the personal sharing of their experiences. Married for more than 30 years, they have three grown up children.



TURN UP THE HEAT

Experiencing the beauty of sex in marriage

Can a couple still enjoy great sex with today's stressful lifestyle? The answer is yes! Come hear from Simon and Bee Chin as they share tips and experiences in enjoying one of the greatest gifts in marriage!

**25 MAY 2011
(WEDNESDAY)**

**1PM – 2PM
VENUE: SAMSUNG HUB
3 CHURCH STREET,
LEVEL 8 - REGUS**



MR ARTHUR LING & MRS LING CHEE SIAH

Director, TOUCH Family Services & Professional Counsellor, TOUCH Family Services

Arthur Ling has 20 years of experience in counselling, facilitating parenting groups and conducting marital programmes. He is a trained social worker in Family & Marital Therapy and has a Master in Applied Psychology. Arthur is regularly heard on radio discussing family issues on interactive talk shows. His wife Chee Siah has more than 12 years of experience as a professional counsellor, family life educator, and trainer in counselling skills and personal development. Chee Siah graduated with a Biopsychology degree and a Masters degree in Counselling. Married for more than 10 years, Arthur and Chee Siah have two daughters aged 7 and 8 and a one-year-old son.

PARENTING BY DESIGN

Motivating your child based on his or her personality

Each child is unique. Find out which parenting style would be most effective in nurturing your child to realise their potential, based on your child's personality.

**26 MAY 2011
(THURSDAY)**

**12PM – 1PM
VENUE: SUNTEC CITY MALL
3 TEMASEK BOULEVARD
#02-161/162
E-LIFE @SUNTEC -
KNOWLEDGE CONNECTION**

**26 MAY 2011
(THURSDAY)**

**1PM – 2PM
VENUE: SUNTEC CITY MALL
3 TEMASEK BOULEVARD
#02-161/162
E-LIFE @SUNTEC -
KNOWLEDGE CONNECTION**

THE MOTHER-IN-LAW DANCE

Can two women love the same man and still get along?

Whether you are now a mother-in-law, daughter-in-law or even the man who loves these two women in your life, this seminar provides you with great insights to living your family life with greater fulfilment!

MR EDMUND WONG & MRS WONG MUN LAN
General Manager, TOUCH Community Services & Marriage Preparation Instructor, TOUCH Family Services

Edmund Wong and his wife Mun Lan are passionate about helping people build stronger relationships with their loved ones. Since 2002, they have been instructors of Marriage Preparation Courses under TOUCH. As a Family Life Ambassador, Edmund works closely with Mun Lan, speaking on topics ranging from parenting to marriage enrichment. Married for the last 22 years, they have two children, aged 20 and 16.



**27 MAY 2011
(FRIDAY)**

**12PM – 1PM
VENUE: SAMSUNG HUB
3 CHURCH STREET,
LEVEL 8 - REGUS**

SEEING EYE TO EYE WITH YOUR TEENS

Navigate the turbulent teenage years with love and logic

The game has changed! Your once adorable and obedient child is growing up fast and is constantly challenging the boundaries. Come hear important tips on how to manage these changes and raise your teenage child effectively.



**MR RICHARD CHEONG &
MRS SERINA CHEONG**
Family Life Educators

Married with 3 children, Richard and Serina are family life educators with extensive experience in marriage counselling and specialise in counselling children and teens. They have been interviewed on radio and TV on marriage and parenting issues. Richard holds a degree in Counselling Psychology and Serina has a Diploma in Special Needs.

**27 MAY 2011
(FRIDAY)**

**1PM – 2PM
VENUE: SAMSUNG HUB
3 CHURCH STREET,
LEVEL 8 - REGUS**

FAMILY MATTERS:

The influence of the family in career decision-making

As working parents, you may wonder how to more effectively juggle the demands of work commitments and yet not miss out on your child's growth milestones. Before the birth of their first child, Daniel and Karen were the typical upwardly mobile Singaporean couple doing well in their careers. The couple shares thoughts and decisions they made as first-time parents.

MR DANIEL GOH & MRS KAREN GOH
Young Parents Sharing Their Journey

A lawyer by profession, Daniel has been running a mid-sized law practice for more than 10 years and is actively involved in community work. His wife, Karen, was a successful corporate executive until she decided to be a stay-at-home mother with the birth of their first child. Daniel and Karen have been married for 3 years and are proud parents of a 19-month-old toddler. They are eagerly expecting the arrival of their second child.



HE SAID

by Jay & Laura Laffoon

SHE SAID

She needs to hear "I love you"

For women, being shown they are loved is not an adequate substitute for being told they are loved. Hearing the words I love you has a deeper meaning.

Seeing is believing – While saying the words I love you is absolutely essential to wives, acting out the phrase is incredibly important too. Because every woman is different, the challenge is finding out what action speaks loudest to your wife. While candy and flowers work for some, for others it is help around the house. For some it is time alone, and for others it is cuddling late at night. A combination of actions may work for your wife. The challenge is for you to know what you are looking for while being sensitive to your wife. That would be a great start!

He needs to hear "I'm proud of you"

Every man is searching for significance. No matter where a man looks, very little compares to knowing that the woman he loves – the woman he wants to spend the rest of his life with – is proud of him.

Saying it during times of crisis – is particularly powerful. Hearing those words from you when you acknowledge his courageous contributions as he serve others or the family selflessly will challenge, inspire and motivate him to greater heights.

Saying it in front of your family – is especially important. Telling your husband you are proud of how he interacts with family is important. Speaking all of these phrases in front of other is also essential. It will help to establish the couple's identity and boundaries for other relationships.

Saying it in front of your children – is crucial to the development of our husbands as leaders in our homes. By doing so, you recognize the contributions he made towards the family, which is likely his biggest life-long investment. Many kids today are missing positive male role models. Saying I'm proud of you to your husband in front of your kids helps your children understand what it means to be a man.

She needs to hear "I desire you"

For a man, desire is a sexual word. For a woman, desire is a wish, a craving, a longing. It does not necessarily have a sexual connotation. We desire many things: a new house, new car, new clothes... chocolate! We want our husbands to desire us, long for us, to have a craving for us – but it is not always sexual in nature.

Your wife needs significant, non-sexual touch to feel desired and loved by you. She needs to feel that you want to connect with her heart, mind and soul. Significant means "with intention": a touch you thought about making; it did not happen by chance and is never accidental. Non-sexual means without the expectation of that touch leading to sex. So a significant, non-sexual touch is one that is intentional, purposeful, but has no agenda.

Women desire the connection that touching gives. Gentlemen, your wives need a hug, a kiss, a touch on the arm, an unexpected email or bouquet of flowers from you – just because!

He needs to hear "I believe in you"

I'm proud of you acknowledges a husband's past and present accomplishments. *I believe in you* speaks to a husband's future pursuits. When a woman says to her man *I believe in you*, she is expressing her confidence in him.

Many men will not find their jobs satisfying, in spite of this, they spend their life in his unrewarding job because they have the responsibility to provide for the family. He questions himself if his life will ever make a difference, he is unsure of his future potential. These are the pressures that are upon many husbands. When a man knows his wife believes in him, he looks to the future with strength and optimism, unafraid to pursue his dreams.

Men need to hear from their wives that they believe in their ability to provide, to overcome tough times, to fight and protect his marriage and family and that he can be where he dreams to be. Your words may be all the courage your husband needs to pursue his dream; your "I believe you" could possibly be the key that unlocks the shackles of self-doubt and launch your husband into the destiny he was meant to live.



This article is an excerpt from Jay and Laura Laffoon's latest book, *He said, She Said*. Jay and Laura Laffoon are marriage "edu-tainers" from the United States who have been communicating marital wisdom since 1996 with their signature blend of injecting humour and music into their training. Authors of three books and many DVDs on the subject of marriage, they are also featured as popular marriage and family experts on both radio and television.



“Empty Nest” is not “Emptiness”!

The “empty nest” syndrome refers to the general sense of loss, emptiness and loneliness that many parents feel when their children have grown up, become independent and move out of the home. Spouses, especially the wives, who have not invested time in each other may experience this syndrome more acutely. Sad is the day when the couple discovers only after 20 or 30 years of marriage that their children were the “glue” that held their marriage together! However, this does not necessarily have to be the case.

Whenever we teach at our marriage preparation classes, eager young couples will get to hear my wife cheekily affirming that I subscribe to ‘MAXIM’ (the magazine for men). That is what it sounds like, but it actually is ‘MACSIM’ - Movement Against Children Sleeping In Master-bedroom! She is totally sold on this concept. Keeping a newborn baby in the same room and especially on the same bed as the young parents beyond, say, 6 months is not advisable. Doing so is what we term an ‘insidious’ act - what is seemingly good is actually bad.

A baby should be treated as an ‘alien’ and not to be allowed in the parents’ room as a ‘permanent resident’. He or she can only have the right of a visitor. No more, no less. An exception would be when the child is sick, fearful when there is thunder and lightning – these are the only instances when a ‘visitor’s pass’ can be issued.

When the baby becomes a ‘permanent resident’, the spousal relationship will deteriorate. Couples are less likely to spend time unwinding and telling each other the deeper issues of life simply because they are inappropriate for the little ears. Taking it a step further, physical

intimacy and sexual intimacy will also be grossly affected in terms of frequency and intensity.

Safeguarding the marital bed as the exclusive domain of the husband and wife will pay handsome dividends when the empty nest looms near.

By all means give your children roots, but remember that they will need wings to take flight. And they will take flight and will when their time is due.

SHOULD JUNIOR BE BUNKING IN THE MASTER BEDROOM?

by Simon Sim

Just as it takes about 18 years to prepare your children for the world, parents will need these same 18 years to prepare for a world without them. Have the end in mind. Do things other than sharing your marital bed to nurture the bond with your children. Put more effort into nurturing the bond with your spouse.

Application: Are you guilty of being familiar bedfellows with your children? Time to evict these ‘permanent residents’ to their rightful places i.e. rooms of their own so that the ‘natural citizens’ can start recovering their spousal rights and privileges before they themselves become aliens to each other.

Safeguarding the marital bed as the exclusive domain of the husband and wife will pay handsome dividends when the empty nest looms near.



This article is based on *The Family CEO – Building a Happy and Successful Family* by Simon Sim who is a licensed solemniser and popular family life educator with a passion to help others build strong relationships with their spouse and family.

From CELE- BRITY

Gone are the days of “lights, camera and action”. These days, Evelyn Tan has her hands full with her three young children aged 21 months, 4 and 6 years old. Passionate about children and motherhood, the alumna with the National University of Singapore has also armed herself with a Diploma in Early Childhood Education, and teaches at enrichment classes for children on a regular basis. This multi-tasking mother of three shares with us on how she guides and disciplines her children as well as what motherhood has taught her:

We know you are a happy mother to three beautiful kids, how similar or different are their personalities? How much do they resemble you and Darren?

Kristen is 6, Jairus has just turned 4 this April and Way is 21 months old. All three have very different personalities and preferences even though they are from the same factory! Kristen is free-spirited and has a caring and big heart while Jairus is more observant, and introspective (like me), and Way is very sociable and just all over the place.

My mother-in-law once commented that Way's like a mini-Darren when she noticed how Way would stand by the gates of our house and call out to the people on the streets—exactly what his Dad did when he was young!

Can you share some tips on how you discipline your kids when they misbehave?

When they misbehave not out of intention but more out of childishness, I would be more lenient with them, knowing that they are new to the ‘rules’ and guide them (and remind them again. Yes, it takes a lot of patience!) to the ‘correct’ behavior. However if it's a blatant case of disobeying rules, it's Mr Cane in action.

In moulding your children's character, what are the most important values for your family?

Respect, obedience to parental authority and having an “other-people” perspective.

What were your most challenging moments as a mother?

When I am tired or stressed up and I feel my ‘horns’ rearing up when I know patience should prevail.

What kept you going on the positive track during those tough seasons?

Knowing that nobody is born a perfect mum who can be doing the right things all the time, we're all humans learning to be a better person and thankfully kids are so forgiving!

What's the most valuable lesson you would share with parents of young children (pre-schoolers)?

To just love your child and marvel at the uniqueness of this being you've given life to! That's how they feel loved and cherished too!

What is the greatest reward in being a mother for you?

I feel so privileged to be sharing my life and giving my best to these three lovely children who are mine to love and guide in this season of my life. They have taught me to be patient and helped me see what really matters in life!



To MUMMY

FAMILY or CAREER? Making choices that matter!



A lawyer by profession, Daniel has been running a mid-sized law practice for more than 10 years and is actively involved in community work. His wife, Karen, was a successful corporate executive until she decided to be a stay-at-home mother with the birth of their first child. Daniel and Karen have been married for 3 years and are proud parents of a 19-month-old toddler. They are eagerly expecting the arrival of their second child.

What is more important to you – family or career?

Daniel: Both family and career are important. However, as with many things, the key is in finding the right balance for the family. Stability in the family helps in ensuring that one can properly focus on career during work time. Likewise, stability in career gives family security that they will be provided for. There is no fixed formula in finding the balance. We learn along the way to recognise when one area needs more attention than the other and support our partner accordingly.

Karen, you were doing well in the corporate scene until 2 years back when you became a stay-at-home mum. Were there any regrets after making that decision?

Karen: Being a stay-at-home mum was a dramatic lifestyle change for me. From project reports, deadlines and having social lunches, I now deal with Sesame Street and pureed food! There are not so much regrets as constant reminders of the sacrifices made by staying at home full time e.g. career

advancement and financial costs especially when appealing job opportunities present themselves! However, being able to witness and constantly influence our daughter's growth and development each step of the way more than compensates.

Daniel, how do you manage your time between the demands of your work, family and your other commitments?

Daniel: Other than having a very understanding and supportive wife, I tend to be very focused and organised and this helps me to be effective in completing the tasks at hand efficiently. Karen and I value open communication, and have a common agreement in how we prioritise our various commitments and draw boundaries to establish our family time. For example, other than work, I play soccer twice a week and regularly serve in church. However, apart from these activities, I make sure that I am home to put our daughter to bed every night and keep weekends as "sacred" time for the family.



Looking for marriage preparation courses to build a strong foundation for your marriage?

Do you know of someone facing challenges in family relationships and would benefit from counselling?

Keen to learn more parenting tips?

TOUCH Family Services firmly believes that the family unit is the core foundation of a society.

Our mission:

To establish and provide family-based services and programmes to build strong and fulfilling families, and to promote the well-being of individuals and families in need. We aim to provide a holistic integrated service to serve the needs of every person and family at every stage of their lives.

HOW WE CAN HELP

WORKSHOPS AND COURSES:

- Family Life Education
- Interpersonal Relationships
- Marriage Preparation
- Marriage Enrichment
- Parenting Skills

COUNSELLING SERVICES:

- Pre-marital / Marital Issues
- Parenting Challenges
- Emotional and Mental Distress
- Interpersonal Relationships

ADOPTION-RELATED SERVICES:

- Home Study Reports
- Pre-adoption Workshops
- Adoptive Parenting Workshops

For more information, please contact us at:

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