

A photograph of two young children, likely of Asian descent, playing under a white sheet that is pulled up to their chests. The child in the foreground is a young girl with dark hair and bangs, wearing a white long-sleeved shirt and denim shorts, smiling broadly and waving her right hand. The child in the background is another young girl, also smiling, wearing a white shirt and denim overalls, with her arms raised. The background is a plain, light-colored wall.

epworth moments

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Raising Confident Children: A Teacher's and Parent's Perspective

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ABOUT US

Epworth Community Services is a Social Service Agency (SSA) that helps at-risk children and youths from needy and disadvantaged families. We want to create a better world for them so that they can develop their potential. Our work focuses on promoting the mental well-being of children and youths by building strong families and imparting skills for resilient living.

VISION

Strong Families, Resilient Living,
Beautiful Minds.

MISSION

To reach out in Christian love, by providing quality programmes and services to all children, youths, parents and their families, of all language, race and religion, and nurturing each family member in body, mind and spirit.

EPWORTH MOMENTS

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HOW TO RAISE CONFIDENT CHILDREN: A TEACHER'S PERSPECTIVE

By Ong Xin Kai, Brandon, Literacy Intervention Teacher of Epworth Literacy (Jurong West)



Throughout childhood, children may experience many struggles. How they navigate through these struggles can affect their development at later stages of their lives. It has been observed that confident children are able to navigate through life's struggles more effectively than their counterparts. This might be attributed to how confident individuals experience more positive emotions and less negative ones (Brown & Marshall, 2001).

Confident children exhibit a number of positive traits: such as coping better with mistakes; feeling good about themselves; more willing to try again after experiencing setbacks; and, are more motivated. Students who are confident are also more likely to build better relationships.

In contrast, children with less confidence tend to perceive themselves as unlikeable; have difficulties forming relationships; experience feelings of incompetency; and, will often compare themselves with others.

Therefore, raising confident children is crucial as it affects the quality of their relationships, how they respond to challenges, and their ability to bounce back from failure.

Here are some tips on how to raise confident children, from a teacher's perspective.

1. Be an example.

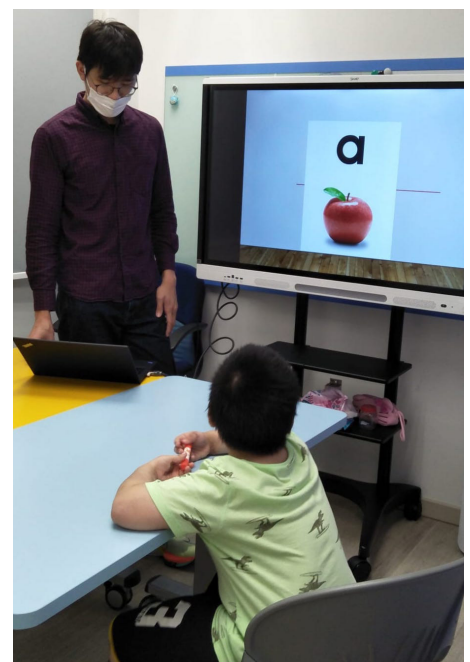
According to Bandura's (1997) Social Learning Theory, one of the main ways young children learn, is by watching and imitating others. I have observed that students learn faster when being shown examples of how to do it first.

2. Set small goals.

When children experience validation and a sense of progress, they are more likely to feel confident. Long-term goals can be helpful in guiding a child towards a certain direction. However, it is difficult to track small, but important milestones. Therefore, setting smaller and more achievable goals can provide opportunities for important validation and observable progress. In class, I like to reward students with an ice-cream stick for each activity they complete. After collecting 5 ice-cream sticks, they get to play a game. The rewarding of ice-cream sticks is a tangible way to acknowledge their efforts. It also allows them to visually keep track of their progress.

3. Praise effort, not results.

When children are praised based on outcome, their confidence might be shaken when faced with a setback. This is due to them feeling like their confidence has been threatened. In contrast, children who are praised for their efforts are more likely to base their confidence on how hard they have worked. Hence, they are less likely to feel threatened after experiencing negative outcomes. Examples of praising a child's effort include: "I see you're working really hard," and "I like how you kept trying and didn't give up."



...AND A PARENT'S PERSPECTIVE.

By Ganga Ari, Literacy Intervention Teacher of Epworth Literacy (Bukit Batok)



At home, practices to raise confident children can be applied too.

As children grow and develop, they become more aware of others' perceptions of them. They tend to constantly seek validation, especially from people who they deem as important to them. These behaviours are performed in hopes of boosting their confidence.

Have you noticed your child scrambling to get ready for school in the mornings? Do you ever wonder why, despite this being the same routine every day? This can be a source of frustration for parents, as their children may seem disorganised. But, keep in mind – children are unable to plan ahead.

The pre-frontal cortex is a part of the brain that is in charge of problem-solving and impulse-controlling. However, it is not fully developed until the age of 25. This may mean that school-going children might not have the adequate skills for planning, prioritising and problem solving.

Therefore, parents can provide them with the comfort, support, and structure they need.

Here are some tips that may help in raising confident children.

1. Start and end the day with a positive touch or message.

This can be in the form of a hug, or a word of encouragement.

2. Focus on your child's strengths and/or interests.

Be intentional in spending quality time with your child, such as engaging in activities that focuses on their strengths.

3. Include your child in decision making processes.

When setting house rules, instead of saying 'Bed time is at 10pm,' try saying 'Do you need 5 or 10 minutes before going to bed?' Wait for their response and reach a reasonable compromise with them.

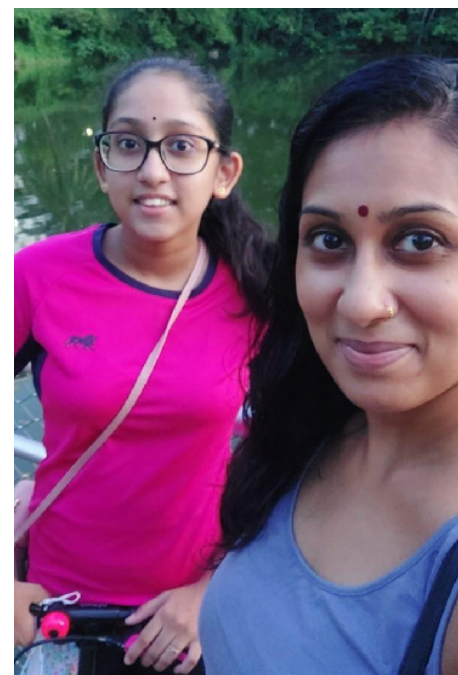
4. Constantly encourage, but do not unreasonably force them to try new things.

Respect their space and the time they need when attempting something new, while providing them with assurance at all times.

5. Actively listen to them when they are sharing about their day, feelings or challenges.

Allow them space to make mistakes, and to learn from their mistakes.

Raising children is not an easy feat. However, seeing them blossom into confident children will make it all worthwhile!



Ganga and her daughter.

EPWORTH FOSTER CARE: GIVING CHILDREN A BETTER CHANCE AT LIFE

By Thong Ling Yun, Recruitment Officer of Epworth Foster Care



**“Every child deserves a loving home,
but not every child has one.”**

Children come into foster care for a multitude of reasons:

- Their home is unsafe due to physical, sexual or emotional abuse.
- They are victims of neglect or abandonment.
- Their parents are presently incarcerated.
- Their parents suffer from physical or mental illness, and are unable to care for their children.
- Their parents are facing financial difficulties or experiencing crisis in their lives.



Foster care can give these children an opportunity to grow in a safe, stable and nurturing home environment. By providing love and support, children can heal from their past experiences.

Epworth Community Services was appointed by the Ministry of Social & Family Development (MSF) in September 2015 to set up the first Fostering Agency in Singapore. Our mission is to provide quality care and support to foster parents, while connecting them to a wider network of resources.

Fostering is a temporary arrangement and reintegrating foster children with their natural family is the end goal. In the meantime, foster families will be equipped with the needed skills and knowledge to ensure the holistic development of children. They are also supported by Social Workers who guide and assist them. This includes regular check-ins, and reaching out to other professionals when needed.

Besides working directly with foster families, Epworth Foster Care also actively engages volunteers to journey with the children. Volunteers take on different roles; such as being befrienders, transport minders, tutors, or providing support during events. In addition, we also partner with external organisations who contributes in various capacities such as donating, sponsoring, or planning memorable events for our foster children.

There is a need to spread the awareness for foster families to provide these children with a safe, stable and nurturing home environment. Therefore, publicity events are often held to share more about fostering with the general public. Through our outreach efforts, we hope to bring across the message of fostering to the community and recruit new foster parents.

Epworth Foster Care helps to build strong and resilient families by empowering and equipping foster parents, supporting them emotionally and in practical ways. By working closely with them, we can help foster children have a better chance at life.



A CULTURE THAT RESOURCES THE MISSION

By Deborah Long, Community Relations Executive of Epworth Community Relations

On 18th May 2022, Epworth's senior staff attended a fundraising workshop – Resourcing the Mission. The workshop was a necessary and important step towards helping staff understand the need for a change in mindset towards fundraising. The goal of fundraising is to ensure the sustainability of Epworth in the long-run, so that we can continue our work in the community.

Emphasising this direction, Executive Director, Mr Tan Khye Suan shared why a culture of fundraising in Epworth is important.

"The outcome of activities of business and commercial organisations is profit. Profit, in turn, become the resource to sustain such organisations. Hence, these organisations are focused on profitability for sustainability. However, as a Social Service Agency (SSA), we do not turn in profit. Our activities are non-profit in nature and, instead, our activities consume resources. In order for us to be sustainable, resources must be generated through other means. These other means are through various fundraising efforts. Hence, the mindset of our staff has to be shifted to being involved in fundraising for sustainability! While we do not expect all our staff to actively seek out donors and big donations, staff involvement in fundraising in meaningful ways helps tremendously! Every effort made by each staff can generate impactful outcomes in fundraising for sustainability."

When asked about the goals and vision for the organisation, he said, "Epworth Community Services will continue with its vision: "Strong Families, Resilient Living, Beautiful Minds". We will continue to help at-risk children and youths through our programmes and services. We want to create a better world for them and help them develop their potentials. We will also continue to focus on promoting the mental well-being of children and youths, by building strong families and imparting skills for resilient living. In the next 5 years, we want to be a strong contributor to the mental well-being for children and youths in Singapore."



EPWORTH'S E-FLAG DAY 2022:

THANK YOU FOR PLAYING A PART.

Epworth E-Flag Day 2022 was launched on the 19th of March. The theme, "Not Alone", aimed to raise awareness on trauma and how we can support those who have experienced it.

Campaigning efforts included reaching out to both Epworth staff and the public, as well as partnerships with volunteer groups and corporates. A big thank you to the student groups who dedicated their time and effort to the campaign*.

Project Above x Beyond

This group from the National Junior College (NJC) designed their very own ABOVE x BEYOND logo and merchandise. These included t-shirts and tote bags. The name "Above and Beyond" signifies the importance of going above and beyond for the children and youths that Epworth serves. The group raised \$400.



*Both groups championed the E-Flag Day campaign on their own initiative. They were not representing their schools.

Project Avocado

Project Avocado aimed to raise awareness on individuals affected by trauma, and to find ways to support them as a community. This group from Dunman High School raised funds through the sale of merchandise, such as keychains and stationery. The group raised \$170.



Epworth would also like to extend our appreciation to Barker Road Methodist Church and the various corporate groups who have supported this campaign. Epworth raised a total of \$61,416.20 this E-Flag Day.

Lastly, thank you for journeying alongside us as we continue our work in building strong families and imparting skills to children and youths for resilient living. The campaign was a huge success because of the many who have played a part in it.

We are grateful to our volunteers and donors who have given us much support during this year's E-Flag Day campaign. I am reminded of an old saying: "Many drops of water together forms an ocean". Every contribution adds to achieving our mission to help the needy and the disadvantaged. It means so much to us and we really appreciate you! Thank You Very Much!

- Tan Khye Suan, Executive Director of Epworth Community Services



EPWORTH FOSTER CARE x

PARIS BAGUETTE x HASBRO SINGAPORE

By Thong Ling Yun, Recruitment Officer of Epworth Foster Care

Epworth Foster Care had the opportunity to participate in various events planned by our dedicated volunteers. They definitely had a memorable time!

Mother's Day Collaboration with Paris Baguette

In celebration of Mother's Day, Paris Baguette planned a heart-warming session where 5 foster mothers were invited to share their fostering stories. They shared about their decision to take up fostering; as well as the joys and pains that they went through as foster mothers.

Paris Baguette also prepared a special treat for our foster mothers who participated in the session. They were delighted to receive Mother's Day cakes!

Epworth Foster Care would like to thank Paris Baguette for the heartwarming collaboration. We also greatly appreciate our foster mothers who have shown great love and made a positive impact on the lives of these foster children.

Kite Flying with Hasbro Singapore

During the June school holidays, Epworth Foster Care partnered with Hasbro Singapore to bring some foster children to the Marina Barrage to fly kites!

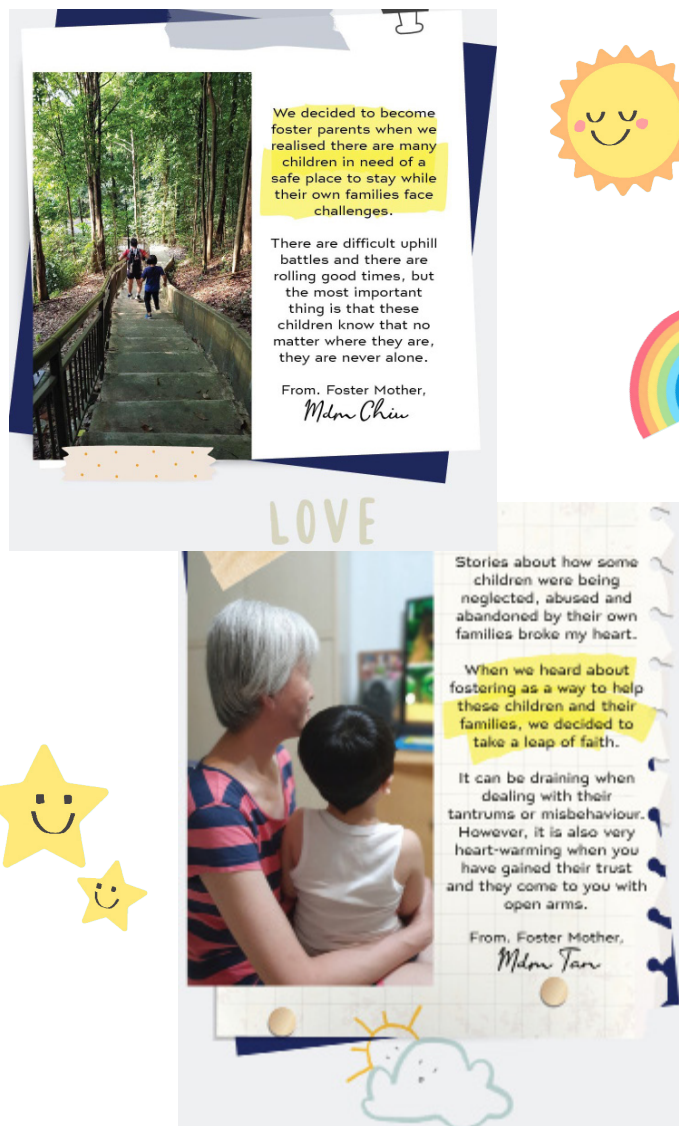
The children started the day of fun by designing their own kites. They excitedly drew their favourite cartoon characters, turning the kites into colourful masterpieces.

Once the children were happy with the designs on their kites, they made their way to the open field. Everyone was delighted to be greeted with beautiful weather and strong winds! The kites were finally released, and soared high into the sky.

After running around to help the kites gain height, the children needed a break. They then proceeded to have a picnic with food kindly prepared by Hasbro Singapore.

The volunteers also brought along some fun games for the children to play and to wind down after a fun-filled day. The children thoroughly enjoyed themselves and even made new friends along the way! Everyone left with sweat on their brows and smiles on their faces.

We would like to thank Hasbro Singapore for the amazing day!



JUNE HOLIDAYS:

EPWORTH STUDENT CARE @ ACS(J)

By Janice Ho, Programme Coordinator of Epworth Student Care Centre @ ACS(J)

Students of Epworth Student Care Centre at ACS(J) had many engaging activities planned for them during the June Holidays. Let's see what they were up to!

Team Building Day

Team building day included activities such as cup stacking, and building a tall tower using Spaghetti. It was a challenge to keep the Spaghetti tower standing!



Fun With Balloons

Our dedicated student volunteers organised an arts and crafts session for students. Students had a go at making drums out of balloons! There was so much excitement in the room as students created their own mini drums. They even had the chance to play their 'drums' along to some beats!



(CONT'D) JUNE HOLIDAYS: EPWORTH STUDENT CARE @ ACS(J)

Father's Day Craft

For Father's Day this year, the students took some time to honour and appreciate their fathers. They each built a basket made out of ice-cream sticks as a gift to their fathers. The students gave their all during the creation of their baskets. We were sure their fathers could feel their love when receiving their gifts!



Stop Motion Activity

To wrap up the June Holidays, students learnt a filmmaking technique, called 'stop motion'. With this newly learnt skill, students were tasked to create a storyboard. They had to carefully craft clay figurines and use the stop motion technique to produce a video. The completed project definitely displayed the creativity and teamwork of the students.



All in all, the students had an enriching June holiday! They had many opportunities to interact with their friends and teachers; and even learnt new skills!



JUNE HOLIDAYS:

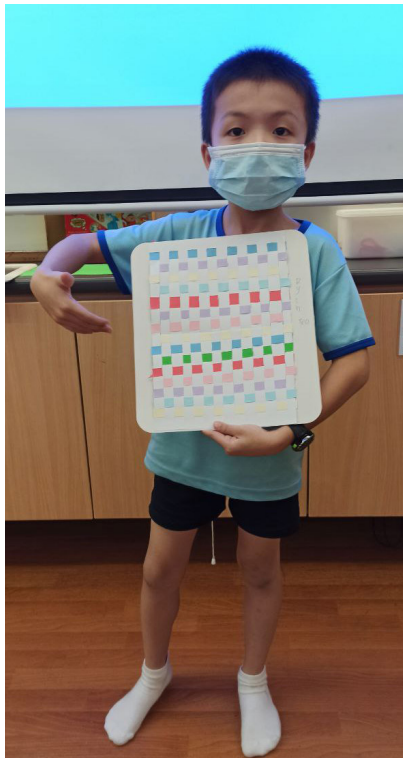
EPWORTH STUDENT CARE @ ACS(P)

By Joy Tan, Programme Coordinator of Epworth Student Care Centre @ ACS(P)

Students of Epworth Student Care Centre at ACS(P) also had their share of play during the June Holidays! The myriad of activities planned put their creative and physical skills to the test.

Paper Weaving

Students learnt the origins and importance of paper weaving through a mini activity, Trivia. They were also taught how to weave crisscross patterns using paper. This pattern is most commonly used in our daily necessities, such as clothing and bedsheets.



Four Seasons

Students were introduced to fun and interesting facts about the four seasons. On top of that, both students and teachers also had the opportunity to share about their travel experiences. With travel restrictions easing, the class buzzed with excitement at the thought of being able to travel again. Students then used different materials to recreate their own interpretations of the 4 seasons. Materials used included ink pads, cotton buds and different coloured paints.



(CONT'D) JUNE HOLIDAYS:

EPWORTH STUDENT CARE @ ACS(P)

Other than arts and crafts, students also got the chance to participate in teambuilding activities.

Water Balloon Fun

Before kickstarting the games, students and teachers had fill up hundreds of water balloons. However, they sure had a ball(oon) of time! They played games such as 'Captains Ball', 'Poison Ball', and 'Battleship'. They even had time for free play! They got to throw water balloons at anyone, teachers included! No one was spared from getting soaked.



Sports Day

ACS(P)'s very own rendition of Sports Day included relay races, shot puts and short distance jumps. The air of competitiveness was apparent as students competed with each other. At the end of an adrenaline-filled day, the students needed a break. Nothing beats a packet of ice cold Ribena and yummy nutella and jam sandwich!



MATH & SCIENCE CAMPS

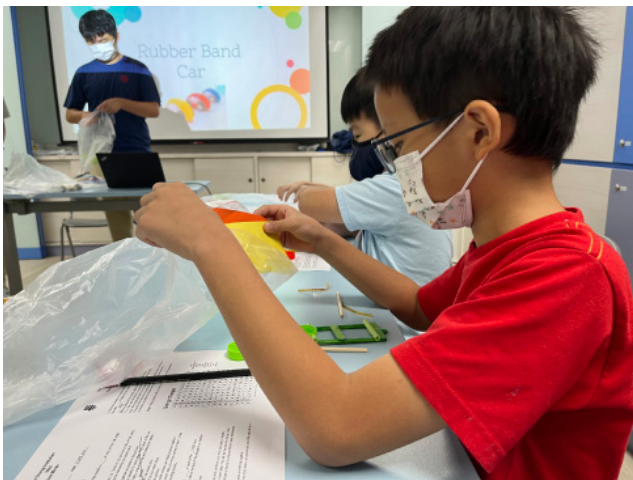
@ EPWORTH LITERACY CENTRES

By Selina Ho, Literacy Intervention Teacher of Epworth Literacy (Jurong West)

The June holidays was not only a time for rest. It was also a time to gain new experiences for our students at Epworth Literacy. Primary 3 to 5 students from both centres (Bukit Batok and Jurong West) participated in Science and Math camps. The camps were organised by volunteers from various educational institutions.

Science Day Camp by Hwa Chong Institution

Students explored intriguing science concepts such as energy, electricity and chemical reactions. To learn about energy and electricity, they created their own simple circuits. Similarly, to understand chemical reactions, they had a go at inflating balloons using baking soda and vinegar. It certainly brought to life many science concepts students had learnt in school!



(CONT'D) MATH & SCIENCE CAMPS

@ EPWORTH LITERACY CENTRES

Math Day Camp by River Valley High School

Student volunteers from River Valley High School organized a pirate-themed Math camp for the students. They had to work together in groups to complete a series of math challenges. These challenges included: solving math concepts such as probability, fixing puzzles and manipulating geometric shapes to form new shapes.



It was definitely a memorable experience for our students, which was made possible with the hard work of our student volunteers!

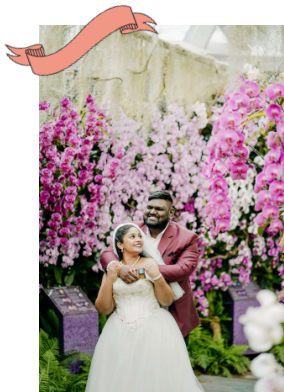


EPWORTH'S NEWS FLASH

At Epworth, we value celebrating new milestones in the lives of our colleagues. Whether it is graduation, marriage or the welcoming of a new baby, these major events are worth celebrating. Find out the recent happenings at Epworth below!

Tying The Knot

Since January this year, four of our colleagues in Epworth has happily tied the nuptial knot. Our heartiest congratulations to the newly weds, and may your marriage be filled with love and happiness.



Ezekiel Jeevan,
Senior Residential Careworker
of Epworth HomeSweetHome



Grace Yee,
Social Worker of
Epworth Family Welfare Services



Sarah Sim,
Literacy Intervention Teacher
of Epworth Literacy (BB)



Stephanie Poon,
Community Relations Executive
of Epworth Community Relations

ConGRADS!

Our sincerest congratulations to Esther Che for graduating with a Masters in Arts (Applied Psychology) (Educational Psychology)! Esther has been with Epworth Literacy for more than 5 years as an Assistant Psychologist. She then pursued her Masters part-time, whilst continuing her work at the Literacy Centre. She is appointed as Educational Psychologist at Epworth Literacy (JW) from July, 2022! Epworth wishes Esther all the best in her new role, and we are confident that she will make a big difference in the lives of little ones.



Welcome, Baby!

We rejoice with Ruth Tsoi, Nicolette Lien and Stanley Quek as they welcomed their new babies; Levi Aiden Yeoh, Ebby Wong, Noah Fung and Owen Quek. May they be granted heavenly wisdom to steward the lives of their children well.



Ruth, Ivan & Ebby



Nicolette, Daniel &
Noah



Stanley Quek's son,
Owen Quek

How can I make a **DIFFERENCE?**



SUPPORT US

The important work of Epworth Community Services is funded primarily by generous well-wishers who strongly believe in our cause. We invite you to join us in making a difference in the lives of children and youths under Epworth Community Services.

VOLUNTEER WITH US

Volunteers play an important role in our programmes and services. Volunteers can choose to be engaged in ad-hoc, short- or long-term programmes and are matched to programmes according to their time and interests.



For donation or volunteering enquiries, visit www.epworth.sg
or contact us at community.relations@epworth.sg.

In order for us to keep you up to date with Epworth's happenings, contact us at
admin@epworth.sg to update your personal particulars.

STRONG FAMILIES, RESILIENT LIVING, BEAUTIFUL MINDS.