



A Letter to My Parents

As parents, we may not always be privy to the thoughts of our teenage kids. As Jamie turns 21, she pens a heartfelt letter to her parents, affirming their efforts and highlighting things she wished they knew when she was a teen.

Above all, I wish we had greater recognition and appreciation of our love for each other.

JAMIE

[Read Jamie's letter](#)

HIGHLIGHTS

[Healthy Ways to Cope with Academic Stress](#) | [Talking To Teens Can Be Tough...](#) | [Bake and Bond: Snow-skin Mooncake Making](#) | [Triple P: A Parent's Testimonial](#) | [Mid-Autumn Festival: D.I.Y. Lanterns](#) | [促进夫妻亲子关系视频总结](#) | [2 in 1 Programme: Supporting Someone Who is Stressed / Stress and Irritable Bowel Syndrome](#)

PARENTING WISDOM



Healthy Ways to Cope with Academic Stress

While stress can be motivating and helpful at times, too much of it can overwhelm your child, especially during the exam period. Help them cope in healthy ways and come out on top of the challenges.

[Help your child cope](#)



Talking To Teens Can Be Tough...

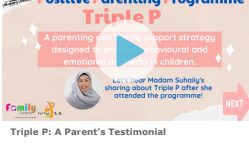
...But it doesn't always have to be. In the 8th of this multi-part series on parenting, Evelyn Khong shares how communication is always key and that parents should aim to listen more to their teens instead of being too quick to shoot them down or talk over them all the time.



Bake and Bond: Snow-skin Mooncake Making

Spend quality time picking up family bonding tips and fun facts about the Mid-Autumn Festival with your kids in this online Bake and Bond session! Materials and pre-packaged ingredients will be delivered to you prior to the session.

[Let's Bake and Bond](#)



Triple P: A Parent's Testimonial

Parenting can be frustrating and exhausting. How do you raise healthy and well-adjusted children while enjoying parenthood? Madam Suhaily shares with you the practical parenting tips she learnt from Triple P, an evidence-based programme that equips parents with positive parenting strategies to manage children's behavioural and emotional issues in a constructive manner, and build good relationships with your kids.

[Pick up Positive Parenting tips](#)



Mid-Autumn Festival: D.I.Y. Lanterns

Light up your Mid-Autumn Festival with some easy D.I.Y. lanterns that you can make at home with your kids. Hang them up around the house to get the whole family in the festive spirit!

[Let's get creative!](#)

RELATIONSHIP MATTERS



促进夫妻关系视频总结

感谢大家支持和观看促进夫妻关系视频系列，通过八堂课的分享，相信大家对夫妻沟通中七个重要的步骤已有更深入的体会，在此，让我们的高级顾问凌展辉为创作一总结，并再次鼓励您透过这七个方式来改善夫妻之间的沟通方式呢！

A successful marriage requires falling in love many times, always with the same person.

MIGNON MCLAUGHLIN



2 in 1 Programme: Supporting Someone Who is Stressed / Stress and Irritable Bowel Syndrome

A little empathy goes a long way. Learn how to be a pillar of support for someone facing difficulties using the K.I.N.D. and C.A.R.E. principles. Also hear from our nutritionist how stress can cause Irritable Bowel Syndrome (IBS) and what we can do to manage the symptoms while maintaining a healthy gut.

[Sign up for free](#)

Have an inspiring story to share?

Every day, everyone struggles with different challenges. If you have a story about how you overcame an obstacle in your life, feel free to share it with us at familycentral@fycs.org. Your uplifting testimonials will go a long way to inspire someone else.

(Please let us know in your email if you prefer to remain anonymous.)



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