

## Women's Wing Mothers Day Celebration 2024:

### Address by Organising Chairwoman Theodora Lai

Good afternoon,

Women's Wing Chairperson Comrade Sim Ann, Retired-Member of Parliament Mdm Yu-Foo, Ms Penny Low, woman Members of Parliament, comrades, and the gentlemen among us,

Today Women's Wing celebrates Mothers' Day.

It is my pleasure to have been tasked as Organising Chair this year, and during this time being able to reflect upon this meeting of celebrating mothers, and health and well-being.

I work with startup founders and look at new technologies and applied technologies such as AI.

What I can say about AI is - Artificial Intelligence will do many things for us in the decades ahead, but one thing it will never be able to do is create person-to-person connections, and it certainly can't replace what mothers do.

Mothers do so many things a day, and we usually don't count. A good friend of mine summed up who a mother is – someone who can carry kids, 4 bags of groceries, open the door and put everyone in – with still only 2 hands.

My mom is 78 this year, she likes to be independent, we do see each other every week for a meal. On a busy week, I don't get a chance to speak to my mom for long. But she'll always have just enough time to say this to me “要多喝水，要早睡“ which means drink more water and have enough rest - especially more so since I become a mom. Grandmothers will know this.

That is why it is important for us mothers, to remind each other that in the act of taking care of others we must be mothers to ourselves, and remind ourselves to take care of our body and mind.

Today's celebration will feature heart to heart conversations with 4 distinguished and talented panelists who are mums and daughters themselves – Ms Lina Ng (Huang Sufang), Ms Joanna Goy, Dr Chen Yanyun and Ms Angie Ng, as well as our moderator, a mother of 2 herself, Sara-Ann. Our panelists are stars in their own right, joining us on the topic of **Nurturing Resilience, Empathy and Wellbeing**.

We wanted to shine a light on the lifelong relationship between mothers and children, one generation supporting another, and exchange parenting tips. I will not reveal more about the panel later, but I want to thank them for joining us at today's celebrations.

I also would like to thank KKH's Obstetrical and Gynaecological Society of Singapore President Dr Jason Lim and Dr Judith Ong for working with us on curating the health talk after the panel discussion, on taking care of yourself on the motherhood journey from a medical perspective; team from Pulse Allied Health & Pulse TCM and Soaprice for bringing their mindfulness workshop and sponsor Calli, low calorie ice cream which I hope you had the opportunity to try earlier on.

Each of you here today are a pillar of support to many others. So today, we also wanted you to be able to take time for yourself, do broader-picture planning, **so you can thrive.**

Last but not least I would like to thank our Women's Wing community partners present today and all of you for supporting today's event.

Thank you.