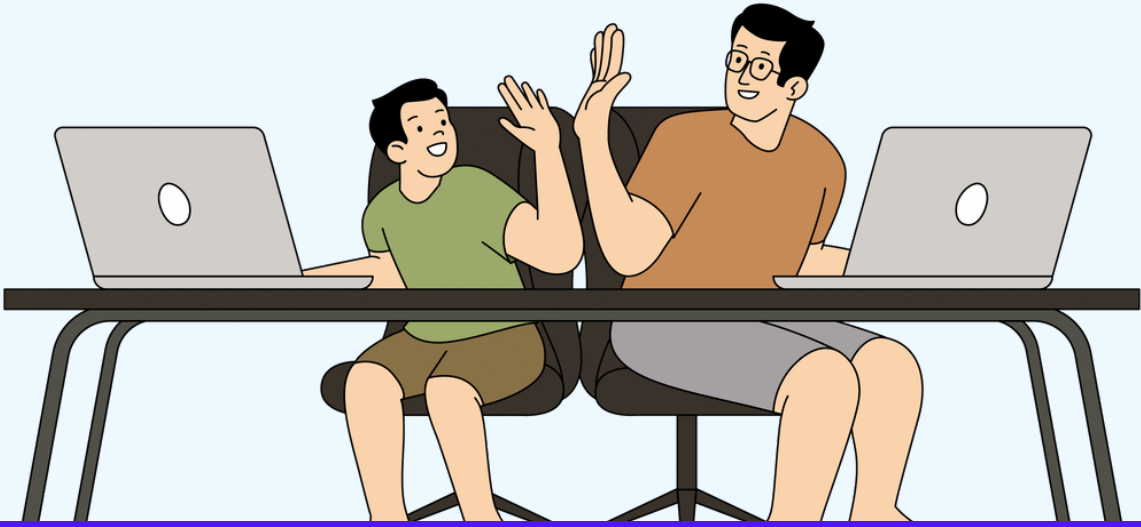


PSG NEWSLETTER: PARENTING OUR CHILDREN IN A DIGITAL AGE

Dear PSGs,

As we mark Mental Health Awareness Month this May, let's prioritise both our own and our children's well-being as we navigate the digital world together. In this issue, you will find practical resources for healthy digital habits and meaningful family activities for the June holidays.

We are also delighted to unveil our refreshed online PSG site, thoughtfully redesigned with suggestions from many of you. Happy reading!



Your guide to parenting in the digital age starts here



1. Understanding the Digital Landscape

Understand the digital world your child lives in to better connect with them and help them navigate what lies ahead; talk to them to understand their online activities and the importance of online safety.

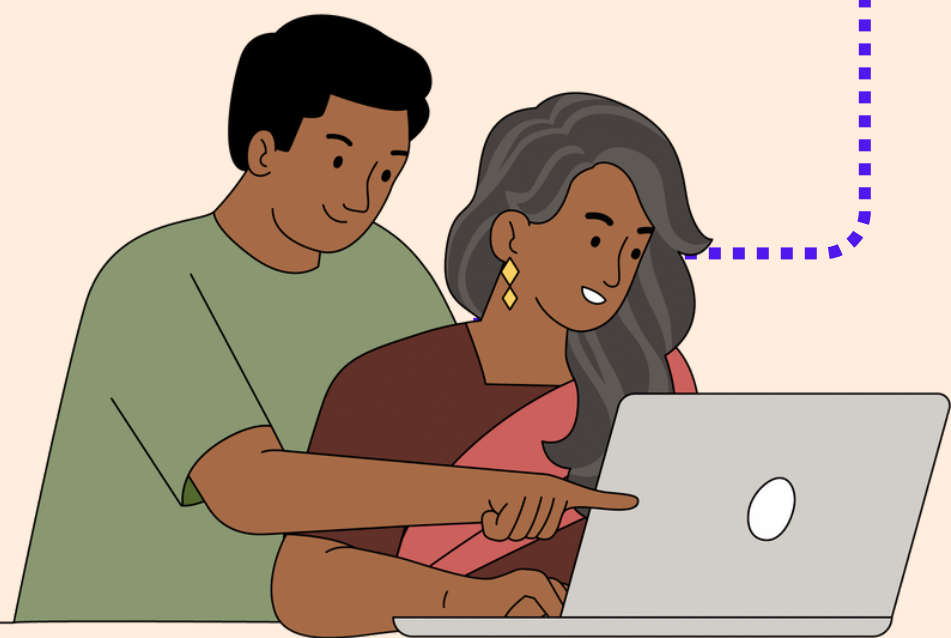
Click on the links below to access the resources.

- Parenting for Wellness website **Module 9: Understanding the Digital Landscape** and toolbox on **Navigating the Digital Age**.
- Catch Facebook Live **A World Beyond School: Preparing our Children to Thrive in a Tech Driven Age** and **Ask Me Anything About: Boundaries & Balance - Managing Your Teen's Risk-Seeking Behaviour**.
- **Canteen Chats with Lion Mums Episode 4** - Engaging a digital generation and staying relevant in our children's world.
- Discover what teens are engaging online - **Roundtable Podcast with Minister Chan Chun Sing**.

Why is it important?

Teens spend about 8.5 hours a day on screens.

Source: Channel NewsAsia



2. Equip yourself with Knowledge and Tools

Stay informed and use trusted resources to guide your children in the digital world, keeping them safe online and encouraging responsible device use.

Click on the links below to access the resources.

- Learn how to use **Parental Controls and Safety Settings** across devices to safeguard your children from online risks.
- Hear from experts on various digital parenting strategies at the **July Support Circles Zonal Sessions**.
- EdTalks - MOE's views on **Digital Devices and Purposeful and Healthy Screen Use**.
- **Screen Use Buddy** - Get tailored advice on managing your children's screen use.

3. Build Connection and Healthy Habits

Healthy screen use habits begin with a healthy relationship with your children. Engage in open conversations and encourage a balanced lifestyle with devices and screen-free activities.

Click on the links below to access the resources.

- Discuss and agree on a screen use plan and routines together: **Their First Phone: A Big Call for Parents** and **Ctrl + Alt + Disconnect: Press Pause Together**.
- Manage online behaviours: **Timing Matters: It's Not Just What You Say**.
- Unplug and join the **National Family Festival** on 31 May - 1 June. Visit the Parenting for Wellness booth for activities and get a copy of the resources.
- Explore ideas on parent-child activities during the June Holidays with **@parentingwith.MOEsg on Instagram**.

CHECK IT OUT

National Family Festival @ EXPO Hall 6
31 May to 1 June

A weekend filled with family fun!



Check out the new PSG Site!

psg.moe.edu.sg



We have a new PSG Site to support your role in the PSG, providing useful resources and strategies to guide you. Let us know what you think!



What's New?



New look and feel



Improved navigation



Mobile-friendly design for access on the go



New templates to customise for your PSG



Updated PSG guide with fresh resources



Upcoming events

PSG EVENTS:



PSG Onboarding Workshop at Singapore EXPO, 2pm - 5pm

- Confirmation email has been sent to all successful participants on 16 May.
- Registration starts from 1.15pm.



Support Circles Zonal Sessions at Civil Service Club @ Tessensohn, 2pm - 5pm

- Learn practical strategies on 'Parenting in the Digital Age' through hands-on activities.
- 12 July for East & West Zones.
- 19 July for North & South Zones & JC/MI.
- Register by 13 June (Refer to email sent on 23 May for more details).



A World Beyond School: Preparing our Children to Thrive in a Tech Driven Age on MOE Facebook Live, 8pm - 9pm

- Gain insights from industry leaders, parents and a youth on how emerging technologies are shaping the world of work.



Ask Me Anything About: Boundaries & Balance - Managing Your Teen's Risk-Seeking Behaviour on MOE Facebook Live, 8pm - 9pm

- Join experts to hear perspectives on risk-taking and learn practical strategies for setting boundaries with your teen.

Share the following links with your PSG and parent community! Enjoy!

