



RHYTHM TO LIFE

# Eat With Your Family Day 2005

**As part of the National Family Week, employees will be going home for dinner at 5pm on 27 May as part of the Eat With Your Family Day organised by the Centre for Fathering.**

**Eat With Your Family Day 2005** aims to encourage inter-generational families to make dining together a regular occurrence. This helps to promote more interaction between the young and old for greater understanding among family members.

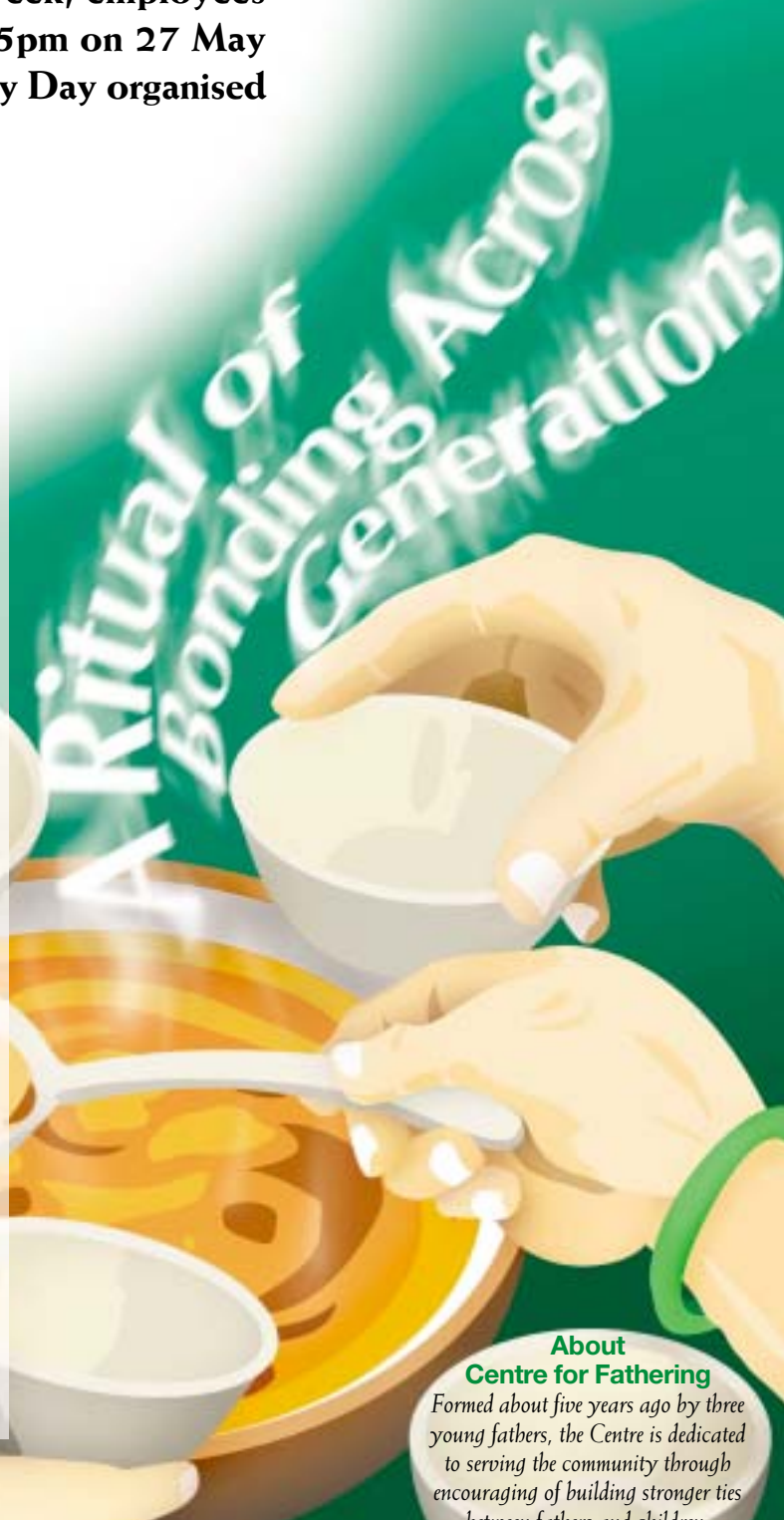
In Singapore today, family time is often sacrificed for work or studies.

In a 1995 study conducted in the United States, a large number of families who sit down for a meal together usually have the television on. Yet most families say that having family dinners is one of the most important ways of maintaining some form of communication within the family. Most also believe that regular family dinners contribute to children's achievements in school.

The Centre for Fathering strongly believes that such an event is a timely reminder of the importance of family dinner. The Centre would like to encourage families to plan dining together so that family members may come together for the occasion to connect, communicate, share and bond.

**What happens on Eat With Your Family Day 2005?** Organisations and government bodies across Singapore participate by agreeing to stop work and activities by 5pm on 27 May 2005 so that children and adults can dine together that evening, either at home or elsewhere.

Central Singapore Community Development Council is also one of the participating agencies. For more information about Eat With Your Family Day 2005, kindly contact Ms Irene Lee at **6252 8408** or email **fathers@singnet.com.sg**.



**About Centre for Fathering**  
 Formed about five years ago by three young fathers, the Centre is dedicated to serving the community through encouraging of building stronger ties between fathers and children.

Organised by:



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