

made for **families**

**Journeying
With Families
Through Life**

**Uplifting
Families Facing
Challenges**

**Nurturing
Our Families**



A Singapore Made For Families 2025 Our National Plan For A Family-Friendly Society



Foreword

Family has always been at the heart of our social compact. Today, Singapore is one of the best places in the world to raise a family, live life to the fullest, and age gracefully.

We achieved this as our society as a whole is deeply committed to supporting families. But there are greater challenges that families face, such as greater caregiving needs as our population ages rapidly, greater demands at our workplaces, higher cost of living pressures, and more. So we must explore new ways to support our families. This is a key national priority under the Forward Singapore exercise to refresh our social compact.

I am delighted to launch “A Singapore Made for Families 2025” (MFF 2025). This publication builds on the momentum of the Year of Celebrating Singapore Families. MFF 2025 is our plan for creating a Singapore that values and supports family well-being. It contains the aspirations of families we have engaged over the years, and reflects the tireless work by our communities to co-create a home where families can bloom.

The MFF 2025 is a plan, but each of us must contribute, and walk the path. As a community, we can all play a part in celebrating and uplifting families. As employers, we can commit to nurturing family-friendly workplaces. As a child, a sibling, a spouse, or a parent – each one of us can renew our commitment to our families. The Government is committed to walk this journey alongside you.

Together, we can build “A Singapore Made For Families”.



Heng Swee Keat

Deputy Prime Minister and Coordinating
Minister for Economic Policies

8 November 2022

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Journeying With Families Through Life

As a society, we support and journey with families at every stage.

- 1.1 Embarking On A New Chapter Together
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- 1.4 Caring Across Generations

Embarking On A New Chapter Together



Starting On A Beautiful Note

Congratulations! As you turn the page on a new chapter of life, make that day extra special with a wedding that you can cherish for the rest of your lives.



- Celebrate your union at a **redeveloped Registries of Civil and Muslim Marriages Building** by 2030. **NEW**
- Say “I do” at a solemnisation ceremony at the picturesque **Family Zone @ Gardens by the Bay**. **NEW**
- Planning your marriage is now a breeze with the one-stop **Our Marriage Journey** portal. From booking a solemniser to making your declaration appointments, everything is at your fingertips.



Nurturing A Strong Marriage

Communication and commitment are key ingredients to a fulfilling marriage. Developing this takes time, but you can give yourself a head start by tapping on marriage programmes and support.



- Create a great marriage together through **marriage programmes, mentoring, and financial planning workshops** by Families for Life and other community partners.



Make your marriage great!

- Check your marital health with **Our Marriage Journey Quiz** coming soon in 2023. **NEW**



Strengthen your marriage with:

- **Community marriage programmes** at AMKFSC Community Services Ltd, Fei Yue Community Services, Morning Star Community Services, PPIS Vista Sakinah and more.
- **Faith-based marriage programmes** such as Catholic Engaged Encounter, Love Notes, Vivaha, and pre-marital workshops/mentoring at churches.
- **Mini Marriage PREP Tips** backed by over 40 years of research on marital health and success. **NEW**
- Find more marriage programmes at **Our Marriage Journey** portal.
- Find your marriage mentor at **Bersamamu (With You)**, **Journey With You (from 2023)**, **Couple Mentor Journey**, and faith-based organisations such as local churches. **NEW**

Investing In Your Happily Ever After

Meet Edmund & Family.



After ten years of marriage and four children, Edmund Twohill and Melissa Ng keep the spark alive with date nights, meaningful conversations and quality time together. These efforts do not happen by chance, but are intentional acts taken by the couple to keep their union strong.

It all started even before they were married. Being Catholic, they attended marriage preparation courses required by their church before they said, 'I do'. But Edmund emphasises that marriage preparation is valuable for any couple. After all, while the wedding day is a moment in time, marriage is a lifetime investment, and this takes work.

With marriage preparation, both partners can discuss their mutual expectations, goals and needs – and have difficult conversations in a safe place. “When you are dating, you don’t tend to talk about sensitive subjects like money, in-laws or how you want to bring up your children,” Edmund pointed out. Yet these are important topics to discuss. “It is best to get these ‘puzzle pieces’ in place so that you both have a shared goal to work towards.”



The courses also highlight useful strategies to improve communication, manage conflict as well as practical skills such as financial planning.

Beyond marriage preparation, marriage enrichment for the years after getting married is also important as they are a good way to learn from others, have a sense of the challenges and potential pitfalls.

“

Hope is not a method. I believe that if we want something, we must take proactive steps and own the process to achieve the best possible outcome.

”

Connecting with other couples – for example, through marriage mentoring – also offers a network of support who can rally around you in tough times, offer advice, share experiences and be your cheerleaders, shared Edmund.

Importantly, such marriage courses and mentoring are personally enriching. “I’m a big proponent of personal development and self-ownership,” said Edmund, “Hope is not a method. I believe that if we want something, we must take proactive steps and own the process to achieve the best possible outcome.” Taking on this effort for one’s marriage is even more meaningful – as each step is taken with love, faithfulness and commitment.

Building A Home Together

Setting up a home for your family is a major milestone. To help you do so, various Government schemes and grants are available so that you can access affordable housing.

Get a head start on your new nest with enhanced housing support:

- **Greater certainty in securing public housing.** More flats have been set aside for first-timer families from August 2022: **NEW**
 - **85%** of 3-room Built-To-Order flats in **non-mature estates** (up from 70%);
 - **95%** of 4-room and larger Built-To-Order flats in **non-mature estates** (up from 85%); and
 - **95%** of 3-room and larger Built-To-Order flats in **mature estates**.
- **Built-To-Order flats with shorter waiting time of around three years or less.**
- **Generous housing grants up to \$80,000 (for new flats) or up to \$160,000 (for resale flats),** with higher amounts for lower-income families. Grants come on top of subsidised prices for new flats.
- Live near/with your parent with **3Gen flats, Married Child Priority Scheme, Multi-Generation Priority Scheme and Proximity Housing Grant.**



Did You Know?

- Virtually all first-timer families applying for Built-To-Order flats in non-mature estates can book a flat within their first three tries.
- Most first-timer families spend less than a quarter of their monthly income to service their housing loans. Close to 90% of first-timer families service their Housing & Development Board loans using their Central Provident Funds, with little or no cash outlay.

Creating Their Own Little Family Kampung

Meet Tabitha & Family.



The days of the multigenerational family living under one roof may no longer be commonplace, but Tabitha Luann Abraham, 28, and Joel George Mathew, 31, have created their own little family kampung.

They had purchased a six-year resale unit near their parents' homes, which qualified them for the Proximity Housing Grant. The home is also close to their siblings, aunts and uncles as well as Tabitha's workplace, infant and childcare centres.

"We always believe that it takes a village to raise a child," Tabitha shared, "Living close to our parents and relatives means that our children can grow up with our families in the neighbourhood."

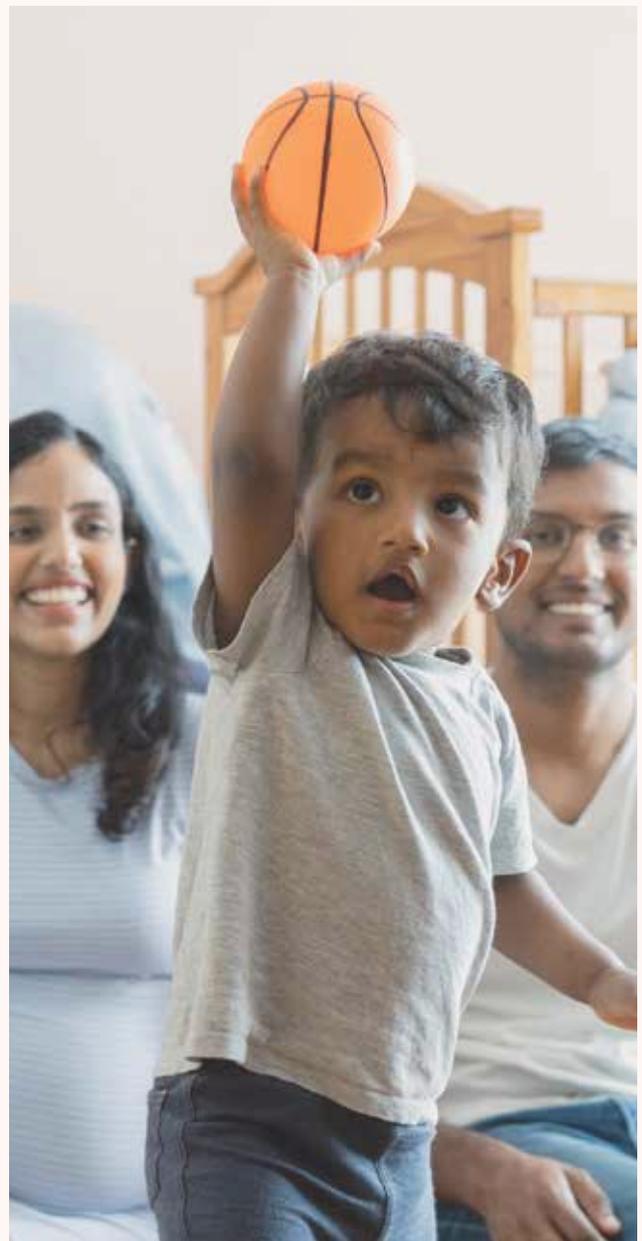
“

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Married in 2020, Tabitha and Joel welcomed their firstborn child in 2021 and are expecting their second child. Living near her extended family has been a boon for the young family.

During the first months, the couple could rely on a 'grandparent, sibling and cousin network' for help.



The family took turns helping with chores, feeding, diaper changes, putting their son to bed or just playing and spending time with him so the couple could take a breather. “They were also teaching us what to do as new parents,” Tabitha shared.

Tabitha and Joel make it a priority to dedicate quality time for their son. One hour before bedtime, they set aside their devices to be fully present with their son to play, read and begin his bedtime routine.

The time they spend with their son is precious, not just for his benefit or for the parents to embrace the fleeting moments of childhood, but also for the family to make cherished memories and forge irreplaceable bonds together.



Tabitha and Joel, together with their parents.

Starting A Family



Welcoming A New Child

A warm welcome to your little bundle of joy! As you start your family, know that there is a suite of support to help make your parenthood journey a rewarding and fulfilling one.



- Parents are supported in the caregiving, growth and development of your children:
 - **Education subsidies** up to age 16 totalling around \$180,000.
 - **Baby Bonus Scheme, healthcare subsidies, Medisave Grant for Newborns, and MediShield Life coverage from birth.**
 - **Government-Paid Leave Schemes.**
- Look out for **enhanced Marriage & Parenthood support measures** to be announced in 2023. **NEW**
- Greater support for adoptive families and children:
 - Learn about the adoption process at a **pre-adoption briefing.**
 - Assess your suitability through an upcoming **Adoption Suitability Assessment.** **NEW**
 - Help your child understand their adopted background through a **disclosure briefing.**
 - Approach the Ministry of Social and Family Development for assistance, if your child wishes to **search for and reunite with his/her birth parents.**
 - Improved access to adoption-related matters via an **upcoming portal** in 2025. **NEW**
 - Find **support groups** through appointed adoption agencies.



Welcoming Parenthood As A Team - And A Helping Hand

Meet Hanis & Family.



When Mohamed Hanis bin Mohamed Hussain and Siti Zubaidah Binte Abdul Manaf got married five years ago in 2017, they knew that they wanted to start a family as soon as possible. While they worried about juggling marriage, child raising, housework and their careers, they knew that together, they could make it work.

Today, the couple has two young children: a son aged 3, and a daughter at 15 months old. Whatever anxieties they had have been overshadowed by the joys and excitement of parenthood.

Hanis noted that part of their concerns about the cost of child raising were alleviated thanks to various schemes and grants. “With the help of Marriage and Parenthood Benefits such as childcare subsidies, as well as Child Development Account, we were able to afford and place my children at infant care and toddler class,” he said.

Knowing their children are in good hands, Hanis and Siti can focus on their work and spend quality time with their children at the end of the day. They make a tradition of coming together frequently throughout the year with their extended family to celebrate birthdays, organise picnics or staycations. “This is something that we always do so that our family ties stay strong,” said Hanis.

Bonding is also important to Hanis and Siti as a couple. They make time for one another and enjoy frequent date nights together. But nothing quite bonds them as much as their love for the family that they have built.

Siti acknowledged that while it is only natural to worry when starting a family, such concerns should not hold you back. “When you bring new life into the world, see them grow up, hug and kiss them, make them laugh and see them running to you when you have a hard day at work, it is really so meaningful.”



“

Being a parent has its challenges, but when you bring new life into the world, see them grow up, hug and kiss them, make them laugh and see them running to you when you have a hard day at work, it is really so meaningful.

”



Caring For Baby, Mummy And Daddy

The early days with a newborn can be overwhelming, but fret not. Our community partners will help you find the support you need to feel confident about caring for your child.



- Power up your parenting skills through **Parent Peer Support Groups** based in neighbourhoods across Singapore, led by Families for Life @ Community. Trained facilitators will guide couples in effective parenting, share active fathering tips, and connect you with parenting programmes and a supportive network. **NEW**
- Access health and social services such as marriage, (grand)parenting programmes, parent peer support groups, lactation support, growth and nutrition support, and childhood developmental screenings at one-stop **Family Nexus at Tampines, Punggol, Choa Chu Kang and Sembawang by 2023.** **NEW**
- Receive health services with your child through **integrated mother-child services** at 14 polyclinics by 2025. **NEW**
- Find family activities, parenting, marriage and health tips at **Families for Life Parenting, Parent Hub.**
- Find peer support at non-profit initiatives like **Breastfeeding Mothers' Support Group** and **Families for Life Online Community.**



Raising Happy Healthy Children



Building Stronger Families For Life

As your child grows up, they will continue to look to you for guidance and wisdom. There are community resources which can support you in these critical and formative years.



- Guide your children in learning about family values of Love, Care & Concern, Commitment and Respect through:
 - Immersive games and fun activities at **Bunny Town Adventure, Family Songs, colouring pages and more.** **NEW**
 - **'Family and Me' Packages** with storybooks, catchy songs and other fun resources by Families for Life in most preschools by 2025. **NEW**
 - **Resources and class-based discussions on family values** in schools.



- Boost your child's mental and emotional well-being and learn to parent effectively in a digital age with an upcoming **Parents' Toolbox.** **NEW**
- **Parent Support Groups** in schools will be sharing more structured resources on forging strong parent-child relationships and active fathering from Families for Life. **NEW**

- Level up your parenting skill through our **community-based parenting programmes, groups and workshops**:

- For parents with children aged 0 to 16: **WiseJourneys ^{NEW}, Signposts, Triple P – Positive Parenting Programme.**

- For stepfamilies: **FITRAH Enrichment Programme, Step-Parenting Workshops and Support Group.**

- Other parenting programmes and support by **Yayasan MENDAKI, Singapore Indian Development Association, Chinese Development Assistance Council, Eurasian Association, Dads for Life, Mums for Life** and more.



Finding Strength In Community



Project ARIF

(Achieving Resilient and Inspiring Families) supports couples holistically at every step of your marriage and parenthood journey.

Resource Centres (Masjid As-Syafaah & Masjid An-Nur)	Advice and Counselling	SaturDATE with ARIF
Free, in-person health consults	Psychosocial marital and relationship support from Medical Social Workers	Regular talks on:
Lactation Education & Support	Referrals to services based on need	Building a happy home and family
Health and marriage consultation, advice and counselling from Medical Social Workers and Naib Kadis	Medical support and advice	In-vitro Fertilisation (IVF) journey
Couple building activities	Religious advice from Kadi/Naib Kadi for stronger marriages	Pregnancy
		And more...

Brought to you by:



Embracing The Joys Of Fatherhood

Meet Ganesan & Family.



Ganesan Maniam still remembers waking in the middle of the night to prepare milk for his children when they were babies. “The birth of my children changed my life and helped me realise the importance of fathers – and my responsibility to be a role model for them,” he said.

Since then, he has strived to be an active and involved parent. Ganesan recalls the early days of fathering with fond memories – the two weeks of Paternity Leave, he said, helped him take the time he needed to care for his newborn and wife as she recovered from childbirth. Beyond his home life, Ganesan is also active in his children’s school where he heads the Parent Support Group and has started a fathers’ group. “A fathers’ group provides a chance for different people to share their personal stories and struggles,” Ganesan explained. Importantly, it also helps fathers learn from each other.

Ganesan himself has benefited from such a fathers’ group as a participant – and now active volunteer – at the Centre For Fathering.

He reflected that navigating fatherhood can be challenging but is a skill that can be learnt. “Sometimes I would feel totally lost and wonder why fatherhood does not come with a manual or Standard Operating Procedure!”

Through the fathers’ group, Ganesan found himself in the company of experienced parents who helped him journey towards becoming a better dad. “When I set aside my ego to learn from trainers and other experienced fathers, I gained priceless knowledge on how to improve my own parenting competency.” Learning from others also improved Ganesan in other ways. “I’m a better husband and partner to my wife and a better friend to my children.”

While work and volunteering keep him busy, Ganesan never fails to spend quality time with his wife and two children.

His own approach has been to put his wife and himself first. “As husband and wife, you are a team,” he said. This mindset extends itself to sharing housework and child caring responsibilities.

Importantly, Ganesan makes the most out of every moment, from ferrying his children daily to and from school to taking part in school-based activities. Giving hugs and saying ‘I love you’ are part of the family’s morning and bedtime rituals, while mealtimes abide by a ‘no phones’ rule.

He urges more fathers to take up the mantle of fatherhood and embrace a mindset of improvement along the parenthood journey. “Don’t miss the window to connect and engage with your children and wife on a deeper and more meaningful level.”

“

When I set aside my ego to learn from trainers and other experienced fathers, I gained priceless knowledge on how to improve my own parenting competency.

”

Getting A Good Start From Preschool

The formative years lay an important foundation for your child's future physical, cognitive and socio-emotional wellness. To support parents in the care and development of your child, the early childhood sector has been progressively enhanced so that every child gets a good start.



- As a parent, having access to a quality, affordable preschool is important. The Government will:
 - **Increase the number of quality and affordable preschool places.** By 2025, 80% of children can have a place in a Government-supported preschool.
 - **Make preschools more affordable.** Fee caps at Government-funded preschools will be reduced from January 2023. **NEW** In the medium-term, dual-income families with a child in full-day childcare can pay around the equivalent of primary school fees plus after-school student care fees, before means-tested subsidies.
 - **Raise the quality of teaching in preschools** by:
 - Attracting and retaining good early childhood educators by improving salaries and enhancing career pathways; **NEW**
 - Establishing a common standard through a new Quality Teaching Tool; **NEW** and
 - Supporting educators to acquire deeper pedagogical skills and knowledge by enhancing professional development.



Caring Across Generations



Embracing Ageing With Confidence

The transition into your older years brings about many changes. With the right mindset and tools, you can navigate these years better together as a family, strengthen intergenerational care and understanding, and make the most of this rewarding chapter.

- Care better for your grandchild with a **grandparenting programme**. We will support more than 2,500 grandparents by 2027. **NEW**
- Ageing may come with new relationship stresses. Strengthen your familial relationships with **counselling and mediation support for ageing families**. Available at [FAM@Family Service Centres](mailto:FAM@FamilyServiceCentres) across Singapore from 2023. **NEW**
- Age confidently and gracefully under the **Action Plan for Successful Ageing**, which brings together more than 70 initiatives in 12 areas, including health and wellness, retirement adequacy and transport.
- Stay connected with your loved ones wherever they are, with **Seniors Go Digital**. Learn digital skills, including communication tools, at [SG Digital Community Hubs](#).



Positively Grand! Learning To Be A Better Grandparent

Meet Margaret.



It is never too late or old to learn – this is a mindset that keeps Margaret Van Ronk living her best life as a retiree, active ager and woman-on-the-go. The 67-year-old grandmother of one believes life is a constant process of growth.

It was this spirit that prompted her to enrol in a grandparenting programme run by the AMKFSC Community Services Ltd. Known as Triple P - Positive Parenting Programme for Grandparents, the programme equipped Margaret with evidence-based strategies to confidently handle her grandchild's behaviour, take pleasure in the joys of being a grandparent while also building strong, healthy relationships with her family.

“We also heard from other grandparents on their success stories and difficulties,” she said.

Additionally, Margaret gained an improved perspective of her role as a grandparent. “As grandparents, we sometimes forget that our role is to support the parents,” she said. This means remembering that you are on your children's team, respecting their house rules and giving due authority to the parents when it comes to decisions and discipline.



“

As grandparents we sometimes forget that our role is to support the parents.

”

Talking through these roles and expectations with your children helps manage differences, minimise conflicts and mixed messages from the outset, Margaret shared.

But being a grandmother is more than providing care, Margaret reminded. It is also about playing together, sharing stories and making memories. “It is such a joy to see the development of my granddaughter from baby to toddler and pre-schooler to primary school,” she shared. There is also the pleasure of special grandparent-grandchild times, from sharing favourite foods, going on energising outings, indulging in Disney movies, taking fun wefies and her favourite thing of all: unconditional love, countless hugs and kisses.



Margaret and her granddaughter.

Taking Charge Of Your Golden Years

Planning for your future puts you in control of the decisions that matter to you such as your quality of life as well as medical and financial choices.

- Appoint someone you trust to act on your behalf when you are unable to:
 - Get consolidated information about Advance Care Planning, CPF nomination, Lasting Power of Attorney and end-of-life planning at **My Legacy**.
 - Make your Lasting Power of Attorney online at **Office of the Public Guardian-Online system** or at My Legacy (upcoming). **NEW**
 - We hope to have more than 240,000 Singaporeans aged 50 and above make their Lasting Power of Attorney by end-2025. Look out for a **pre-planning campaign** coming soon. **NEW**



Advancing Holistic Eldercare and Caregiver Support

Eldercare can be a long and demanding journey. Help is at hand to assist you in this labour of love.



- Support your loved ones to age gracefully in their communities through **affordable eldercare services near you**. Beyond means-tested subsidies of up to 80%, disability and insurance schemes, the Government will continue expanding eldercare services:
 - For active seniors: **More than 110 Active Ageing Centres** provide Active Ageing programmes, Befriending services and referral to Care services.
 - For frail seniors: **More than 8,000 day places in Senior Care Centres and Active Ageing Centres (Care)** for day care, community rehabilitation and other care services.
 - Search for the centre closest to you via [E-care Locator](#).



- As a caregiver, you need care too. Measures to support your caregiving journey include:
 - **More caregiver respite services** such as the expansion of Household Services Scheme to provide elder-sitting and other part-time household services. **NEW**
 - **Financial support.** Further ease caregiving costs with the enhanced Home Caregiving Grant from \$200/month to up to \$400/month in 2023. **NEW**
 - **Caregiver empowerment & training.** Join a support network and sign up for subsidised caregiving training.
 - **Care navigation.** Reach out to a Care Consultant at our AIC Links for advice on care services and schemes.
- Find out more information on care services, schemes and caregiving tips at the Agency for Integrated Care.



Uplifting Families Facing Challenges

As a society, we strive to uplift all families because we want all families to succeed.

- 2.1 Expanding Opportunities For Lower-Income Families
- 2.2 Healing Family Relations
- 2.3 Supporting Divorcing And Divorced Families
- 2.4 Empowering Single Parents
- 2.5 Strengthening Support For Family Members With Disabilities
- 2.6 Strengthening Support For Foster Families
- 2.7 Keeping Families Safe

Expanding Opportunities For Lower-Income Families



Every child is born with the potential to do great things. With accessible and inclusive programmes, we support families with opportunities for children of all ages, backgrounds and needs to bloom.



- Support the development, health and well-being of young children from lower-income families through the **progressive nationwide expansion of KidSTART programme from 2023**.
- Alleviate childcare challenges for lower-income parents with:
 - Daughters Of Tomorrow's **childminding pilot service** for those who require caregiving after childcare centres' operating hours. **NEW**
 - Free evening care at **CareNights** by Morning Star Community Services.

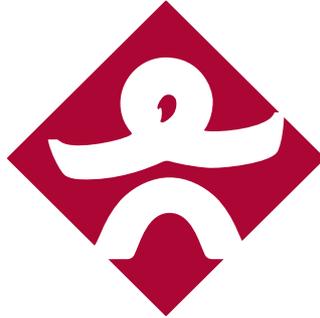
- Empower families with children living in rental housing to achieve stability, self-reliance, and social mobility through the **progressive nationwide expansion of Community Link (ComLink)**. Around 14,000 families will be supported over the next few years.
- Enable more second-timer families with young children in public rental flats to own homes again through the **Enhanced Fresh Start Housing Scheme**.
- Support students from families in-need to attend schools regularly through the **Nationwide UPLIFT Community Network**. Once fully implemented, the Network is expected to benefit about 1,800 students each year.



Finding Strength In Community

A little from all, together it's more!

[Chinese Development Assistance Council](#) helps the less privileged in the community maximise their potential and strive for social mobility through self-help and mutual support.



华社自助理事会
CDAC

Programmes such as CDAC Family Assistance Programme, Family Resource Programme, and Ready for School provide casework management, employment support and family bonding fun.

All happy families are alike; each unhappy family is unhappy in its own way.

[Eurasian Association](#) helps Eurasians in-need overcome the hardships of life's unforeseen circumstances.



Referrals to employment and welfare support, financial assistance schemes, food vouchers, counselling, coaching & mediation and many more support can be found at the Eurasian Association.

Many Helping Hands To Build A Happy Family Life

Meet Sheila & Family.



Parenting brings plenty of joy for Nur Sheila Binte Kamarudin and Mohamed Fazli Bin Samsuri. Their two-room rental home is always filled with activity, laughter and play. But raising a family can be challenging, especially for a lower-income family.

“We are more than thankful that Singapore has many security nets,” said Fazli. Thanks to the UPLIFT Community Network, they are in close contact with their Town-level Coordinator, Jabbar Jaafar, who – through home visits and other interactions – works with the family to understand their needs and connect them with Government and community assistance to cover essentials such as utility bills, housing rental and groceries.

Beyond these basic needs, there is a raft of support for the children. These range from providing pocket money, fees, free tuition and school necessities such as laptops to extracurricular sports activities. “The aim is to identify their interests and needs and connect them with programmes to develop every child holistically, so they have a sound foundation,” said Jabbar.

“

We are thankful for the opportunities that empower us to build a brighter future for our family.

”

Programmes like KidSTART come in early during the first six years of the child’s life, to empower parents with the resources they need to set the foundation for their child’s future success. With the help of KidSTART, seven-year-old Nalisha was enrolled in a childcare centre and reading programmes. The latter, said Fazli, has helped Nalisha make vast improvements in her reading ability. KidSTART also guides Sheila and Fazli with skills and knowledge to create a warm and nurturing home environment and build strong parent-child relationships. Additionally, their 10-year-old daughter, Fazila Natrisha, is in UPLIFT, which helps with her studies and supports her, her school and her parents in tackling long-term absenteeism.

Fazli is also taking courses at the Employment and Employability Institute (E2i) to upskill and raise his career prospects, while Sheila delivers parcels to support her family. The couple is confident that with time and hard work, the fruits of their labour would enable them to better provide for their children.

The holistic support and opportunities offer much hope for Sheila and Fazli. As parents, they want the best for their children. “We are grateful that our children are not missing out, and thankful for the opportunities that empower us to build a brighter future for our family. We are less stressed and can enjoy our time as a family better,” said Sheila.

Healing Family Relations



All relationships have their ups and downs. Asking for help is a sign of strength, not weakness. Mediation, counselling and social support by our community partners can help you get through a rough patch and emerge stronger together.

- Couples facing relationship strains can seek information, services and support to strengthen your marriage at [Family Assist](#). **NEW**
- Community and corporate partners help incarcerated persons rehabilitate and reintegrate into society with the support of their loved ones. Support include:
 - **CapitaLand Empowerment and Resilience Programme;**
 - **The Yellow Ribbon Community Project; and**
 - **FITRAH (Family and Inmates Throughcare Assistance Haven).**
- Family members can sometimes become estranged. We help families restore their relationships through:
 - Attending a **mandatory family programme**, before parents can seek a Family Guidance Court Order for the rehabilitation of their child with serious behavioural concerns.
 - Requiring elderly parents seeking maintenance from their children to attend **conciliation first**, before an application can be made to the Tribunal for the Maintenance of Parents.

Supporting Divorcing and Divorced Families



Setting healthy boundaries can ease the impact of separation on children who often find themselves caught in the middle. With support programmes, groups, and counselling services, parents can make separation amicable and maintain healthy co-parenting arrangements.



- Divorce can be difficult, but you don't have to go through it alone. Find divorce support programmes and family counselling at **FAM@Family Service Centres** across Singapore. Support will also be enhanced to include:
 - **Divorced/Divorcing Parents Support Groups** at all FAM@Family Service Centres by 2025. **NEW**
 - **Mandatory Co-Parenting Programme (CPP)** for all divorcing couples with minor children to encourage co-operative co-parenting post-divorce from 2023. **NEW**
 - **Expansion of child support programmes.** By 2025, we hope to help more than 700 children annually to cope with their parents' divorce. **NEW**
- **Child access guidelines across schools** will help children maintain a relationship with their divorced/divorcing parents. **NEW**

Journeying With Couples To Mend Their Marriage

Meet Patricia.



When Amelia (not her real name) discovered that her husband was having an affair, she found herself at a difficult crossroad – end the marriage or find a way to work through the betrayal and hurt.

Having children under the age of 21, she was required to attend a Mandatory Co-Parenting Programme prior to filing for divorce. The programme comprises an e-learning module and a consultation session designed to help couples considering divorce to make informed decisions that prioritise the well-being of their children.

This was where Amelia met Patricia Lum – an Assistant Senior Counsellor at FAM@Family Service Centre (Eunos). Concerned about how a split would impact her children, Amelia took up one-on-one counselling with Patricia, where she worked through her options and gained clarity on her marital issues.

This led Amelia and her spouse to give marriage counselling a shot. What followed were joint and individual sessions over the next two years, where they worked through their conflicts and restored trust in each other. With effort and commitment, they healed their marriage and remain together today.

For Patricia, such stories underscore the importance of marriage support. She shared: “By offering couples a non-judgemental space to communicate, share and be vulnerable, we can build understanding and trust to strengthen a relationship.” Conflict in a marriage is normal, but it is how couples handle them that matter, she emphasised. Seeking help to resolve these conflicts is a sign of strength because it shows a couple’s dedication to their marriage, she added.

At FAM@Family Service Centres located across Singapore, programmes range from helping couples strengthen their marriage to those that support marital reconciliation. Where divorce is inevitable, FAM@Family Service Centre programmes help the couple make the separation less painful.

“

“By offering couples a non-judgemental space to communicate, share and be vulnerable, we can build understanding and trust to strengthen a relationship.”

”

Said Patricia: “Our work aligns with an overall goal to strengthen marriages and family relationships and build a network of partnerships within the community.” Apart from FAM@Family Service Centres, these partners include faith-based organisations who provide counselling, volunteers trained as Marital First Responders, as well as the online portal Family Assist that come together to support couples in marital dilemma.

Empowering Single Parents



Single does not mean alone. Through a wealth of social, emotional and financial support, society journeys with you towards a brighter future for yourselves and your children.

- Every Singaporean child, regardless of their parents' marital status, is supported in their caregiving, growth and development through **education subsidies, financial support for healthcare and childcare support**.
- Single parent families can approach **Social Service Offices** for financial and employment support.



- Single parents are backed by a caring community who stands with them. The Alliance For Action to Strengthen Marriages and Family Relationships (AFAM) works with Community Services, and many other partners to:
 - Empower and equip single parents with information and practical resources through an enhanced **one-stop HCSA Dayspring SPIN portal**. **NEW**
 - Develop **training content** to help volunteer befrienders better engage and support single-parent families in 2023. **NEW**

You Are Not Alone – We Are Here To Help And Support You

Find hope, healing, and strength to support your post-divorce and/or single parenting journey with:

- **Community-based support** at [Project Athena](#), [HELP Family Service Centre](#), [PPIS As-Salaam](#).
- **Faith-based support** like [Catholic Divorce Support Group](#), [Empowering Single Parents Network](#).



Finding Strength In Community



Singapore Indian Development Association

Singapore Indian Development Association believes in nurturing families for a better future, regardless of background.

One of its flagship programmes, **Project Athena**, empowers single Indian mothers and their family to become confident, independent and resilient individuals. The support network helps single parents build stronger bonds with their children, helping them grow into confident and vibrant youth.

Single But Not Alone

Meet Jena.



As a single parent, Jena Lim knows what it is like to experience social taboo, family disapproval and feeling alone. However, the tenacious young woman found strength through the support of others to rise above her challenges.

When she became pregnant at just 18, Jena was at a loss. Lacking support from her immediate family and social circle at the time, she searched on the internet and found a helpline.

With a social worker to talk to and share options, Jena felt more assured. “Even though they could not do much physically, having someone to talk to and to listen made me feel much better,” she recalled. “It really helped to know that someone was asking me what I wanted.”

Jena decided to defer school for a year because of her pregnancy symptoms, before

returning to continue her final year of studies when her son was seven months old. But she worried about finances and coping with motherhood, breastfeeding and school. Thankfully, she received the Howe Yoon Chong PSA Scholarship, which provides financial assistance to Singaporean students from lower income families.

With her school fees covered and a monthly allowance, a huge burden was lifted. “It alleviated the financial strain at home, and I could continue going to school and focus better on my studies,” said Jena. She also received Government subsidies to offset her childcare and school fees.



“

Seeking and accepting help is not a weakness.

”

Jena also received help from an unlikely source: internet strangers. “When I found out I was pregnant, I had only \$300 in savings. I would go on Carousell to look for pre-loved and second-hand baby items, and share my story with some of the sellers,” she recalled. While some turned her away, others showed her incredible generosity, offering clothes, diapers and formula for a discount or for free. This heartening community of help gave Jena the boost she needed.

Today at 25, Jena looks back on all the help she received and is grateful to it all. She urges young mothers to be open to asking for help. “Just because you can, doesn’t mean you should live this life alone,” she said. “Seeking and accepting help is not a weakness,” she added, “When we accept help, we help ourselves so we can then in turn care for others. For me, it helped me to be a better mother.”



Jena and her son.

Strengthening Support For Family Members with Disabilities



Our whole of society supports and empowers families in enabling and caring for your loved ones with disabilities.



- Enhance access to affordable early intervention and quality education for children with disabilities:
 - Expand **Development Support-Learning Support programme** to cover 60% of pre-schoolers by 2025, and build **two new Early Intervention centres** by mid-2023.
 - More inclusive learning experience **through Inclusive Support Programme pilot**.
 - **27 Special Education (SPED) schools** by 2030.
 - Better prepare SPED graduates to live, learn and work with new **SPED teaching and learning syllabuses**. **NEW**
- Support your child better with Families for Life's **[Parents' Guide for Young Children Who Need Early Intervention](#)**.

- Enable adult persons with disabilities to live independently:
 - **More post-18 disability care and employment services** such as Enabling Business Hub pilots.
 - **Alternative housing and care models** to support independent living. **NEW**
- Care better for yourself and your loved ones with:
 - **Drop-in respite care option** at Enabling Services Hubs pilot. **NEW**
 - **Future Care Planning Playbook** to help caregivers plan for the future of their loved ones. **NEW**
 - More community/peer caregiver support through **Project 3i and Community Circles**.



For more support, check out our **[Enabling Masterplan 2030](#)**. **NEW**



Taking Steps Forward To Build A Disability-Inclusive Society

Meet Kristin & Arassi.



For almost 30 years – ever since her daughter, Arassi Maria Rajkumar, was born with Down’s Syndrome – Kristin van Burm has been involved in Singapore’s disability sector, as a mother and as an advocate.

Understanding the challenges of caring for a child with disabilities, Kristin teamed up with other parents to form a support group, which evolved into the Singapore Down Syndrome Association in 1996. Over time, she has seen and experienced how resources, services and opportunities for persons with disabilities have grown.

In particular, she is heartened by the ongoing work to make Singapore more disability-inclusive, as envisioned by the Enabling Masterplan, first launched in 2007 and updated under the recent Enabling Masterplan 2030.

Singapore has always had support and services, even in the early days, she said, and these have grown increasingly integrated and accessible. Some areas that have been especially strong include early intervention, child development and special education.

These, she added, come with Government subsidies for support services and education which helps alleviate some of the financial pressures for families who often have to pay for medical treatment, therapies, transport and other specialised requirements as well.

Apart from the considerable progress in supporting early intervention and schooling, Kristin is looking forward to more being done to foster inclusivity under the Enabling Masterplan 2030. “By creating more opportunities for interaction between children with disabilities and typically developing children, you set the groundwork for empathy and inclusive values,” she said.

She noted that many years of campaigns have done a good job in growing opportunities for persons with disabilities. Her daughter, Arassi, 29, works in a social enterprise that promotes arts education and is also a member of an inclusive dance collective. In her job, she is in charge of costume management, housekeeping and assists in administrative duties. Arassi enjoys her work and feels lucky to be able to contribute meaningfully – and Kristin hopes more can be done to enable people with disabilities to lead more independent lives.

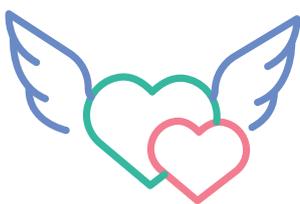
“Singapore has come a long way to provide opportunities for different age groups; we could apply that same creativity and innovation to differently-abled people so that their unique skills can be tapped into,” said Kristin. This, she added, requires enabling structures, disability-inclusive policies, infrastructure, and services to mainstream disability considerations into all areas of life. Said Kristin: “To build a more disability-inclusive society, we must remember to see them as people first, and not define them by their conditions.”

“

To build a more disability-inclusive society, we must remember to see them as people first, and not define them by their conditions.

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Strengthening Support For Foster Families



Foster families provide temporary care for children in-need until it is safe for them to be reunited with their families. Through fostering, you can make a positive impact on these young lives.



- You are never alone in your fostering journey! Holistic aid ensures foster families receive the best support possible:
 - **Increase in fostering allowance** to \$1,100 for typically developing foster children and to \$1,500 for foster children with disabilities. **NEW**
 - **Subsidies** for childcare, medical services, early intervention and disability services.
 - **Support from Social Workers, Professionals and Volunteers.**
 - **Training and Peer Support.**
 - **Childcare leave benefits.**
- Keen to foster? Visit [the Ministry of Social and Family Development's Fostering website](#).



Healing Young Lives With Love And A Home

Meet Li Ping & Joseph.



For Tay Li Ping and Joseph Gan, giving back to society is a way of showing care and compassion for others. It was this belief that led them to foster their first child in 2016. The couple also felt it was an opportunity for personal and emotional growth for themselves and their three biological sons. In 2019, the couple went on to foster – and subsequently adopt – a second child. They also host ex-foster children on weekends.

Fostering has not been easy, especially when navigating trauma-related behavioural and emotional difficulties. “It’s a journey to try and break dysfunctional coping mechanisms,” said Li Ping, “A lot of our work is to help them through it and impart new positive habits and coping skills. Most importantly, we reassure them that they are loved and that we will always be by their side. That in itself is very healing.”

The experience has been deeply meaningful for them as individuals, as a couple and as a family. In fact, Li Ping and Joseph share that the considerable challenges of fostering have pushed them to work on and improve their own marriage and parenting skills. “It has become necessary for us to work out our differences, show up for each other, adapt our parenting styles, listen more and communicate better,” Joseph shared.

Having a network of supportive foster parents accompanying them on this journey has been extremely helpful, added Li Ping. The Government provides assistance too in the form of subsidies, training and the support of a protection officer and a foster care officer who look after the holistic needs of the child and parents.

Ultimately, Li Ping and Joseph reflect that whatever the challenges are, it is worth it. “We see it not just as helping one life. You’re actually making a very significant change because it breaks the cycle of dysfunction and changes the trajectory for the generations that come after this child.”

“

We reassure them that they are loved and that we will always be by their side.

”

Keeping Families Safe



No one should experience violence, especially from someone they trust. Persons who experience family violence can access a wide range of social support services.



- Call the [National Anti-Violence and Sexual Harassment Helpline](https://www.nvshelp.org) at **1800-777-0000** to report any form of violence, including sexual violence and sexual harassment. 



- We will **strengthen legislative protection against family violence** and improve accountability and rehabilitation for perpetrators in 2023. **NEW**
- Families experiencing violence may seek help at:
 - **48 Family Service Centres** located island-wide;
 - **Two Family Violence Specialist Centres** (TRANS SAFE Centre and Care Corner Project StART); and/or
 - **Integrated Services for Individual and Family Protection Specialist Centre** (PAVE).



Nurturing Our Families

Everyone has a part to play in building
A Singapore Made For Families.

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- 3.1 Creating Enduring Tributes To Families
 - 3.2 Building Family-Friendly Infrastructure
 - 3.3 Fostering A Family-Friendly Culture



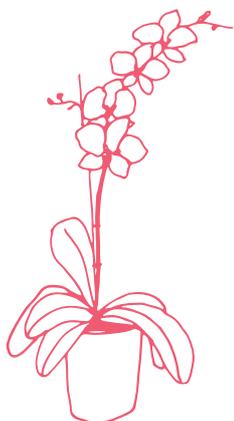
Creating Enduring Tributes To Families



In the commemoration of our Year of Celebrating SG Families in 2022, Singaporeans can look forward to more family-oriented attractions, activities and spaces that will be lasting symbols of our nation's commitment to building a family-friendly Singapore.



- Organise family outings or celebrate family milestones in the heart of an iconic Singapore landmark. Coming soon in November 2022, at **Family Zone @ Gardens by the Bay.** NEW
 - Bond and share meaningful moments at signature **Families for Life programmes and events.**
 - From 2024, you can also play at **Becky Bunny's Adventures Playground.**



- Commemorate the birth of your child by planting **FamilyTrees**, which is part of the national movement to plant OneMillionTrees by 2030. NEW
- Introducing **Vanchoanthe SG Families Orchid**, a new orchid created by the National Parks Board, to celebrate our commitment to families. NEW



Building Family-Friendly Infrastructure



From schools to stores and parks to playgrounds, family life is richer and more rewarding with better infrastructural access to the amenities and essentials of life.

Stay connected to your community and find all of life's conveniences close at hand with:



Key essentials within 400m walking distance.



Universal design in public housing.



Family-friendly buildings:

- Building and Construction Authority's Code on Accessibility in the Built Environment.
- Building and Construction Authority's Accessibility Fund.



Family-friendly transport:

- [Land Transport Masterplan 2040](#).

Fostering A Family-Friendly Culture



Nurturing a family-friendly nation is an all-hands effort that starts from the home into the community, through corporates, and across the whole of society.



Employers

- Boost morale, motivation, productivity, attract and retain talent by championing family life in your companies: **NEW**
 - Adopt the [Tripartite Standard on Flexible Work Arrangements \(FWAs\)](#), which sets out best practices on FWAs. Employers will also be better prepared for the [Tripartite Guidelines on FWAs](#) launching by 2024, that will require employers to fairly and properly consider requests for FWAs.

Help employees manage their work and family responsibilities through:

Flexi-time (Work timing/duration)

E.g. Staggered Hours and Time-Banking

Flexi-place (Work location)

E.g. Telecommuting

Flexi-load (Work scope)

E.g. Part-time and Job-Sharing



- Support **‘My Family Weekend’ campaign** by allowing staff to leave work at 5pm for ‘Eat With Your Family’ day, organising a ‘Bring Your Family to Work’ day, or a company Family Day.

Making Flexible Work – Tapping on Flexible Work Arrangements and Stay-At-Home Mums

Meet Beth from HoneySpree.



As a working mother herself and a child who was brought up by a stay-at-home mum, Beth Candice Wu empathises with the struggles that women face in their parenting journeys. It was this perspective in part that inspired her hiring policies for her social enterprise, HoneySpree.

Established in 2011, HoneySpree is an online gift retailer that champions work-life harmony for their employees through flexible work arrangements. Half of the team are stay-at-home mums who work exclusively from home as gift packers. The other half work on-site at the warehouse and have the autonomy to adjust their work schedules and timelines.

Staff can work from home, leave work early or even bring their children to work if needed. “You can still create an effective and efficient workforce, despite not having traditional nine to five hours based in an office,” shared Beth.

These arrangements offer a win-win solution, said Beth. “We are able to tap on a hidden resource in the community and offer a flexible job to mothers so they can juggle child-raising or caregiving while achieving some financial empowerment.”

“

You can still create an effective and efficient workforce, despite not having traditional nine to five hours based in an office.

”

Such an arrangement makes operational and financial sense for the company as it lowers overheads and manages manpower costs. It also engenders autonomy, ownership – and this shows in the workplace culture where people pitch in and voluntarily do extra hours with a willing heart. In turn, the company rewards their employees’ commitment through gifts during festive periods and staff retreats.

Beth noted that it is possible to create more meaningful forms of employment that enrich women’s lives and enable them to feel productive, contribute to the economy and offer them a way to affirm their value and skills outside that of being a stay-at-home mum. She said, “Even as a small business you can do social good and find creative ways to utilise untapped resources in the community.”



- Show how your organisation supports family-friendly programmes, practices, amenities, products and services by adopting the **Made For Families** [brandmark](#).

- Join the effort to strengthen whole of society support under the **Alliance for Action to Strengthen Marriages and Family Relationships (AFAM)**, which will continue to:

- Co-create programmes and partner families, community and faith groups.
- Welcome like-minded individuals and community organisations. To join us, write in to MSF_AFA@msf.gov.sg.

- Community groups are also spearheading many ground-up family bonding events:



Community groups

- Building on the success of the National Family Week in June 2022, Families for Life will partner People’s Association and ActiveSG to make **National Family Week** an annual event, with fun and exciting family heartland celebrations. **NEW**

- **Family Life Champions from the People’s Association** partner grassroots organisations and Government agencies to organise family activities, workshops, outings and more.



Individuals

- Time spent with family is worth every second. Let’s make family time our priority!



Finding Strength In Community

Look no further than your neighbourhood for fun-filled workshops, carnivals and festivals, brought to you by the [People's Association](#) and various community partners.



Family Life - Embrace it! Celebrate it!

Family Fun. Family Time Series.

Interactive activities, workshops, learning journey, crafts and many more await.

Let's Learn. Let's Play Together! Series.

Thematic parent-child activities specially curated for families during the holiday season.

Closing Message

Riding on the shared passion and commitment in the Year of Celebrating SG Families – which saw corporate partners, community and faith groups from all sectors coming together to jointly celebrate families – the MFF 2025 cements our nation’s continued commitment to building A Singapore Made For Families. One enabled by our Social Compact, where:

- The Government provides the foundational blocks of quality and affordable housing, healthcare, education, and relationship support for all families.
- Employers offer family-friendly measures and promote work-life harmony to help their employees manage their work and family responsibilities.
- Civil society rallies together to uplift families and ensures no family is left behind.
- Individuals harness these opportunities to do the best for themselves and their loved ones, providing the first line of support, as well as valuing and supporting family well-being.

We have made much progression in championing families at every stage of their lives. Let us work towards making Singapore a warm home where all families can thrive.



Masagos Zulkifli

**Minister for Social and Family Development,
Second Minister for Health, and
Minister-in-charge of Muslim Affairs**

8 November 2022



go.gov.sg/MFF2025plan