

INFOCUS



INFOCUS is a monthly publication that provides advice and tips to help employers build a positive working relationship with their migrant domestic workers (MDWs)

Support your helper's health and well-being



Dear Employer,
Encourage your Migrant Domestic Worker (MDW) to lead a healthy lifestyle by having a balanced diet and going for regular exercise. Staying healthy will help her in caring for herself and your family.

Adopt these good practices!

- Understand that your MDW's dietary requirements may be different from your family. Allow her some flexibility in food options.
- Encourage her to do simple stretching exercises daily and sign up for activities during her rest days organised by the community partners.
- Try to integrate her into your family, such as having meals or exercising together.



Avenues for help

Ensuring your MDW's mental wellbeing means she can better care for herself, as well as support your family. If you notice that your MDW appears to be under stress or needs someone to talk to, here are the helplines that your MDW can call. You can also call these hotlines on behalf of your MDW.

- MOM Helpline for MDWs: 1800 339 5505
- Foreign Domestic Worker Association for Social Support and Training (FAST): 1800 339 4357
- Centre for Domestic Employees (CDE): 1800 225 5233
- Association of Employment Agencies Singapore (AEAS): 6836 2618