

# INFORM



A Ministry of Ministry of Manpower (MOM) publication for Migrant Domestic Workers (MDWs) in Singapore



## Key information on the Revised Rest Day Policy for MDWs

From 1 January 2023, employers are required to provide their MDWs with at least one rest day a month that cannot be compensated away.

You are currently entitled to a weekly rest day. From 1 January 2023, at least one of your off days in the month cannot be compensated away. The rest day arrangements are flexible:



Your rest day can be any day within the week, it need not be on a Sunday



Your rest day can be taken as two half days



A rest day can be deferred by a maximum of one month

Discuss and come to a mutual agreement between you and your employer.

Take part in meaningful activities during your rest days organised by AIDHA and FAST.



AIDHA offers subsidised financial planning courses and free short courses to all MDWs. Scan the QR code for more information!



A clubhouse with entertainment, sport facilities and other recreation rooms. Scan the QR code for the latest updates on activities and events.



# Manage Your Spending

Are you spending too much money? Establish a saving plan and spend only on what you need and can afford. Overspending will often lead to more stress and problems!

**Panel 1 (Top Left):** A woman on the phone asks, "Ana, can you lend me some money?"

**Panel 2 (Top Middle):** The woman explains, "I spent this month's salary buying presents for my family. I have no more money for my rest day tomorrow."

**Panel 3 (Top Right):** She asks, "How can a budget help me?"

**Panel 4 (Middle Left):** Ana replies, "Mimik, what do you need the money for?"

**Panel 5 (Middle Middle):** Ana suggests, "Mimik, why don't you do up a monthly budget so that you do not over-spend?"

**Panel 6 (Middle Right):** Ana explains, "A budget helps you to work out how much to save and spend."

**Panel 7 (Bottom Left):** A formula is shown:  $\text{My Salary} - \text{Pay Debt} - \text{Saving} = \text{Money left to spend}$ . Below it, text says: "For example, after setting aside a fixed amount for saving, you can then spend the remaining amount." A small table shows "Monthly Expenses" with a value of 1250.

**Panel 8 (Bottom Middle):** Ana asks, "What if I do not have enough money to spend?" Mimik replies, "Mimik, you should only spend on essential things such as toiletries. Cut down on unnecessary expenses such as jewelleryes." A table shows "Monthly Budget" with columns for Income, Personal, Health, Expenses, Savings, and Transport.

**Panel 9 (Bottom Right):** Ana says, "I will start to track my expenses and spend wisely!"

## Beware of online loan scams

Receive an unsolicited text message/WhatsApp message offering loan service? Are you instructed to transfer a sum of money as a deposit before the loan can be disbursed? These may be signs of a loan scam.

- Ignore such loan advertisements on messaging platforms. Do not reply to these messages.
- **BLOCK AND REPORT** unsolicited loan advertisements on WhatsApp and ScamShield.
- Do not give your personal information like bank account number or passport number to anyone.



If you are in doubt, call the Anti-Scam hotline at 1800 – 722 6688.

## HEADLINE

# Jail for maid who posted TikTok video of employer's 4-year-old son changing clothes, stole S\$50

MDW Rike Kusnul Kotimah stole S\$50 in cash and took a video of the employer's four-year-old son changing clothes. She then published the clip, in which the boy's private parts could be seen, on her TikTok account.

She was sentenced to three months in prison in 2022 for improperly uploading videos of her employer's son.



Click or scan the QR code to read the full article in Today

## Three things to remember when using a Mobile Phone



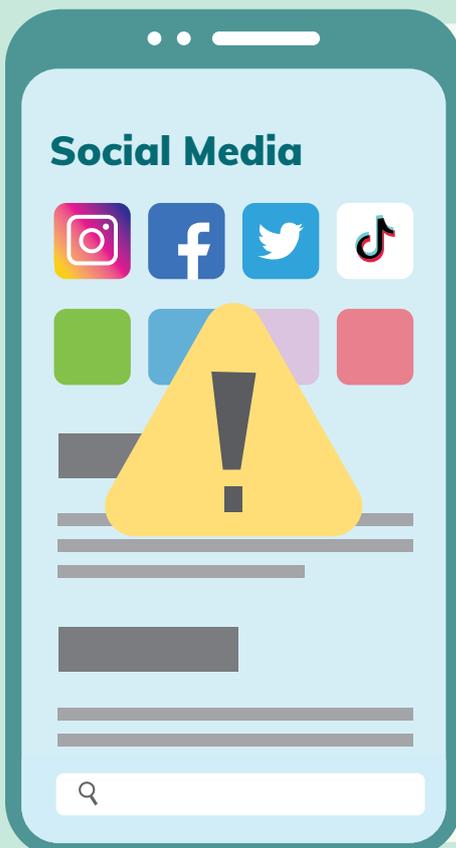
Discuss with your employer the time you can use your mobile phone and the house rules on using Wi-Fi.



Do not use your mobile phone when you are crossing the road with children and elderly under your care.



If you do not have a mobile phone and need to contact your family, speak to your employer.



### Use social media responsibly

Your social media content can be easily shared with the public by your friends. Exercise good judgment and responsibility on what you post online. Do not post the following content:



Indecent or disrespectful acts involving the children or elderly under your care e.g. recording him/her changing clothes or during showering.



Content that reveals personal information e.g., identity card and phone number of your employer or his/her family members



Your employer's address or details about your employer's house. It is a breach of your employer's privacy

You may be penalised by law for taking inappropriate pictures or videos of someone without consent.

# Caring for Young Children

As a caregiver, how confident are you in taking care of young children? Test yourself by playing the game below.

Match correct picture to the description.



Scan the QR Code or visit the URL to check if you have answered correctly!

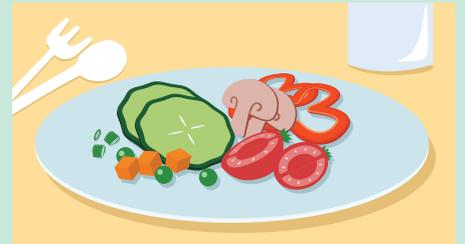
Test the temperature of the food before feeding



To prevent choking



Keep it out of reach to prevent any chance of poisoning



When crossing the road



Do not leave the windows or windows grilles open



Scan here to find out the list of useful contacts



For more information related to working in Singapore, visit here:



Publications and resources  
([www.mom.gov.sg/fdw-employer-resources](http://www.mom.gov.sg/fdw-employer-resources))



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