Contact us
to find out more!

KKH DayOne Team
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A collaboration between

KK Women's and Children's Hospital
SingHealth

LIEN foundation

allkin

AWWA

"Self-compassion is simply giving the same kindness to ourselves that we would give to others."
– Christopher Germer



DayOne

A programme designed to support caregivers

About DayOne

DayOne Programme is a collaboration between KK Women's and Children's Hospital's Department of Child Development (KKH DCD), AWWA Ltd, Allkin Singapore Ltd, and Lien Foundation. Through this programme, we aim to understand caregivers' emotional/mental well-being at the point of referral to KKH and provide needs-based support.

Who is it for?

Caregivers whose children are being seen at the Department of Child Development are welcome to be a part of the programme. As a caregiver, you play an important role in the development of your child.

Caregivers of children with developmental needs may encounter more challenges in their caregiving responsibilities. We hope to support you, so that you can be better prepared emotionally and mentally to care for your child.

What is involved?

We will need you to complete questionnaires at regular intervals throughout the programme. These questionnaires will help us assess your concerns, work on a plan to address your needs, and provide the necessary support.

Based on the screening results, you may receive needs-based interventions that will be fully funded by our Care Coordinators, Medical Social Workers, and/or Psychologists. As part of DayOne Programme, you may also be referred to our community partners including AWWA Ltd and Allkin Singapore for further intervention.



How does DayOne Programme work?

Our Care Coordinators will be your main point of contact and will help to connect you with resources based on your needs and concerns.

This could include information related to strengthening your relationship with your child, coping with stress, and periodic check-ins. We hope to support you in this journey of caring for your child and building a safe, stable and nurturing relationship.