KK Women's and Children's Hospital
SingHealth

DayOne Relational Intervention

The DayOne Relational Intervention aims to support the mental well-being of parents, and the emotional and behavioural health of their young children.



What are the potential benefits for parent and child?

- Improve the relationship between parent and child
- Help parents understand their child's emotions and behaviors
- Support parents' and child's ability to manage difficult feelings
- Reduce problem behaviours for the child

What topics will be covered?

- Understanding my child's emotions, development, and behaviours
- Being present with my child
- Tuning into my own and my child's emotions
- Reflective parenting
- Positive parent-child engagement strategies
- Responding to my child's behaviours and emotions

Why "relational" and why parents?

- We need to take care of ourselves to support our children.
- Supporting parents' well-being builds parental capacity to provide nurturing care, thereby optimizing health and well-being outcomes for the child and family. Hence, these sessions are designed to support the mental well-being of parents and their children, by using the parent-child relationship as the vehicle of change
  - Research also shows that parent-only sessions are effective in reducing emotional and behavioral difficulties in children.
  - If you are concerned about your child's behaviours, our programme can help you reduce your child's difficult behaviours, by understanding your child better, connecting with their emotions, and changing your responses to their behaviours.

What happens during the sessions?

- Each session lasts ~1.5 hours.
- Session 1: You will meet with the therapist to share more about your concerns, reflect on your parenting journey, discuss goals (i.e., what do you want to change).
- Subsequent sessions: You may continue to meet with the therapist without your child, or parent and child sessions may be arranged. The sessions will cover the topics indicated and work on the identified goals by making plans for change (i.e., how you can make the change).
- Final session: This will be a parent-only session, to reflect on the intervention and provide additional resources.
- The number of sessions will vary according to the needs of the parent, child and family. Up to 8 sessions may be provided.
- Sessions can either be conducted at the clinic or via tele-consults. Group sessions with other parents may also be offered.
- The sessions are currently fully funded by our sponsors.

If you are interested in attending our DayOne Relational Intervention programme, please contact your DayOne Care Coordinator.

Alternatively, please email us at dayone@kkh.com.sg with the subject: **ATT: Relational Intervention.** Please provide your child's full name and BC number.

We look forward to sessions with you.



DayOne is a programme by the Department of Child Development KKH and the Lien Foundation.

DayOne Relational Intervention

Welcome to the programme! Our care coordinators will be contacting you for your first appointment with our therapist soon.

How to make the best out of the sessions:

To ensure that you make the most of the sessions, we ask you to:

1. **Attend the sessions regularly**: This means a session every 1 to 3 weeks.

2. **Be open and active in your sessions**: We invite you to be open in your communication with us – ask questions, raise concerns about what we suggest, and to participate in the activities that we share with you. We will regularly ask about your experience with the sessions to ensure we are meeting your needs and can improve how we support you.

3. **Complete the home programme between sessions:** The home programme will help you get more from the intervention and make positive changes in your everyday life and in your interactions with your child.

4. **Complete questionnaires asked of you**: We will ask you to fill in questionnaires at specific points throughout the course of the sessions, to help us know how you are progressing. These questionnaires may take between 10-15 minutes of your time.

5. **Let us know as early as you can if you are not able to make it for a session**: We understand that there might be times when something gets in the way of you coming for your session. We will discuss a back-up plan for when such situations happen. You can let us know if you would still like a video-consult or a brief telephone check-in. This will help you continue to practice the skills discussed until your next scheduled appointment.

We look forward to sessions with you.