



Let your helper feel empowered by volunteering as a Care Sister

Dear Employers,

Did you know your migrant domestic worker (MDW) can find joy and purpose by volunteering as a Care Sister?

She'll gain valuable skills and form supportive friendships with fellow helpers – both of which could enhance her mental well-being and her performance at work.

[Find out how your MDW can volunteer as a Care Sister](#)

Learn how your MDW can make her rest days rewarding as a Care Sister



Care Sisters visit popular rest-day gathering spots for MDWs. They connect with them and look out for those struggling to adapt to work and life in Singapore so they can step in early with support.



They also share important knowledge with fellow MDWs like **scam and unlicensed moneylending prevention tips**, as well as ideas on money-saving and mental well-being.



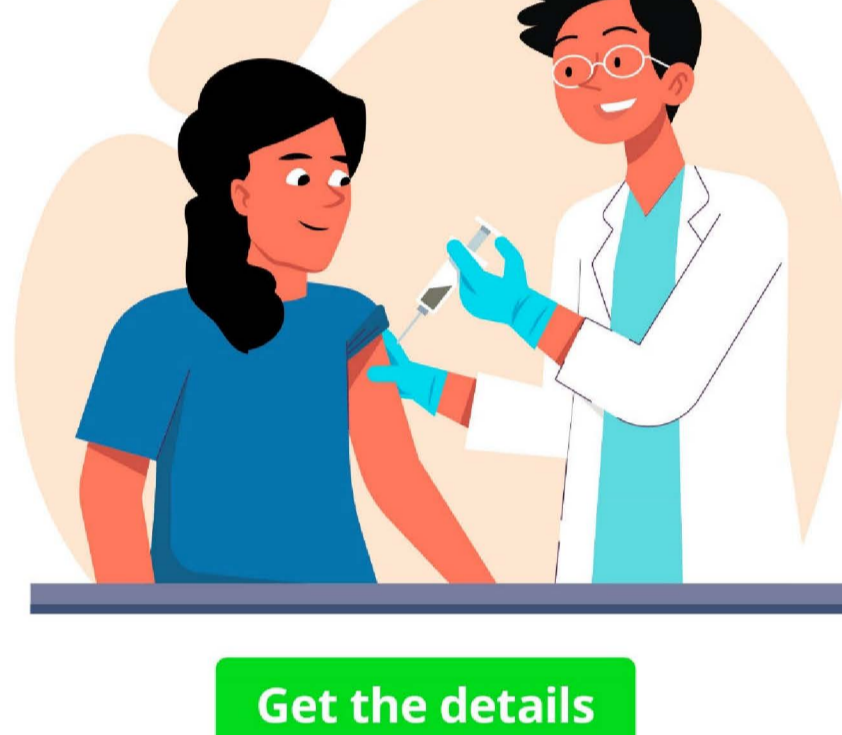
Care Sisters attend workshops to gain skills along with likeminded people with whom they can form supportive friendships.

[Explore what else they do](#)

New Measles immunity requirement for MDWs

Starting 1 Sep 2025, your MDW needs to be immunised against measles if your household has children who are under seven years old and are not fully vaccinated against measles.

You can get her vaccinated via the two-dose **MMR vaccine** at private general practitioner clinics. Do note that costs will be borne by the employer.



[Get the details](#)

Ensure your MDW has enough to eat

Domestic work takes effort, and giving her sufficient food helps her do her best for your household. You must provide her with 3 meals a day, and remember to give her enough time to finish eating.



[Find out more on providing adequate food](#)

Subscribe to MOM's WhatsApp Channel for MDWs!

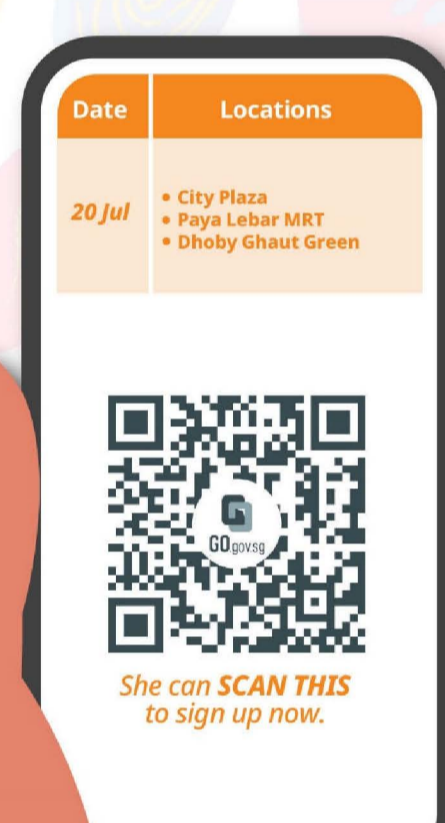
► The channel updates her about employment regulations and useful tips like how to avoid loan sharks.

► To sign up, she can do so online or join us at these locations (12pm - 4pm) and get a **FREE treat***.

► Plus, she'll also get more goodies for referring friends to sign up too!



*For MDWs who sign up onsite. Free item varies by location. While stocks last.



Activities for your MDW

CDE Centre for Domestic Employees

May Day Celebrations

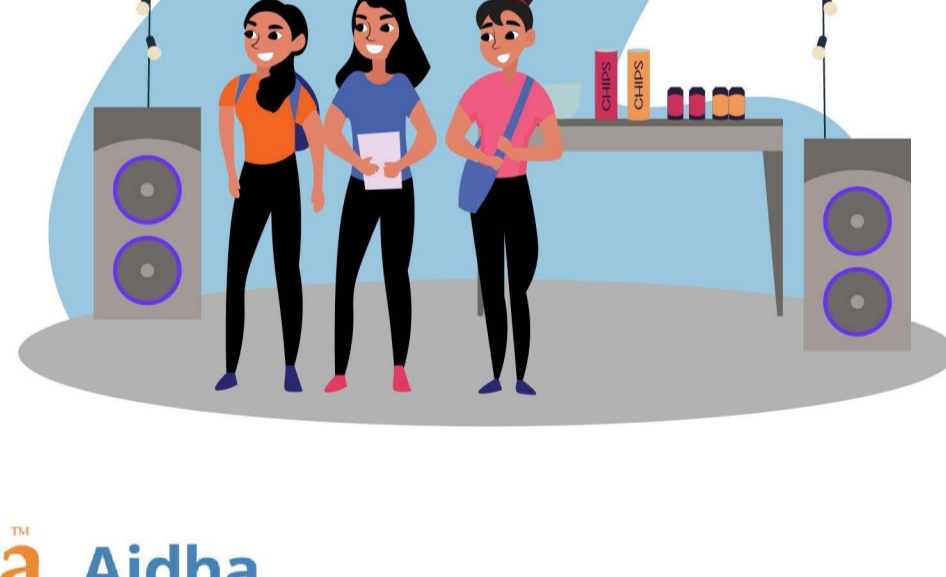
22 Jun, 11am – 3pm

Levels 7, 8 & 9

One Marina Boulevard

Tell your MDW about this event, which offers a carnival, free food, performances and more. Even better, go with her! No registration needed.

[Get the details](#)



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Improve Your English

From 13 Jul

Let your helper learn basic English to smoothen daily interactions with her.

[Help her communicate](#)



Manage Your Money And Tech

From 20 Jul

Encourage her to upskill and build a better future for herself.

[Empower her](#)

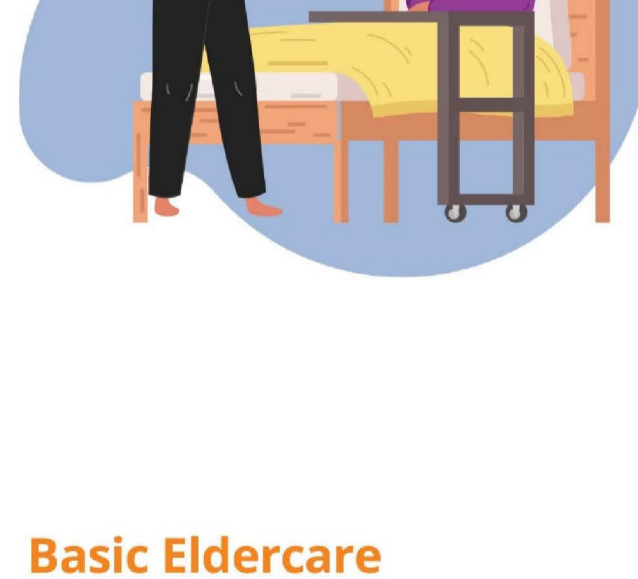


The Salvation Army

Caregiver's Guide to Dementia

Train MDWs to care for persons living with dementia.

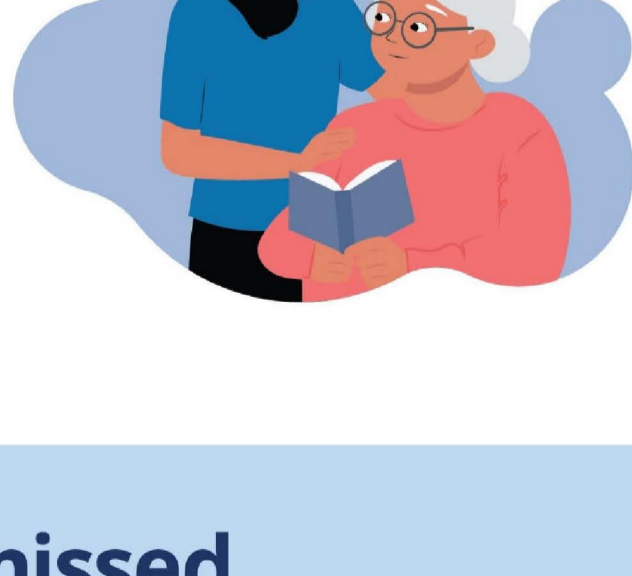
[Upskill her](#)



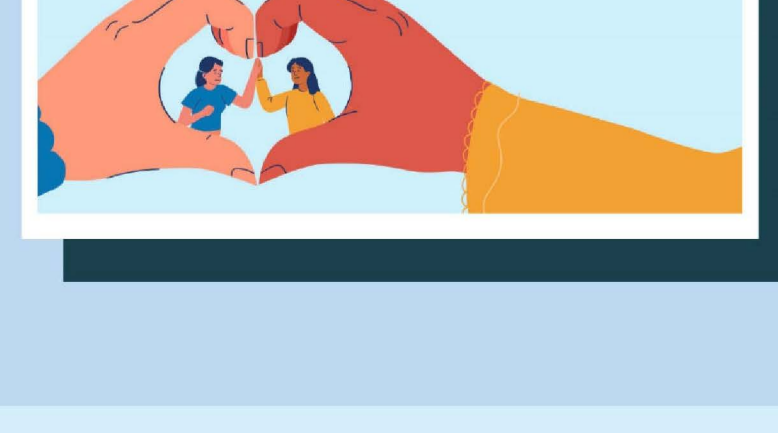
Basic Eldercare

Equip her with the skills to provide personal care for elders.

[Learn more](#)



Here's what you missed ...



[← Ways to support your MDW's mental well-being.](#)