KK Women's and Children's Hospital
SingHealth

CaRe - Caregiver Resilience

The CaRe session aims to enhance coping and self-care among caregivers by imparting practical skills for stress and anxiety management.



Why do caregivers need support?

- As caregivers, we need to take care of ourselves to support our children. Research shows that the well-being of caregivers is related to the child's well-being. Hence, the session is designed to support you in managing your own daily stressors.

What are the potential benefits?

- Manage caregiver stress and anxiety
- Improve self-care for caregivers
- Learn a new coping skill

What may be covered?

- Understanding my current stressors
- Exploring ways to care for myself
- Sharing of additional parenting and/or self-care resources

Session Details:

- **Duration**: 1 hour
- **Location**: In-person at the clinic or via tele-consults
- **Cost**: There is no additional cost as it is fully funded by the Lien Foundation

If you are interested in attending the CaRe session, please contact your DayOne Care Coordinator.

Alternatively, please email us at dayone@kkh.com.sg with the subject:
ATTN: CaRe – Your child's full name and last 4 digits of the BC number (E.g 123A)

We look forward to seeing you.



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