

“Control the reactive responses of your anxiety positively to allow yourself to connect with your children in a calm and fulfilling way.”



Scream-Free Parenting

By: Ada Wong - FYCS

23 October 2015, Clementi Primary School

“Understand your teenager’s world in order to help them manage the changes in their new phase of life and be able to communicate effectively with them.”



Transition to Secondary School

By: Richard Cheong - FYCS

23 October 2015, Clementi Primary School