

# Little Ones Go Healthy

By  
**Vanessa Teo**

To lower absenteeism rate at work, it is key to keep employees and their families healthy and fit – and this is exactly what NTUC’s Women’s Development Secretariat is trying to achieve.

On 29 December 2009, WDS in its first collaboration with the Health Promotion Board, embarked on their “Little Ones @ Work” with a new “Parents’ Workshop” incorporated into the programme. The programme aims to equip parents with the knowledge and skills to nurture healthy dietary habits and an active lifestyle in their children.

“Healthy eating and regular physical exercises are important elements of healthy living. So, it is important for children to adopt such positive habits as soon as possible. This workshop therefore equips parents with the knowledge and skills to help their children eat healthily and lead an active lifestyle,” said NTUC Deputy Secretary-General and WDS Alignment Director Halimah Yacob, who was also guest-of-honour at the event.

The “Parents’ Workshop” included a presentation on nutritional diets and tips, food preparation demonstration and a sandwich making activity for parents and children. The workshop took place at the United Test and Assembly Centre Limited that welcomed 60 UTAC staff and their children.

With this new element added into the “Little Ones @ Work” programme, DSG Halimah affirmed that “workers with healthier children would be better able to focus on their jobs thus boosting productivity.”

Since the “Little Ones @ Work” programme piloted in December 2008, it has reached out to 40 companies benefitting 1,800 children and their parents. In 2010, the programme aims to reach out to at least another 50 companies.



## Importance Of Work-life Integration

“We hope that ‘Little Ones @ Work’ will help to raise the awareness about the importance of work-life integration so that it is possible for all working men and women to be both good workers as well as good parents. This is an important balance that we seek not just for the well-being of individuals but, of greater importance, it is also a vital balance for the well-being of our society and a key element in ensuring a sustainable economy and enterprise.”

Halimah Yacob, NTUC Deputy Secretary-General and WDS Alignment Director



## Learning The Healthy Way

“The ‘Little Ones @ Work’ was something very refreshing for me. As a father, it gives me a better way to explain to my son, Jonathan, what I do at UTAC. The ‘Parents’ Workshop’ also helped me understand more on how to prepare healthy food for my children, and also how to eat healthily. Now when we go shopping at NTUC FairPrice, Jonathan will look out for the ‘red pyramid’ on the packaging – a sign of healthier food. This is definitely a great effort on NTUC’s part to help us achieve better work-life balance, and keeping healthy at the same time.”

Arokianathan Aruldass, 43, UTAC Senior Manufacturing Engineer