

1
00:00:06,519 --> 00:00:07,599
Hi everyone.

2
00:00:07,599 --> 00:00:09,400
Thanks for tuning in to the NUS

3
00:00:09,400 --> 00:00:11,400
Nursing Research Podcast series

4
00:00:11,400 --> 00:00:12,480
where we feature

5
00:00:12,480 --> 00:00:13,400
the latest works

6
00:00:13,400 --> 00:00:14,960
of our brightest minds.

7
00:00:14,960 --> 00:00:16,519
I'm Dr. Jocelyn Chew,

8
00:00:16,519 --> 00:00:17,519
a research fellow

9
00:00:17,519 --> 00:00:18,800
at the Alice Lee Centre

10
00:00:18,800 --> 00:00:20,320
for Nursing Studies.

11
00:00:21,399 --> 00:00:22,480
With us today,

12
00:00:22,480 --> 00:00:24,199
we have Dr. Shefaly Shorey,

13

00:00:24,199 --> 00:00:26,120

a tenured associate professor

14

00:00:26,120 --> 00:00:27,440

at the Alice Lee Centre

15

00:00:27,440 --> 00:00:28,640

for Nursing Studies,

16

00:00:28,640 --> 00:00:30,760

National University of Singapore.

17

00:00:30,760 --> 00:00:33,920

Her research focuses on family health, where she designs

18

00:00:33,920 --> 00:00:35,679

and develops psychosocial

19

00:00:35,679 --> 00:00:37,320

and educational interventions

20

00:00:37,320 --> 00:00:40,000

for new parents, women and children.

21

00:00:40,000 --> 00:00:41,439

Dr Shorey is an expert

22

00:00:41,439 --> 00:00:42,320

in qualitative,

23

00:00:42,320 --> 00:00:43,560

systematic reviews

24

00:00:43,560 --> 00:00:44,119

and serves

25

00:00:44,119 --> 00:00:45,799

as an editorial board member

26

00:00:45,799 --> 00:00:46,799

and reviewer

27

00:00:46,799 --> 00:00:49,759

for renowned international peer reviewed journals.

28

00:00:49,759 --> 00:00:50,719

She has conducted

29

00:00:50,719 --> 00:00:51,920

both qualitative

30

00:00:51,920 --> 00:00:53,679

and quantitative studies

31

00:00:53,679 --> 00:00:54,560

and had published

32

00:00:54,560 --> 00:00:56,679

more than 160 peer

33

00:00:56,679 --> 00:00:57,600

reviewed papers

34

00:00:57,600 --> 00:00:58,240

in journals

35

00:00:58,240 --> 00:01:00,039

with high impact factors.

36

00:01:00,039 --> 00:01:01,119

She also represents

37

00:01:01,119 --> 00:01:07,159

Singapore in the South-East and East Asian Nursing Education and Research Network (SEANERN)

38

00:01:07,159 --> 00:01:08,879

and Global Working Group

39

00:01:08,879 --> 00:01:10,760

on Salutogenesis.

40

00:01:10,760 --> 00:01:11,879

More importantly,

41

00:01:11,879 --> 00:01:13,400

she was my stunning tutor

42

00:01:13,400 --> 00:01:13,799

when I was

43

00:01:13,799 --> 00:01:15,599

an undergraduate student.

44

00:01:15,599 --> 00:01:16,280

Today,

45

00:01:16,280 --> 00:01:16,840

we will be

46

00:01:16,840 --> 00:01:17,680

speaking on

47

00:01:17,680 --> 00:01:19,200

parenting interventions

48

00:01:19,200 --> 00:01:22,519

in Singapore: Reflections and a way forward.

49

00:01:22,519 --> 00:01:24,680

And Prof Shorey will share some of her

50

00:01:24,680 --> 00:01:25,719

most significant

51

00:01:25,719 --> 00:01:27,079

parenting interventions

52

00:01:27,079 --> 00:01:29,400

developed over the past decade.

53

00:01:29,400 --> 00:01:30,359

These interventions

54

00:01:30,359 --> 00:01:32,000

have supported many parents

55

00:01:32,000 --> 00:01:33,760

in their new phase of life

56

00:01:33,760 --> 00:01:35,000

and have implications

57

00:01:35,000 --> 00:01:36,239

for developing,

58

00:01:36,239 --> 00:01:37,319

evaluating

59

00:01:37,319 --> 00:01:38,599

and implementing

60

00:01:38,599 --> 00:01:39,239
supportive

61

00:01:39,239 --> 00:01:40,760
parenting interventions

62

00:01:40,760 --> 00:01:42,040
for the multiracial

63

00:01:42,040 --> 00:01:44,400
Singapore Society and beyond.

64

00:01:44,799 --> 00:01:45,920
Now, Prof Shorey,

65

00:01:45,920 --> 00:01:46,879
could you, first of all,

66

00:01:46,879 --> 00:01:48,159
tell us a little bit

67

00:01:48,159 --> 00:01:49,280
more about yourself

68

00:01:49,280 --> 00:01:50,640
and the work that you do?

69

00:01:50,640 --> 00:01:51,719
Thank you very much for your kind

70

00:01:51,719 --> 00:01:53,239
introduction, Jocelyn.

71

00:01:53,239 --> 00:01:54,439
So people always say,

72
00:01:54,439 --> 00:01:55,640
that it takes a village

73
00:01:55,640 --> 00:01:56,480
to raise a child.

74
00:01:56,480 --> 00:01:57,680
I personally feel that

75
00:01:57,680 --> 00:01:58,640
we also need a village

76
00:01:58,640 --> 00:02:00,200
to raise a parent.

77
00:02:00,200 --> 00:02:02,000
So this is what I believe in.

78
00:02:02,000 --> 00:02:03,760
After many years of my research

79
00:02:03,760 --> 00:02:05,000
and clinical experiences

80
00:02:05,000 --> 00:02:06,319
dealing with this topic,

81
00:02:06,319 --> 00:02:07,799
therefore, I have spent

82
00:02:07,799 --> 00:02:08,840
more than two decades

83

00:02:08,840 --> 00:02:09,520
of my clinical

84

00:02:09,520 --> 00:02:10,599
and research experience

85

00:02:10,599 --> 00:02:11,599
is to support

86

00:02:11,599 --> 00:02:12,840
parents in Singapore.

87

00:02:12,840 --> 00:02:14,479
I hope through this podcast

88

00:02:14,479 --> 00:02:15,439
we learn from each other,

89

00:02:15,439 --> 00:02:16,479
come together

90

00:02:16,479 --> 00:02:17,520
and put up our way

91

00:02:17,520 --> 00:02:18,319
forward together

92

00:02:18,319 --> 00:02:19,240
to support parents

93

00:02:19,240 --> 00:02:21,080
in Singapore and beyond.

94

00:02:21,080 --> 00:02:21,960
Hello everyone.

95

00:02:21,960 --> 00:02:23,159

My name is Shafaly Shorey.

96

00:02:23,159 --> 00:02:23,879

I'm a nursing

97

00:02:23,879 --> 00:02:25,599

and midwifery academic

98

00:02:25,599 --> 00:02:26,879

at Alice Lee Centre

99

00:02:26,879 --> 00:02:28,159

for Nursing Studies

100

00:02:28,159 --> 00:02:29,599

at the National University

101

00:02:29,599 --> 00:02:30,800

of Singapore.

102

00:02:30,800 --> 00:02:32,080

Let me now share with you

103

00:02:32,080 --> 00:02:33,960

my journey of developing

104

00:02:33,960 --> 00:02:34,960

and evaluating

105

00:02:34,960 --> 00:02:36,240

supportive interventions

106

00:02:36,240 --> 00:02:37,400

for new parents.

107

00:02:37,400 --> 00:02:38,400

As we all know,

108

00:02:38,400 --> 00:02:39,120

parenting is

109

00:02:39,120 --> 00:02:40,280

a stressful transition

110

00:02:40,280 --> 00:02:41,400

period for new parents,

111

00:02:41,400 --> 00:02:42,360

especially for the first

112

00:02:42,360 --> 00:02:43,280

time parents,

113

00:02:43,280 --> 00:02:44,240

because they go through

114

00:02:44,240 --> 00:02:45,360

many challenges,

115

00:02:45,360 --> 00:02:46,400

including physical,

116

00:02:46,400 --> 00:02:48,240

psychological, social (challenges),

117

00:02:48,240 --> 00:02:49,759

and they have no prior experience

118

00:02:49,759 --> 00:02:51,360
of looking after a child.

119
00:02:51,360 --> 00:02:53,240
So how can we support

120
00:02:53,240 --> 00:02:54,360
these parents?

121
00:02:54,360 --> 00:02:55,199
That was a question

122
00:02:55,199 --> 00:02:57,080
I have as a newly minted midwife,

123
00:02:57,080 --> 00:02:57,800
and I was working

124
00:02:57,800 --> 00:02:59,479
in my clinical days.

125
00:02:59,479 --> 00:03:01,039
I often find parents

126
00:03:01,039 --> 00:03:02,240
feeling overwhelmed

127
00:03:02,240 --> 00:03:04,120
because of the

128
00:03:04,120 --> 00:03:05,400
short stays in the hospital

129
00:03:05,400 --> 00:03:05,919
and early

130

00:03:05,919 --> 00:03:06,800
hospital discharges

131

00:03:06,800 --> 00:03:09,199
were getting very common.

132

00:03:09,199 --> 00:03:10,240
Though, in Singapore

133

00:03:10,240 --> 00:03:12,080
we were giving and doing our best

134

00:03:12,080 --> 00:03:13,199
to support these parents

135

00:03:13,199 --> 00:03:14,599
with educational programs

136

00:03:14,599 --> 00:03:15,159
and all that.

137

00:03:15,159 --> 00:03:16,439
However, we had limited

138

00:03:16,439 --> 00:03:17,479
time to deal

139

00:03:17,479 --> 00:03:18,199
with these parents

140

00:03:18,199 --> 00:03:19,120
because of the rush

141

00:03:19,120 --> 00:03:21,560
of discharging these parents.

142
00:03:21,560 --> 00:03:22,240
Even then,

143
00:03:22,240 --> 00:03:23,360
while we manage to provide

144
00:03:23,360 --> 00:03:24,319
and give the best

145
00:03:24,319 --> 00:03:25,919
educational support

146
00:03:25,919 --> 00:03:27,080
to these parents.

147
00:03:27,080 --> 00:03:29,800
Parents often feel overwhelmed

148
00:03:29,800 --> 00:03:30,360
because they had

149
00:03:30,360 --> 00:03:31,639
many pressing demands

150
00:03:31,639 --> 00:03:32,479
during that time.

151
00:03:32,479 --> 00:03:33,879
Because in that short period,

152
00:03:33,879 --> 00:03:34,520
they have to settle

153
00:03:34,520 --> 00:03:36,919

many things around new babies.

154

00:03:36,919 --> 00:03:38,199

So that's when I started

155

00:03:38,199 --> 00:03:39,520

looking at how

156

00:03:39,520 --> 00:03:41,599

we can support these parents,

157

00:03:41,599 --> 00:03:42,560

despite us

158

00:03:42,560 --> 00:03:43,680

having such a beautiful

159

00:03:43,680 --> 00:03:45,080

educational programs

160

00:03:45,080 --> 00:03:45,599

in the

161

00:03:45,599 --> 00:03:46,719

form of pamphlets

162

00:03:46,719 --> 00:03:48,199

and educational booklets

163

00:03:48,199 --> 00:03:49,039

available.

164

00:03:49,039 --> 00:03:50,120

I remember vividly

165

00:03:50,120 --> 00:03:51,560
when parents were going home

166
00:03:51,560 --> 00:03:53,159
because the new demands

167
00:03:53,159 --> 00:03:54,199
of taking care of the baby

168
00:03:54,199 --> 00:03:55,319
was coming up.

169
00:03:55,319 --> 00:03:56,599
They sometimes don't even know

170
00:03:56,599 --> 00:03:57,840
that these pamphlets

171
00:03:57,840 --> 00:03:58,639
and these booklets

172
00:03:58,639 --> 00:04:00,080
actually available in their bags,

173
00:04:00,080 --> 00:04:01,280
which they have received from us

174
00:04:01,280 --> 00:04:02,719
when they are going home.

175
00:04:02,719 --> 00:04:03,080
So that's

176
00:04:03,080 --> 00:04:04,520
when the question comes:

177

00:04:04,520 --> 00:04:05,479

How can these parents

178

00:04:05,479 --> 00:04:06,280

be supported.

179

00:04:06,280 --> 00:04:06,800

In fact,

180

00:04:06,800 --> 00:04:08,599

I have seen many young

181

00:04:08,599 --> 00:04:09,479

budding researchers

182

00:04:09,479 --> 00:04:10,639

coming to me and saying that,

183

00:04:10,639 --> 00:04:11,919

"How do you know how to support

184

00:04:11,919 --> 00:04:13,159

parents in Singapore?".

185

00:04:13,159 --> 00:04:15,759

My answer is: Listen to them.

186

00:04:15,759 --> 00:04:17,000

That's what I have done

187

00:04:17,000 --> 00:04:18,439

in my entire career

188

00:04:18,439 --> 00:04:19,920

to hear from parents,

189
00:04:19,920 --> 00:04:21,879
how we can support them better.

190
00:04:21,879 --> 00:04:23,439
And here we are today.

191
00:04:23,439 --> 00:04:24,680
Jocelyn, I'll be sharing with you

192
00:04:24,680 --> 00:04:25,879
my journey

193
00:04:25,879 --> 00:04:26,720
with the hope

194
00:04:26,720 --> 00:04:27,639
that we all learn

195
00:04:27,639 --> 00:04:29,360
from each other, come together

196
00:04:29,360 --> 00:04:30,439
and put a best foot

197
00:04:30,439 --> 00:04:31,839
forward to support parents

198
00:04:31,839 --> 00:04:33,759
in Singapore and beyond.

199
00:04:33,759 --> 00:04:34,839
Right.

200
00:04:34,839 --> 00:04:36,920

As a new mother myself,

201

00:04:36,920 --> 00:04:37,959

I can truly testify

202

00:04:37,959 --> 00:04:38,839

to all the struggles

203

00:04:38,839 --> 00:04:39,839

of a new parent

204

00:04:39,839 --> 00:04:41,079

that you've mentioned.

205

00:04:41,079 --> 00:04:41,759

I know

206

00:04:41,759 --> 00:04:43,160

it's not rocket science,

207

00:04:43,160 --> 00:04:43,920

but I feel that

208

00:04:43,920 --> 00:04:45,000

it's even more difficult

209

00:04:45,000 --> 00:04:46,360

than my PHD.

210

00:04:46,360 --> 00:04:49,040

All along I that

211

00:04:49,040 --> 00:04:49,920

being a new parent

212

00:04:49,920 --> 00:04:51,079
is very difficult.

213
00:04:51,079 --> 00:04:52,319
But at the same time,

214
00:04:52,319 --> 00:04:53,040
I didn't expect it

215
00:04:53,040 --> 00:04:53,800
to be so difficult

216
00:04:53,800 --> 00:04:55,199
so I always joke with my friends

217
00:04:55,199 --> 00:04:55,639
to say, hey,

218
00:04:55,639 --> 00:04:56,319
you know,

219
00:04:56,600 --> 00:04:57,439
the first few weeks

220
00:04:57,439 --> 00:04:58,399
after my confinement

221
00:04:58,399 --> 00:04:59,720
nanny had left,

222
00:04:59,720 --> 00:05:02,399
it was a true, I think it was,

223
00:05:02,399 --> 00:05:03,360
I can say that it's

224

00:05:03,360 --> 00:05:04,759
the most traumatic experience

225

00:05:04,759 --> 00:05:06,439
in my whole life so far.

226

00:05:06,439 --> 00:05:09,199
Oh gosh, Jocelyn, I feel you.

227

00:05:09,199 --> 00:05:10,399
I remember, in fact,

228

00:05:10,399 --> 00:05:11,720
I think many things I do.

229

00:05:11,720 --> 00:05:12,759
Partly my own

230

00:05:12,759 --> 00:05:13,879
personal experiences

231

00:05:13,879 --> 00:05:15,720
and struggles as a new parent

232

00:05:15,720 --> 00:05:16,759
has actually helped me

233

00:05:16,759 --> 00:05:17,720
explore further

234

00:05:17,720 --> 00:05:19,120
how we can support

235

00:05:19,120 --> 00:05:19,680
our parents

236

00:05:19,680 --> 00:05:20,519
in Singapore,

237

00:05:20,519 --> 00:05:21,480
especially based on

238

00:05:21,480 --> 00:05:22,800
their individual needs.

239

00:05:22,800 --> 00:05:24,199
So I vividly remember,

240

00:05:24,199 --> 00:05:24,480
you know,

241

00:05:24,480 --> 00:05:25,399
when I saw these

242

00:05:25,399 --> 00:05:26,759
overwhelmed parents

243

00:05:26,759 --> 00:05:28,240
bringing their babies home,

244

00:05:28,240 --> 00:05:29,160
both (after) childbirth.

245

00:05:29,160 --> 00:05:30,800
I often wish

246

00:05:30,800 --> 00:05:31,759
that we could have

247

00:05:31,759 --> 00:05:32,920

some support in Singapore

248

00:05:32,920 --> 00:05:33,720
as it is available

249

00:05:33,720 --> 00:05:34,639
in Nordic countries

250

00:05:34,639 --> 00:05:35,639
and Western countries

251

00:05:35,639 --> 00:05:37,199
where parents have been provided

252

00:05:37,199 --> 00:05:37,759
continuity

253

00:05:37,759 --> 00:05:38,279
of care

254

00:05:38,279 --> 00:05:39,160
with midwives

255

00:05:39,160 --> 00:05:40,160
and community

256

00:05:40,160 --> 00:05:41,839
nurses going to their homes.

257

00:05:41,839 --> 00:05:43,319
So I definitely feel you

258

00:05:43,319 --> 00:05:44,600
and that was a reason

259

00:05:44,600 --> 00:05:45,480
that this idea

260
00:05:45,480 --> 00:05:46,639
incepted in my mind

261
00:05:46,639 --> 00:05:47,959
that how can I support

262
00:05:47,959 --> 00:05:49,360
parents in Singapore

263
00:05:49,360 --> 00:05:51,079
and providing them the support

264
00:05:51,079 --> 00:05:53,120
which is required by them.

265
00:05:53,120 --> 00:05:53,920
And I remember

266
00:05:53,920 --> 00:05:55,560
I couldn't find much evidence

267
00:05:55,560 --> 00:05:56,480
available in Singapore

268
00:05:56,480 --> 00:05:57,319
on how these parents

269
00:05:57,319 --> 00:05:58,079
can be supported.

270
00:05:58,079 --> 00:06:00,120
And I met very beautiful people

271

00:06:00,120 --> 00:06:02,240
along my learning journey

272

00:06:02,240 --> 00:06:03,560
and I remember a very wise

273

00:06:03,560 --> 00:06:04,920
woman once told me

274

00:06:04,920 --> 00:06:06,560
Shafaly, anything

275

00:06:06,560 --> 00:06:08,399
not published, (is) not done.

276

00:06:08,399 --> 00:06:09,680
So I think I have taken

277

00:06:09,680 --> 00:06:11,600
that responsibility about

278

00:06:11,600 --> 00:06:12,920
really disseminating

279

00:06:12,920 --> 00:06:13,639
the findings

280

00:06:13,639 --> 00:06:15,079
that whatever we do,

281

00:06:15,079 --> 00:06:16,439
it needs to reach to the people.

282

00:06:16,439 --> 00:06:17,439
And that's what we are doing.

283

00:06:17,439 --> 00:06:18,920
Hopefully through this podcast,

284

00:06:18,920 --> 00:06:19,399
people know

285

00:06:19,399 --> 00:06:21,040
the kind of work we are doing

286

00:06:21,040 --> 00:06:22,079
which are evidence based

287

00:06:22,079 --> 00:06:23,839
and according to the individual

288

00:06:23,839 --> 00:06:24,680
needs of the parents,

289

00:06:24,680 --> 00:06:25,319
if I can say

290

00:06:25,319 --> 00:06:26,680
to contextualised, according

291

00:06:26,680 --> 00:06:28,279
to the multiracial Singaporean

292

00:06:28,279 --> 00:06:29,560
parents' needs.

293

00:06:29,560 --> 00:06:30,240
So therefore

294

00:06:30,240 --> 00:06:31,040

(in) my research journey

295

00:06:31,040 --> 00:06:32,120

I vividly remember

296

00:06:32,120 --> 00:06:32,839

it started around

297

00:06:32,839 --> 00:06:34,759

2010, 2011,

298

00:06:34,759 --> 00:06:35,800

when I did a lot of

299

00:06:35,800 --> 00:06:36,839

exploratory research

300

00:06:36,839 --> 00:06:37,879

in the way that we did

301

00:06:37,879 --> 00:06:39,079

qualitative interviews,

302

00:06:39,079 --> 00:06:40,519

we did quantitative surveys.

303

00:06:40,519 --> 00:06:42,480

We wanted to hear from parents

304

00:06:42,480 --> 00:06:45,040

what exactly we can support them (with).

305

00:06:45,360 --> 00:06:47,240

And I remember starting with

306

00:06:47,240 --> 00:06:48,680
first time parents, we

307
00:06:48,680 --> 00:06:49,879
we did interviews with them.

308
00:06:49,879 --> 00:06:51,079
We even got experienced

309
00:06:51,079 --> 00:06:52,360
parents, fathers coming

310
00:06:52,360 --> 00:06:53,560
and even grandparents,

311
00:06:53,560 --> 00:06:54,079
because we have

312
00:06:54,079 --> 00:06:55,680
a very unique society

313
00:06:55,680 --> 00:06:57,199
where we have extended support.

314
00:06:57,199 --> 00:06:57,959
Some family members

315
00:06:57,959 --> 00:06:58,759
(which) are available,

316
00:06:58,759 --> 00:06:59,839
but we also wanted to see

317
00:06:59,839 --> 00:07:01,040
whether in that support

318

00:07:01,040 --> 00:07:02,279
is this enough?

319

00:07:02,279 --> 00:07:03,040
How else

320

00:07:03,040 --> 00:07:03,920
or what else can we do

321

00:07:03,920 --> 00:07:05,319
to support these parents.

322

00:07:05,319 --> 00:07:06,959
So while me and my team,

323

00:07:06,959 --> 00:07:07,600
we were learning

324

00:07:07,600 --> 00:07:08,879
how we can support parents

325

00:07:08,879 --> 00:07:10,560
with the exploratory studies.

326

00:07:10,560 --> 00:07:11,439
I remember

327

00:07:11,439 --> 00:07:13,040
very like minded individuals,

328

00:07:13,040 --> 00:07:14,360
I think across the world

329

00:07:14,360 --> 00:07:16,319
were also doing great research

330

00:07:16,319 --> 00:07:18,399
and publishing a lot on

331

00:07:18,399 --> 00:07:19,759
and disseminating their findings

332

00:07:19,759 --> 00:07:20,120
on how

333

00:07:20,120 --> 00:07:21,439
they are supporting parents

334

00:07:21,439 --> 00:07:22,160
in the different parts

335

00:07:22,160 --> 00:07:23,000
of the world.

336

00:07:23,000 --> 00:07:24,319
So that's where the ideas

337

00:07:24,319 --> 00:07:25,879
of consolidating

338

00:07:25,879 --> 00:07:27,199
the evidence came about.

339

00:07:27,199 --> 00:07:29,600
I wanted to see how we can do

340

00:07:29,600 --> 00:07:31,279
certain systematic reviews,

341

00:07:31,279 --> 00:07:32,240

which means to

342

00:07:32,240 --> 00:07:33,680
put all the primary studies

343

00:07:33,680 --> 00:07:34,319
together

344

00:07:34,319 --> 00:07:34,639
to see

345

00:07:34,639 --> 00:07:36,360
what is the available evidence,

346

00:07:36,360 --> 00:07:37,399
and most importantly,

347

00:07:37,399 --> 00:07:38,480
what are the gaps

348

00:07:38,480 --> 00:07:40,480
we can fill to support

349

00:07:40,480 --> 00:07:42,279
parents in Singapore.

350

00:07:42,279 --> 00:07:43,759
So that's what we are doing.

351

00:07:43,759 --> 00:07:45,399
And here we are today.

352

00:07:45,399 --> 00:07:47,560
I think it's truly interesting

353

00:07:47,560 --> 00:07:49,040
that you even did

354
00:07:49,040 --> 00:07:50,560
studies on the support

355
00:07:50,560 --> 00:07:51,480
that grandparents give

356
00:07:51,480 --> 00:07:52,279
because I myself,

357
00:07:52,279 --> 00:07:53,839
my child is currently with my,

358
00:07:53,839 --> 00:07:55,720
my mother, her grandmother.

359
00:07:55,720 --> 00:07:57,000
So, you know,

360
00:07:57,000 --> 00:07:58,360
this is especially true for the

361
00:07:58,360 --> 00:07:59,279
Asian context,

362
00:07:59,279 --> 00:08:00,240
especially when, you know,

363
00:08:00,240 --> 00:08:01,120
we are

364
00:08:01,120 --> 00:08:03,279
living in such close proximity,

365

00:08:03,279 --> 00:08:04,319
especially in Singapore.

366

00:08:04,319 --> 00:08:04,560
You know,

367

00:08:04,560 --> 00:08:06,600
we are such a dense society.

368

00:08:06,920 --> 00:08:08,319
So how do you actually go

369

00:08:08,319 --> 00:08:09,759
about implementing

370

00:08:09,759 --> 00:08:11,399
your interventions

371

00:08:11,399 --> 00:08:12,639
into your research?

372

00:08:12,639 --> 00:08:14,279
You know,

373

00:08:14,279 --> 00:08:15,720
it was a long process

374

00:08:15,720 --> 00:08:17,120
and it happened gradually.

375

00:08:17,120 --> 00:08:18,000
It was not overnight.

376

00:08:18,000 --> 00:08:19,639
So I started with interviewing

377

00:08:19,639 --> 00:08:21,120
first time mothers first,

378

00:08:21,120 --> 00:08:23,000
and then we found that, yes,

379

00:08:23,000 --> 00:08:24,040
they have special needs

380

00:08:24,040 --> 00:08:24,920
but experienced

381

00:08:24,920 --> 00:08:25,279
mothers,

382

00:08:25,279 --> 00:08:26,399
they have their own needs,

383

00:08:26,399 --> 00:08:26,879
for example,

384

00:08:26,879 --> 00:08:27,920
how can they assimilate

385

00:08:27,920 --> 00:08:30,079
the older child and the sibling.

386

00:08:30,079 --> 00:08:31,399
And then we also realized

387

00:08:31,399 --> 00:08:32,600
that actually, fathers,

388

00:08:32,600 --> 00:08:34,399

we have very specific

389

00:08:34,399 --> 00:08:35,759
needs. Especially in an

390

00:08:35,759 --> 00:08:37,360
Asian context, Jocelyn

391

00:08:37,360 --> 00:08:38,480
I mean, I don't know.

392

00:08:38,480 --> 00:08:39,399
It was so shocking

393

00:08:39,399 --> 00:08:40,840
when I saw fathers coming along

394

00:08:40,840 --> 00:08:41,759
and saying these words,

395

00:08:41,759 --> 00:08:42,879
"I'm sidelined."

396

00:08:42,879 --> 00:08:44,720
"I am taken as a lamppost"

397

00:08:44,720 --> 00:08:46,519
because always, a focus from us

398

00:08:46,519 --> 00:08:47,399
healthcare professionals

399

00:08:47,399 --> 00:08:48,519
as well as the family members

400

00:08:48,519 --> 00:08:48,840
around, it

401
00:08:48,840 --> 00:08:50,759
was on, babies or mommies.

402
00:08:50,759 --> 00:08:51,840
And then we also said

403
00:08:51,840 --> 00:08:53,080
exactly what you said, that

404
00:08:53,080 --> 00:08:53,840
in Singapore

405
00:08:53,840 --> 00:08:54,759
we have a very

406
00:08:54,759 --> 00:08:56,279
unique infrastructure

407
00:08:56,279 --> 00:08:57,279
and we are very blessed

408
00:08:57,279 --> 00:08:58,399
to have our extended

409
00:08:58,399 --> 00:08:59,000
family members,

410
00:08:59,000 --> 00:08:59,960
especially grandparents,

411
00:08:59,960 --> 00:09:01,159
supporting our kids.

412

00:09:01,159 --> 00:09:02,000

And we wanted to hear

413

00:09:02,000 --> 00:09:03,080

from grandparents

414

00:09:03,080 --> 00:09:04,200

what they think of

415

00:09:04,200 --> 00:09:04,919

the support

416

00:09:04,919 --> 00:09:05,480

we are

417

00:09:05,480 --> 00:09:06,559

providing from the hospital

418

00:09:06,559 --> 00:09:08,320

because there's a generation gap

419

00:09:08,320 --> 00:09:09,639

and evidence has evolved.

420

00:09:09,639 --> 00:09:11,200

I'll give you one example.

421

00:09:11,200 --> 00:09:12,279

I remember

422

00:09:12,279 --> 00:09:14,799

when the children were born

423

00:09:14,799 --> 00:09:16,120

decades ago,

424

00:09:16,120 --> 00:09:17,559

when the baby has an umbilical cord.

425

00:09:17,559 --> 00:09:18,919

We used to use alcohol

426

00:09:18,919 --> 00:09:19,679

to clean it

427

00:09:19,679 --> 00:09:21,200

and so that it remained safe

428

00:09:21,200 --> 00:09:23,360

and, you know, well for the baby.

429

00:09:23,360 --> 00:09:24,200

However, now

430

00:09:24,200 --> 00:09:25,360

the evidence has shown that

431

00:09:25,360 --> 00:09:27,200

just cool boiled water is enough.

432

00:09:27,200 --> 00:09:28,279

So I remember

433

00:09:28,279 --> 00:09:29,519

grandparents and children

434

00:09:29,519 --> 00:09:30,360

always have,

435

00:09:30,360 --> 00:09:31,080

and especially the,

436

00:09:31,080 --> 00:09:31,799

you know, new parents

437

00:09:31,799 --> 00:09:33,120

having this (miscommunication)

438

00:09:33,120 --> 00:09:34,399

Why are we not using alcohol?

439

00:09:34,399 --> 00:09:34,759

You know.

440

00:09:34,759 --> 00:09:35,519

So fathers,

441

00:09:35,519 --> 00:09:36,399

grandparents,

442

00:09:36,399 --> 00:09:37,080

the first time,

443

00:09:37,080 --> 00:09:37,919

and experienced parents,

444

00:09:37,919 --> 00:09:38,559

they all had their

445

00:09:38,559 --> 00:09:39,399

the individual needs.

446

00:09:39,399 --> 00:09:39,879

So that's

447

00:09:39,879 --> 00:09:40,919
when I started

448
00:09:40,919 --> 00:09:42,600
with my very first program,

449
00:09:42,600 --> 00:09:43,399
which was called

450
00:09:43,399 --> 00:09:45,440
Postpartum Psychoeducational Program.

451
00:09:45,440 --> 00:09:45,919
We started

452
00:09:45,919 --> 00:09:46,960
with the first time mothers,

453
00:09:46,960 --> 00:09:48,200
and we supported them

454
00:09:48,200 --> 00:09:49,679
by going to their home.

455
00:09:49,679 --> 00:09:52,679
Now, that was very well accepted

456
00:09:52,679 --> 00:09:53,440
by the mothers.

457
00:09:53,440 --> 00:09:55,080
However, logistically,

458
00:09:55,080 --> 00:09:56,240
you know, Jocelyn,

459

00:09:56,240 --> 00:09:57,000
it's not possible

460

00:09:57,000 --> 00:09:57,600
that midwives

461

00:09:57,600 --> 00:09:58,799
going to each mom's home

462

00:09:58,799 --> 00:10:00,279
and supporting in Singapore (is not feasible)

463

00:10:00,279 --> 00:10:01,279
because we know there's

464

00:10:01,279 --> 00:10:01,879
a scarcity

465

00:10:01,879 --> 00:10:02,879
of health care providers

466

00:10:02,879 --> 00:10:03,600
not just in Singapore,

467

00:10:03,600 --> 00:10:04,879
it's a global issue.

468

00:10:04,879 --> 00:10:05,240
So that's

469

00:10:05,240 --> 00:10:07,320
when my second intervention called

470

00:10:07,320 --> 00:10:08,480
HBNA

471

00:10:08,480 --> 00:10:10,879

or "Home But Not Alone" was incepted.

472

00:10:10,879 --> 00:10:12,320

What we did in the

473

00:10:12,320 --> 00:10:12,960

Home But Not Alone

474

00:10:12,960 --> 00:10:14,960

was we supported both first time

475

00:10:14,960 --> 00:10:16,600

as well as experienced mothers

476

00:10:16,600 --> 00:10:18,720

and also involving fathers.

477

00:10:18,720 --> 00:10:19,879

And what I think

478

00:10:19,879 --> 00:10:21,080

something I want to share with

479

00:10:21,080 --> 00:10:22,159

everybody is

480

00:10:22,159 --> 00:10:24,279

because when we contextualise

481

00:10:24,279 --> 00:10:25,159

any intervention,

482

00:10:25,159 --> 00:10:26,120

it's also important

483

00:10:26,120 --> 00:10:26,960
that intervention

484

00:10:26,960 --> 00:10:28,120
should have special

485

00:10:28,120 --> 00:10:28,879
meaning behind it.

486

00:10:28,879 --> 00:10:29,360
For example,

487

00:10:29,360 --> 00:10:30,440
the name of this

488

00:10:30,440 --> 00:10:31,559
second intervention

489

00:10:31,559 --> 00:10:32,960
Home, But Not Alone,

490

00:10:32,960 --> 00:10:34,440
as you know, when we do

491

00:10:34,440 --> 00:10:36,559
confinement practices in

492

00:10:36,559 --> 00:10:37,639
I know in the international world

493

00:10:37,639 --> 00:10:39,320
we call it "doing the month".

494

00:10:39,320 --> 00:10:40,159

So I remember

495

00:10:40,159 --> 00:10:41,960

when moms are sitting at home

496

00:10:41,960 --> 00:10:44,120

not allowed to go out

497

00:10:44,120 --> 00:10:45,759

when they feel

498

00:10:45,759 --> 00:10:46,480

that they are alone

499

00:10:46,480 --> 00:10:47,120

in this journey.

500

00:10:47,120 --> 00:10:48,440

So I wanted to give them

501

00:10:48,440 --> 00:10:49,399

that assurance

502

00:10:49,399 --> 00:10:50,360

that you are at home,

503

00:10:50,360 --> 00:10:51,320

but not alone.

504

00:10:51,320 --> 00:10:52,679

So that when HBNA

505

00:10:52,679 --> 00:10:53,759

was incepted.

506

00:10:53,759 --> 00:10:54,399

And again,

507

00:10:54,399 --> 00:10:55,279

I think

508

00:10:55,279 --> 00:10:56,240

we use an app

509

00:10:56,240 --> 00:10:57,639

to reach out to parents

510

00:10:57,639 --> 00:10:59,000

and they can have access

511

00:10:59,000 --> 00:10:59,600

to all these

512

00:10:59,600 --> 00:11:01,440

educational materials any where,

513

00:11:01,440 --> 00:11:02,360

any time.

514

00:11:02,360 --> 00:11:03,720

However, we also learnt

515

00:11:03,720 --> 00:11:04,399

at that time

516

00:11:04,399 --> 00:11:06,080

that we are only focusing

517

00:11:06,080 --> 00:11:07,639

on healthy parents.

518

00:11:07,639 --> 00:11:09,320

And especially like

519

00:11:09,320 --> 00:11:10,120

I mentioned earlier,

520

00:11:10,120 --> 00:11:11,240

fathers were sidelined

521

00:11:11,240 --> 00:11:12,440

and our focus remained

522

00:11:12,440 --> 00:11:13,960

on the postpartum period.

523

00:11:13,960 --> 00:11:15,519

That means after childbirth.

524

00:11:15,519 --> 00:11:16,279

And I'm guilty

525

00:11:16,279 --> 00:11:17,080

of one of those

526

00:11:17,080 --> 00:11:17,840

healthcare professionals

527

00:11:17,840 --> 00:11:20,000

who felt, only when babies were born

528

00:11:20,000 --> 00:11:21,360

then parents need help.

529

00:11:21,360 --> 00:11:23,240

I was totally wrong.

530

00:11:23,240 --> 00:11:24,679

Parents need help

531

00:11:24,679 --> 00:11:26,679

across the perinatal period

532

00:11:26,679 --> 00:11:27,639

from pregnancy.

533

00:11:27,639 --> 00:11:28,039

In fact,

534

00:11:28,039 --> 00:11:28,960

I will share at the later

535

00:11:28,960 --> 00:11:29,919

part of this podcast.

536

00:11:29,919 --> 00:11:30,279

In fact,

537

00:11:30,279 --> 00:11:30,600

I will say

538

00:11:30,600 --> 00:11:32,679

even before they get pregnant,

539

00:11:32,679 --> 00:11:34,080

the preconception stage.

540

00:11:34,080 --> 00:11:35,360

So this led to my third

541

00:11:35,360 --> 00:11:36,559
program,

542
00:11:36,559 --> 00:11:38,000
Supportive Parenting Educational Program,

543
00:11:38,000 --> 00:11:39,799
also known as SPEP.

544
00:11:39,799 --> 00:11:41,000
It supported parents

545
00:11:41,000 --> 00:11:41,879
both first time

546
00:11:41,879 --> 00:11:43,519
experienced fathers, mothers

547
00:11:43,519 --> 00:11:44,960
across the perinatal period

548
00:11:44,960 --> 00:11:46,159
right from pregnancy

549
00:11:46,159 --> 00:11:46,759
all the way

550
00:11:46,759 --> 00:11:48,159
up to three months post

551
00:11:48,159 --> 00:11:49,600
childbirth. Again

552
00:11:49,600 --> 00:11:51,080
the program was well-received

553

00:11:51,080 --> 00:11:52,120
by parents.

554

00:11:52,120 --> 00:11:52,919
Statistically,

555

00:11:52,919 --> 00:11:54,080
it shows that it's working

556

00:11:54,080 --> 00:11:54,600
very well

557

00:11:54,600 --> 00:11:55,879
and parents were really enjoying.

558

00:11:55,879 --> 00:11:56,720
And as researchers

559

00:11:56,720 --> 00:11:59,120
we had a lot of satisfaction.

560

00:11:59,120 --> 00:11:59,799
In fact.

561

00:11:59,799 --> 00:12:00,279
In fact,

562

00:12:00,279 --> 00:12:01,879
all these programs are very well received

563

00:12:01,879 --> 00:12:02,879
not only by our

564

00:12:02,879 --> 00:12:03,960
research participants.

565

00:12:03,960 --> 00:12:04,519

In fact,

566

00:12:04,519 --> 00:12:06,200

our media has a lot of coverage

567

00:12:06,200 --> 00:12:07,279

on these programs.

568

00:12:07,279 --> 00:12:08,600

Our findings were also published

569

00:12:08,600 --> 00:12:10,279

in national newspapers,

570

00:12:10,279 --> 00:12:11,960

and at that time

571

00:12:11,960 --> 00:12:12,919

something unique happened

572

00:12:12,919 --> 00:12:14,000

in our local context

573

00:12:14,000 --> 00:12:14,679

in Singapore

574

00:12:14,679 --> 00:12:16,360

that we had this cohort

575

00:12:16,360 --> 00:12:17,240

study called

576

00:12:17,240 --> 00:12:19,200

"Growing Up in Singapore towards

577

00:12:19,200 --> 00:12:21,200

Healthy Outcomes" in short, GUSTO.

578

00:12:21,440 --> 00:12:23,000

The findings of these studies

579

00:12:23,000 --> 00:12:23,720

were published

580

00:12:23,720 --> 00:12:24,720

and it was found

581

00:12:24,720 --> 00:12:25,919

that the mothers

582

00:12:25,919 --> 00:12:26,759

who are at risk

583

00:12:26,759 --> 00:12:28,480

of getting depression,

584

00:12:28,480 --> 00:12:29,960

their babies were not doing

585

00:12:29,960 --> 00:12:31,360

well when they were

586

00:12:31,360 --> 00:12:33,440

ten or eleven years old.

587

00:12:33,440 --> 00:12:35,159

And that's when I realised that

588

00:12:35,159 --> 00:12:35,799
all this

589
00:12:35,799 --> 00:12:36,679
while my programs

590
00:12:36,679 --> 00:12:38,720
are focusing on healthy parents,

591
00:12:38,919 --> 00:12:40,639
there was a need to focus on

592
00:12:40,639 --> 00:12:42,200
such psychosocially

593
00:12:42,200 --> 00:12:43,960
disadvantaged parents.

594
00:12:43,960 --> 00:12:44,480
And that's

595
00:12:44,480 --> 00:12:45,639
when my fourth

596
00:12:45,639 --> 00:12:46,840
program came into place,

597
00:12:46,840 --> 00:12:48,559
which is called Peer Support

598
00:12:48,559 --> 00:12:49,639
Intervention Program.

599
00:12:49,639 --> 00:12:50,759
In short, PIP.

600
00:12:50,759 --> 00:12:51,639
The uniqueness

601
00:12:51,639 --> 00:12:52,399
of this program

602
00:12:52,399 --> 00:12:55,000
was that we actually trained

603
00:12:55,000 --> 00:12:56,720
lay, peer volunteers,

604
00:12:56,720 --> 00:12:58,200
which are parents themselves,

605
00:12:58,200 --> 00:12:59,360
those who have experienced

606
00:12:59,360 --> 00:13:00,440
such depressive

607
00:13:00,440 --> 00:13:01,519
symptoms in the past.

608
00:13:01,519 --> 00:13:02,960
And they have overcome it.

609
00:13:02,960 --> 00:13:05,240
We wanted to create that hope

610
00:13:05,240 --> 00:13:06,519
for parents in Singapore

611
00:13:06,519 --> 00:13:07,840
that if these parents

612

00:13:07,840 --> 00:13:09,320
can overcome such situations,

613

00:13:09,320 --> 00:13:10,720
so can they.

614

00:13:10,720 --> 00:13:11,840
This peer support

615

00:13:11,840 --> 00:13:14,519
to the best of my knowledge,

616

00:13:14,519 --> 00:13:15,879
our program was the first one

617

00:13:15,879 --> 00:13:17,320
who have introduced

618

00:13:17,320 --> 00:13:20,120
peer support for maternity care.

619

00:13:20,120 --> 00:13:21,080
And again,

620

00:13:21,080 --> 00:13:22,159
it was very well

621

00:13:22,159 --> 00:13:24,039
received by people

622

00:13:24,039 --> 00:13:24,799
and in fact, again,

623

00:13:24,799 --> 00:13:26,240

was published in newspapers.

624

00:13:26,240 --> 00:13:26,879

And I vividly

625

00:13:26,879 --> 00:13:28,639

remember how beautifully sometimes

626

00:13:28,639 --> 00:13:29,559

things unfold,

627

00:13:29,559 --> 00:13:30,799

that we don't even plan for.

628

00:13:30,799 --> 00:13:32,720

So these peer support volunteers,

629

00:13:32,720 --> 00:13:34,200

they were actually paired

630

00:13:34,200 --> 00:13:35,039

with the mothers

631

00:13:35,039 --> 00:13:37,519

based on their ethnic backgrounds,

632

00:13:37,519 --> 00:13:39,080

or even if a parent has one child,

633

00:13:39,080 --> 00:13:39,799

we want the

634

00:13:39,799 --> 00:13:40,720

volunteer to have

635

00:13:40,720 --> 00:13:41,840
one child too.

636
00:13:41,840 --> 00:13:43,200
But what we didn't know

637
00:13:43,200 --> 00:13:44,279
which only came out

638
00:13:44,279 --> 00:13:46,279
when some media people

639
00:13:46,279 --> 00:13:47,080
went and interviewed

640
00:13:47,080 --> 00:13:48,320
my peer volunteers.

641
00:13:48,320 --> 00:13:49,840
There was this mother

642
00:13:49,840 --> 00:13:51,200
who had a child

643
00:13:51,200 --> 00:13:53,000
with special needs.

644
00:13:53,000 --> 00:13:54,399
It happened so, which was again,

645
00:13:54,399 --> 00:13:56,120
it was just not planned

646
00:13:56,120 --> 00:13:57,679
that our peer volunteer

647

00:13:57,679 --> 00:13:59,399
also had a special needs child.

648

00:13:59,399 --> 00:14:01,000
So when they came together,

649

00:14:01,000 --> 00:14:01,879
the support

650

00:14:01,879 --> 00:14:03,240
they gave to each other,

651

00:14:03,240 --> 00:14:05,120
it was mind blowing, you know.

652

00:14:05,120 --> 00:14:05,840
And in fact,

653

00:14:05,840 --> 00:14:07,080
many of them have forge

654

00:14:07,080 --> 00:14:08,759
very beautiful friendships

655

00:14:08,759 --> 00:14:09,559
until today.

656

00:14:09,559 --> 00:14:10,840
They are part of

657

00:14:10,840 --> 00:14:11,600
each other's life

658

00:14:11,600 --> 00:14:12,799
and also part of my other

659

00:14:12,799 --> 00:14:14,320
subsequent projects.

660

00:14:14,320 --> 00:14:15,519
So what I want to share with you

661

00:14:15,519 --> 00:14:16,080
is, Jocelyn,

662

00:14:16,080 --> 00:14:18,799
sometimes we plan things

663

00:14:18,799 --> 00:14:19,960
to the best of our ability,

664

00:14:19,960 --> 00:14:21,320
but we don't know how it's

665

00:14:21,320 --> 00:14:22,080
going to

666

00:14:22,399 --> 00:14:23,000
unfold

667

00:14:23,000 --> 00:14:24,159
and can

668

00:14:24,159 --> 00:14:25,879
give us even better results.

669

00:14:25,879 --> 00:14:26,679
So,

670

00:14:26,679 --> 00:14:28,000

I think we need to continue

671

00:14:28,000 --> 00:14:29,399
to learn and relearn

672

00:14:29,399 --> 00:14:30,679
and work on our

673

00:14:30,679 --> 00:14:31,720
prior experiences

674

00:14:31,720 --> 00:14:32,559
and to make our

675

00:14:32,559 --> 00:14:33,879
next projects better.

676

00:14:33,879 --> 00:14:35,080
And I personally believe

677

00:14:35,080 --> 00:14:36,960
no project is perfect.

678

00:14:36,960 --> 00:14:38,759
There's always limitations.

679

00:14:38,759 --> 00:14:39,679
All we need to have

680

00:14:39,679 --> 00:14:40,879
is a continued

681

00:14:40,879 --> 00:14:43,399
lifelong learning mindset.

682

00:14:43,399 --> 00:14:44,360

I think it's wonderful

683

00:14:44,360 --> 00:14:45,440

that you're helping

684

00:14:45,440 --> 00:14:46,279

so many parents

685

00:14:46,279 --> 00:14:47,759

with your research work.

686

00:14:47,759 --> 00:14:49,639

I just recalled, you know,

687

00:14:49,639 --> 00:14:50,120

you mentioned

688

00:14:50,120 --> 00:14:52,159

about using an app to develop

689

00:14:52,159 --> 00:14:54,200

I mean, to deliver your program.

690

00:14:54,360 --> 00:14:54,919

I remember

691

00:14:54,919 --> 00:14:55,879

seeing something like that

692

00:14:55,879 --> 00:14:56,600

on the newspaper.

693

00:14:56,600 --> 00:14:57,200

Is it that one?

694

00:14:57,200 --> 00:14:58,679

Yes, that's the one. Wow.

695

00:14:58,679 --> 00:14:59,000

Wow.

696

00:14:59,000 --> 00:15:00,200

You're very well informed, huh?

697

00:15:00,200 --> 00:15:01,399

That's a long time ago.

698

00:15:01,399 --> 00:15:02,000

I remembered.

699

00:15:02,000 --> 00:15:02,840

Wow, your research

700

00:15:02,840 --> 00:15:04,879

has span across time.

701

00:15:04,879 --> 00:15:05,399

So I know

702

00:15:05,399 --> 00:15:06,799

that you have actually earned

703

00:15:06,799 --> 00:15:07,720

a lot of awards

704

00:15:07,720 --> 00:15:09,320

for your research projects.

705

00:15:09,320 --> 00:15:11,000

So I remember there's one

706
00:15:11,000 --> 00:15:12,720
by the Ministry of Social

707
00:15:12,720 --> 00:15:14,600
and Family Development.

708
00:15:14,600 --> 00:15:16,240
I think it's that Ministry.

709
00:15:16,240 --> 00:15:17,960
So what do you actually do

710
00:15:17,960 --> 00:15:19,240
to earn this award?

711
00:15:19,240 --> 00:15:20,039
Oh, thank you.

712
00:15:20,039 --> 00:15:20,279
Wow.

713
00:15:20,279 --> 00:15:21,240
Jocelyn, you're really following

714
00:15:21,240 --> 00:15:23,320
me, huh? Yeah. So this MSF.

715
00:15:23,600 --> 00:15:24,080
Yeah.

716
00:15:24,080 --> 00:15:24,519
I received

717
00:15:24,519 --> 00:15:26,279

the award called Friends of MSF.

718

00:15:26,279 --> 00:15:27,360

Again, I do not know

719

00:15:27,360 --> 00:15:28,120

what is the criteria

720

00:15:28,120 --> 00:15:28,720

for that award.

721

00:15:28,720 --> 00:15:29,960

All I knew was

722

00:15:29,960 --> 00:15:31,120

I was just doing

723

00:15:31,120 --> 00:15:32,240

what I liked best;

724

00:15:32,240 --> 00:15:33,840

supporting parents in Singapore.

725

00:15:33,840 --> 00:15:34,960

So the award just came by.

726

00:15:34,960 --> 00:15:36,440

But I think what I remember

727

00:15:36,440 --> 00:15:37,960

is that the most beautiful thing

728

00:15:37,960 --> 00:15:38,279

for me

729

00:15:38,279 --> 00:15:38,759
was that

730
00:15:38,759 --> 00:15:39,799
when my study's findings were

731
00:15:39,799 --> 00:15:41,039
published in the newspaper,

732
00:15:41,039 --> 00:15:43,240
I was actually contacted by MSF

733
00:15:43,240 --> 00:15:44,519
and they wanted me

734
00:15:44,519 --> 00:15:45,480
to support the parents.

735
00:15:45,480 --> 00:15:47,600
And especially during COVID-19,

736
00:15:47,600 --> 00:15:48,960
when routine visits to

737
00:15:48,960 --> 00:15:50,600
the hospitals were stopped,

738
00:15:50,600 --> 00:15:51,919
I was asked by MSF

739
00:15:51,919 --> 00:15:53,279
through their Family for Life

740
00:15:53,279 --> 00:15:54,200
Facebook page

741
00:15:54,200 --> 00:15:56,519
to support Singaporean parents

742
00:15:56,519 --> 00:15:58,159
with my educational sessions

743
00:15:58,159 --> 00:15:59,879
and you know, as a researcher

744
00:15:59,879 --> 00:16:02,240
I always wanted my findings

745
00:16:02,240 --> 00:16:04,120
to go beyond publications

746
00:16:04,120 --> 00:16:05,240
and be translated

747
00:16:05,240 --> 00:16:06,480
to the clinical areas

748
00:16:06,480 --> 00:16:07,879
of community.

749
00:16:07,879 --> 00:16:09,360
That was a dream come true.

750
00:16:09,360 --> 00:16:10,279
And you know, Jocelyn,

751
00:16:10,279 --> 00:16:11,399
I remember vividly,

752
00:16:11,399 --> 00:16:12,879
we started in 2020, around

753

00:16:12,879 --> 00:16:14,679

March all the way until December.

754

00:16:14,679 --> 00:16:16,159

Every Friday

755

00:16:16,159 --> 00:16:17,240

I will have these live

756

00:16:17,240 --> 00:16:18,240

Facebook sessions

757

00:16:18,240 --> 00:16:19,559

where millions of parents

758

00:16:19,559 --> 00:16:20,159

will tune

759

00:16:20,159 --> 00:16:21,759

in, ask questions,

760

00:16:21,759 --> 00:16:23,120

clarify their doubts,

761

00:16:23,120 --> 00:16:24,200

and most importantly,

762

00:16:24,200 --> 00:16:24,799

give them

763

00:16:24,799 --> 00:16:26,039

that reassurance

764

00:16:26,039 --> 00:16:27,080

that we are here

765

00:16:27,080 --> 00:16:28,840
as a community to support them.

766

00:16:28,840 --> 00:16:29,279
So that was

767

00:16:29,279 --> 00:16:30,480
the most beautiful thing

768

00:16:30,480 --> 00:16:31,720
I think happened to me

769

00:16:31,720 --> 00:16:34,360
in my career, where I saw live,

770

00:16:34,360 --> 00:16:35,240
how my research

771

00:16:35,240 --> 00:16:36,600
findings are going

772

00:16:36,600 --> 00:16:37,720
and affecting parents

773

00:16:37,720 --> 00:16:39,240
lives in Singapore.

774

00:16:39,240 --> 00:16:40,039
So that's

775

00:16:40,039 --> 00:16:41,480
when you were awarded

776

00:16:41,480 --> 00:16:42,600
or rather recognised

777
00:16:42,600 --> 00:16:44,919
for being a friend of MSF.

778
00:16:44,919 --> 00:16:46,200
Correct me if I'm wrong.

779
00:16:46,200 --> 00:16:46,960
When you were doing

780
00:16:46,960 --> 00:16:48,039
these weekly sessions,

781
00:16:48,039 --> 00:16:48,919
it was also the one

782
00:16:48,919 --> 00:16:49,840
where you were in scrubs.

783
00:16:49,840 --> 00:16:51,519
Yes, that's right. Yes.

784
00:16:51,519 --> 00:16:52,559
Well, I am stalker.

785
00:16:52,559 --> 00:16:53,840
No, I'm just kidding.

786
00:16:53,840 --> 00:16:55,759
Okay.

787
00:16:55,759 --> 00:16:57,039
So thanks, Jocelyn. Yeah.

788

00:16:57,039 --> 00:16:57,720

So in fact,

789

00:16:57,720 --> 00:16:58,360

all those videos

790

00:16:58,360 --> 00:16:59,679

are still available on

791

00:16:59,679 --> 00:17:00,559

Family for Life pages.

792

00:17:00,559 --> 00:17:01,559

So that's the beauty of,

793

00:17:01,559 --> 00:17:03,080

you know, like this podcast,

794

00:17:03,080 --> 00:17:04,680

it will remain somewhere,

795

00:17:04,680 --> 00:17:06,400

I think on web pages and parents,

796

00:17:06,400 --> 00:17:07,000

hopefully,

797

00:17:07,000 --> 00:17:07,960

or young researchers

798

00:17:07,960 --> 00:17:09,039

can come and tune in

799

00:17:09,039 --> 00:17:09,680

and see

800
00:17:09,680 --> 00:17:11,160
how they can benefit from it.

801
00:17:11,160 --> 00:17:13,279
So again, a very thankful to MSF

802
00:17:13,279 --> 00:17:14,279
for giving me

803
00:17:14,279 --> 00:17:15,240
that opportunity.

804
00:17:15,240 --> 00:17:17,039
(So) that my research studies

805
00:17:17,039 --> 00:17:18,000
can be translated.

806
00:17:18,000 --> 00:17:20,160
So since January around 2021,

807
00:17:20,480 --> 00:17:21,680
I have been collaborating

808
00:17:21,680 --> 00:17:22,920
with MSF

809
00:17:22,920 --> 00:17:24,000
and we are developing

810
00:17:24,000 --> 00:17:25,680
a lot of educational programs

811
00:17:25,680 --> 00:17:26,640

to reach out to

812

00:17:26,640 --> 00:17:27,480

Singaporean parents.

813

00:17:27,480 --> 00:17:28,880

Most importantly

814

00:17:28,880 --> 00:17:30,160

I'm actually training

815

00:17:30,160 --> 00:17:31,519

community dwelling parents

816

00:17:31,519 --> 00:17:32,559

as a peer volunteers

817

00:17:32,559 --> 00:17:33,559

so that they can support

818

00:17:33,559 --> 00:17:34,240

other parents.

819

00:17:34,240 --> 00:17:36,200

And that's a very beautiful journey

820

00:17:36,200 --> 00:17:37,119

we are on together,

821

00:17:37,119 --> 00:17:38,880

which is continued till today.

822

00:17:38,880 --> 00:17:40,480

So again,

823

00:17:40,480 --> 00:17:41,799
even though the supportive

824
00:17:41,799 --> 00:17:43,319
parenting app worked very well

825
00:17:43,319 --> 00:17:45,000
and PIP has also done a great job,

826
00:17:45,000 --> 00:17:45,799
I felt that

827
00:17:45,799 --> 00:17:47,759
these educational programs,

828
00:17:47,759 --> 00:17:49,319
they helped me to

829
00:17:49,319 --> 00:17:51,000
learn from my own mistakes

830
00:17:51,000 --> 00:17:52,079
in the past in the sense

831
00:17:52,079 --> 00:17:52,720
that, for example,

832
00:17:52,720 --> 00:17:53,599
if we were focusing on

833
00:17:53,599 --> 00:17:55,079
only one group of parents,

834
00:17:55,079 --> 00:17:56,279
how we can improve it,

835

00:17:56,279 --> 00:17:57,200
and also we did

836

00:17:57,200 --> 00:17:59,279
deliberate reflections as a team

837

00:17:59,440 --> 00:18:00,240
to see that

838

00:18:00,240 --> 00:18:01,960
how we can come together

839

00:18:01,960 --> 00:18:03,079
and put our best

840

00:18:03,079 --> 00:18:03,880
foot forward

841

00:18:03,880 --> 00:18:05,680
for the next intervention.

842

00:18:05,680 --> 00:18:08,000
So again, my very latest

843

00:18:08,000 --> 00:18:08,799
research project

844

00:18:08,799 --> 00:18:09,880
is called Supportive

845

00:18:09,880 --> 00:18:12,000
Parenting App, also known as SPA,

846

00:18:12,000 --> 00:18:12,759
where what we have

847

00:18:12,759 --> 00:18:13,960
done is, so far,

848

00:18:13,960 --> 00:18:15,759
all my research focus remained

849

00:18:15,759 --> 00:18:17,119
on healthy parents,

850

00:18:17,119 --> 00:18:18,200
or psychosocially

851

00:18:18,200 --> 00:18:19,960
disadvantaged mothers.

852

00:18:19,960 --> 00:18:21,319
What we missed out

853

00:18:21,319 --> 00:18:22,440
in these programs

854

00:18:22,440 --> 00:18:23,519
were the infants,

855

00:18:23,519 --> 00:18:24,480
the babies themselves.

856

00:18:24,480 --> 00:18:25,759
So this SPA project,

857

00:18:25,759 --> 00:18:27,440
which is currently being tested

858

00:18:27,440 --> 00:18:28,160

and evaluated

859

00:18:28,160 --> 00:18:29,759
among all the tertiary

860

00:18:29,759 --> 00:18:31,480
public hospitals, namely

861

00:18:31,480 --> 00:18:32,839
Singapore General Hospital,

862

00:18:32,839 --> 00:18:33,680
National University

863

00:18:33,680 --> 00:18:35,400
Hospital, as well as KKH.

864

00:18:35,400 --> 00:18:36,440
What we are doing is

865

00:18:36,440 --> 00:18:37,599
we are supporting parents

866

00:18:37,599 --> 00:18:39,000
right from pregnancy

867

00:18:39,000 --> 00:18:40,920
all the way up till six months

868

00:18:40,920 --> 00:18:41,759
post childbirth.

869

00:18:41,759 --> 00:18:43,279
And most importantly,

870

00:18:43,279 --> 00:18:45,000
we are not only focusing on

871
00:18:45,000 --> 00:18:46,480
how the program is supporting

872
00:18:46,480 --> 00:18:47,240
new parents,

873
00:18:47,240 --> 00:18:48,839
but also indirectly

874
00:18:48,839 --> 00:18:50,279
how the program is affecting

875
00:18:50,279 --> 00:18:51,480
the newborn outcomes.

876
00:18:51,480 --> 00:18:51,839
In fact,

877
00:18:51,839 --> 00:18:53,160
we have longitudinal

878
00:18:53,160 --> 00:18:53,880
follow ups

879
00:18:53,880 --> 00:18:56,799
up to one year after childbirth.

880
00:18:56,799 --> 00:18:58,079
So you've done a lot of work

881
00:18:58,079 --> 00:18:59,039
with parents,

882

00:18:59,039 --> 00:19:00,279
infants, grandparents.

883

00:19:00,279 --> 00:19:01,839
So which aspect do you think

884

00:19:01,839 --> 00:19:03,079
is most important for you

885

00:19:03,079 --> 00:19:04,400
to further your research?

886

00:19:04,400 --> 00:19:05,559
That's a very good question.

887

00:19:05,559 --> 00:19:05,920
In fact,

888

00:19:05,920 --> 00:19:06,480
that's something

889

00:19:06,480 --> 00:19:07,839
I've been pondering on,

890

00:19:07,839 --> 00:19:09,640
you know, how we can support

891

00:19:09,640 --> 00:19:10,480
parents better.

892

00:19:10,480 --> 00:19:11,519
We have already

893

00:19:11,519 --> 00:19:12,279
been supporting them

894

00:19:12,279 --> 00:19:13,039
from pregnancy

895

00:19:13,039 --> 00:19:14,079
all the way till

896

00:19:14,079 --> 00:19:15,160
after childbirth.

897

00:19:15,160 --> 00:19:15,759
In fact,

898

00:19:15,759 --> 00:19:17,680
I think my experiences has shown

899

00:19:17,680 --> 00:19:18,039
that.

900

00:19:18,039 --> 00:19:19,799
Jocelyn, there are a ways to go.

901

00:19:19,799 --> 00:19:21,519
A lot more needs to be done

902

00:19:21,519 --> 00:19:22,160
for the parents

903

00:19:22,160 --> 00:19:23,440
and at especially one stage,

904

00:19:23,440 --> 00:19:24,720
which nobody has touched

905

00:19:24,720 --> 00:19:26,000

so far in Singapore.

906

00:19:26,000 --> 00:19:27,119

The preconception stage.

907

00:19:27,119 --> 00:19:28,319

That means before pregnancy.

908

00:19:28,319 --> 00:19:29,200

I feel it's too late

909

00:19:29,200 --> 00:19:29,960

by the time

910

00:19:29,960 --> 00:19:31,000

parents are already pregnant

911

00:19:31,000 --> 00:19:32,160

to tell them do's and don'ts.

912

00:19:32,160 --> 00:19:33,279

So it's very important.

913

00:19:33,279 --> 00:19:34,839

We need to inculcate

914

00:19:34,839 --> 00:19:35,920

positive parenting.

915

00:19:35,920 --> 00:19:36,880

We need to

916

00:19:36,880 --> 00:19:37,519

improve the

917

00:19:37,519 --> 00:19:38,599
community experiences.

918
00:19:38,599 --> 00:19:39,680
We need to come together,

919
00:19:39,680 --> 00:19:39,960
you know,

920
00:19:39,960 --> 00:19:40,960
in Singapore, colloquially

921
00:19:40,960 --> 00:19:41,799
I'm going to use (this phrase) called

922
00:19:41,799 --> 00:19:42,880
kampung spirit

923
00:19:42,880 --> 00:19:43,960
when parents come together

924
00:19:43,960 --> 00:19:45,319
and support each other.

925
00:19:45,319 --> 00:19:46,240
And most importantly,

926
00:19:46,240 --> 00:19:46,759
like I said,

927
00:19:46,759 --> 00:19:47,039
I have

928
00:19:47,039 --> 00:19:49,240
started taking steps, baby steps,

929

00:19:49,240 --> 00:19:50,880
but a lot more needs to be done

930

00:19:50,880 --> 00:19:51,640
for the parents

931

00:19:51,640 --> 00:19:52,599
who are belonging

932

00:19:52,599 --> 00:19:54,279
to psychosocially disadvantaged

933

00:19:54,279 --> 00:19:55,240
backgrounds.

934

00:19:55,240 --> 00:19:56,319
So again,

935

00:19:56,319 --> 00:19:57,400
I also feel

936

00:19:57,400 --> 00:19:58,759
Jocelyn, that the technology

937

00:19:58,759 --> 00:20:00,759
is evolving at the fastest rate.

938

00:20:00,759 --> 00:20:01,799
You know, I remember

939

00:20:01,799 --> 00:20:02,440
doing home

940

00:20:02,440 --> 00:20:04,319
visits, then coming up with the web

941
00:20:04,319 --> 00:20:05,160
based programs

942
00:20:05,160 --> 00:20:06,279
and now using apps.

943
00:20:06,279 --> 00:20:08,079
And I feel you don't know,

944
00:20:08,079 --> 00:20:09,599
maybe we will use Metaverse,

945
00:20:09,599 --> 00:20:10,400
we will use AI

946
00:20:10,400 --> 00:20:11,680
or virtual reality

947
00:20:11,680 --> 00:20:12,960
to reach out to the parents

948
00:20:12,960 --> 00:20:13,440
and begin

949
00:20:13,440 --> 00:20:14,319
to incorporate

950
00:20:14,319 --> 00:20:15,839
all these latest technologies

951
00:20:15,839 --> 00:20:17,319
to give the best,

952
00:20:17,319 --> 00:20:17,680

you know,

953

00:20:17,680 --> 00:20:18,599

support to the parents

954

00:20:18,599 --> 00:20:19,440

in Singapore

955

00:20:19,440 --> 00:20:20,079

and also,

956

00:20:20,079 --> 00:20:21,880

most importantly, engaging

957

00:20:21,880 --> 00:20:23,440

with the multidisciplinary teams,

958

00:20:23,440 --> 00:20:24,720

you know, as a healthcare

959

00:20:24,720 --> 00:20:25,920

provider, as a clinician,

960

00:20:25,920 --> 00:20:26,799

nurse and midwife,

961

00:20:26,799 --> 00:20:28,359

I feel that I've a lot to learn from,

962

00:20:28,359 --> 00:20:28,839

for example,

963

00:20:28,839 --> 00:20:30,279

digital health experts,

964

00:20:30,279 --> 00:20:31,359
a lot to learn from other

965
00:20:31,359 --> 00:20:32,279
clinicians.

966
00:20:32,279 --> 00:20:33,160
So I think

967
00:20:33,160 --> 00:20:34,000
we should come together

968
00:20:34,000 --> 00:20:34,720
and hopefully

969
00:20:34,720 --> 00:20:35,839
this podcast

970
00:20:35,839 --> 00:20:37,559
will set that stage where

971
00:20:37,559 --> 00:20:39,359
not only in the local context,

972
00:20:39,359 --> 00:20:41,319
but also international collaborators

973
00:20:41,319 --> 00:20:42,599
will come together.

974
00:20:42,599 --> 00:20:43,200
And, you know,

975
00:20:43,200 --> 00:20:43,960
we learn from each

976

00:20:43,960 --> 00:20:45,400
other's experiences,

977

00:20:45,400 --> 00:20:46,480
reflect together

978

00:20:46,480 --> 00:20:47,599
and support the parents

979

00:20:47,599 --> 00:20:49,079
in Singapore and beyond.

980

00:20:49,079 --> 00:20:50,079
Most importantly,

981

00:20:50,079 --> 00:20:50,720
you know, Jocelyn,

982

00:20:50,720 --> 00:20:51,400
I want to tell you

983

00:20:51,400 --> 00:20:52,640
this, we have a lot to learn

984

00:20:52,640 --> 00:20:54,359
from many of our supporting

985

00:20:54,359 --> 00:20:55,119
neighboring countries

986

00:20:55,119 --> 00:20:55,759
and especially from

987

00:20:55,759 --> 00:20:56,920
the western side of the world

988
00:20:56,920 --> 00:20:57,839
and Nordic countries

989
00:20:57,839 --> 00:20:59,519
where continuity of care

990
00:20:59,519 --> 00:21:00,279
for the parents

991
00:21:00,279 --> 00:21:01,960
is not a new thing.

992
00:21:01,960 --> 00:21:02,599
So I think

993
00:21:02,599 --> 00:21:03,480
it's important

994
00:21:03,480 --> 00:21:05,359
that we learn from each other's experience

995
00:21:05,359 --> 00:21:06,640
but most importantly,

996
00:21:06,640 --> 00:21:07,960
contextualise the care

997
00:21:07,960 --> 00:21:08,920
which is required

998
00:21:08,920 --> 00:21:10,039
according to the individual

999
00:21:10,039 --> 00:21:10,839

needs of the parents

1000

00:21:10,839 --> 00:21:11,920
in Singapore.

1001

00:21:11,920 --> 00:21:13,400
I feel that the way forward

1002

00:21:13,400 --> 00:21:13,839
for us

1003

00:21:13,839 --> 00:21:14,519
is, in addition

1004

00:21:14,519 --> 00:21:15,960
to, you know, providing,

1005

00:21:15,960 --> 00:21:16,880
you know, incorporating

1006

00:21:16,880 --> 00:21:18,200
the latest technology

1007

00:21:18,200 --> 00:21:19,440
the preconception stage,

1008

00:21:19,440 --> 00:21:20,240
especially in Singapore,

1009

00:21:20,240 --> 00:21:22,079
I feel it's important to engage

1010

00:21:22,079 --> 00:21:23,799
multidisciplinary teams,

1011

00:21:23,799 --> 00:21:24,920
especially digital health

1012
00:21:24,920 --> 00:21:26,839
experts and other clinicians.

1013
00:21:26,839 --> 00:21:28,599
We also need to look at cost

1014
00:21:28,599 --> 00:21:30,359
effectiveness of these programs

1015
00:21:30,359 --> 00:21:31,799
because we want to see,

1016
00:21:31,799 --> 00:21:33,480
is it economical

1017
00:21:33,480 --> 00:21:34,720
to reach out to these parents

1018
00:21:34,720 --> 00:21:35,480
and supporting them

1019
00:21:35,480 --> 00:21:37,079
for such long periods during

1020
00:21:37,079 --> 00:21:37,319
you know,

1021
00:21:37,319 --> 00:21:38,960
after hospital discharge?

1022
00:21:38,960 --> 00:21:39,519
I vividly

1023

00:21:39,519 --> 00:21:40,720
remember when I started

1024

00:21:40,720 --> 00:21:42,079
my academic journey

1025

00:21:42,079 --> 00:21:43,119
as a newly minted

1026

00:21:43,119 --> 00:21:44,200
assistant professor

1027

00:21:44,200 --> 00:21:44,799
and I was

1028

00:21:44,799 --> 00:21:46,039
building my research program.

1029

00:21:46,039 --> 00:21:47,079
I was advised

1030

00:21:47,079 --> 00:21:47,960
not to focus on

1031

00:21:47,960 --> 00:21:48,720
parenting research.

1032

00:21:48,720 --> 00:21:48,960
They said

1033

00:21:48,960 --> 00:21:50,920
there are no funds in that.

1034

00:21:50,920 --> 00:21:51,480
You know, Jocelyn,

1035
00:21:51,480 --> 00:21:52,079
I want to tell you

1036
00:21:52,079 --> 00:21:53,039
this thing that

1037
00:21:53,039 --> 00:21:54,559
You know, I followed my heart

1038
00:21:54,559 --> 00:21:55,480
because that was the need

1039
00:21:55,480 --> 00:21:57,079
I felt that parents in Singapore,

1040
00:21:57,079 --> 00:21:58,680
they required

1041
00:21:58,680 --> 00:21:59,519
individualised

1042
00:21:59,519 --> 00:22:01,160
and contextualised support

1043
00:22:01,160 --> 00:22:02,519
and all my programs

1044
00:22:02,519 --> 00:22:03,480
that they have been led

1045
00:22:03,480 --> 00:22:04,440
one after another.

1046
00:22:04,440 --> 00:22:04,960

Gradually,

1047

00:22:04,960 --> 00:22:05,839
we learnt from each

1048

00:22:05,839 --> 00:22:06,799
other's experiences

1049

00:22:06,799 --> 00:22:08,039
and these are all peer

1050

00:22:08,039 --> 00:22:09,559
reviewed, funded projects.

1051

00:22:09,559 --> 00:22:11,359
So it's important that I think

1052

00:22:11,359 --> 00:22:12,200
we need to remain

1053

00:22:12,200 --> 00:22:13,400
true to our purpose,

1054

00:22:13,400 --> 00:22:14,279
which is,

1055

00:22:14,279 --> 00:22:16,160
for my case, supporting parents

1056

00:22:16,160 --> 00:22:17,160
in Singapore.

1057

00:22:17,160 --> 00:22:17,720
Right.

1058

00:22:17,720 --> 00:22:18,440

So, you know, to

1059

00:22:18,440 --> 00:22:20,839

aspiring researchers like me,

1060

00:22:21,480 --> 00:22:22,880

what what would be your advice

1061

00:22:22,880 --> 00:22:23,960

or experience

1062

00:22:23,960 --> 00:22:24,799

in managing

1063

00:22:24,799 --> 00:22:25,799

these kind of comments

1064

00:22:25,799 --> 00:22:27,680

from the skeptics?

1065

00:22:27,680 --> 00:22:28,720

I feel you, Jocelyn,

1066

00:22:28,720 --> 00:22:30,039

and I know it's not easy.

1067

00:22:30,039 --> 00:22:30,440

Yes.

1068

00:22:30,440 --> 00:22:32,359

And people will have certain ways

1069

00:22:32,359 --> 00:22:33,079

and they're all,

1070

00:22:33,079 --> 00:22:33,920

I think, coming in

1071

00:22:33,920 --> 00:22:35,240

with good intentions, probably.

1072

00:22:35,240 --> 00:22:36,039

They have experiences

1073

00:22:36,039 --> 00:22:37,160

they see probably such

1074

00:22:37,160 --> 00:22:37,839

parenting research

1075

00:22:37,839 --> 00:22:38,720

or anything, doesn't work.

1076

00:22:38,720 --> 00:22:40,200

And then they will give you,

1077

00:22:40,200 --> 00:22:41,480

you know, some advice.

1078

00:22:41,480 --> 00:22:42,680

I think one important thing

1079

00:22:42,680 --> 00:22:43,400

you need to know,

1080

00:22:43,400 --> 00:22:44,319

like I mentioned earlier.

1081

00:22:44,319 --> 00:22:46,200

First, remain true to your purpose.

1082
00:22:46,200 --> 00:22:47,680
And also knowing

1083
00:22:47,680 --> 00:22:49,000
what is going on.

1084
00:22:49,000 --> 00:22:49,960
Like for myself,

1085
00:22:49,960 --> 00:22:51,480
it was my clinical experience.

1086
00:22:51,480 --> 00:22:52,920
It is also the evidence

1087
00:22:52,920 --> 00:22:54,119
that is my primary research

1088
00:22:54,119 --> 00:22:55,400
among parents in Singapore,

1089
00:22:55,400 --> 00:22:56,480
even secondary research

1090
00:22:56,480 --> 00:22:57,759
where we did systematic reviews.

1091
00:22:57,759 --> 00:22:59,039
Then I realised that

1092
00:22:59,039 --> 00:23:00,200
there is a market,

1093
00:23:00,200 --> 00:23:01,000

there is a need

1094

00:23:01,000 --> 00:23:01,519

where parents

1095

00:23:01,519 --> 00:23:02,440

need to be supported.

1096

00:23:02,440 --> 00:23:04,440

And I strongly believe that,

1097

00:23:04,440 --> 00:23:05,359

you know, any door

1098

00:23:05,359 --> 00:23:06,119

which is closed,

1099

00:23:06,119 --> 00:23:07,000

you need to knock.

1100

00:23:07,000 --> 00:23:09,039

Knock, and it will be opened, right?

1101

00:23:09,039 --> 00:23:10,400

I'm excited about the future

1102

00:23:10,400 --> 00:23:11,759

and hope we can continue

1103

00:23:11,759 --> 00:23:12,920

to learn from others

1104

00:23:12,920 --> 00:23:13,759

and collaborate

1105

00:23:13,759 --> 00:23:14,839
so that we can support

1106
00:23:14,839 --> 00:23:16,799
new parents with evidence based

1107
00:23:16,799 --> 00:23:18,880
educational programs and provide

1108
00:23:18,880 --> 00:23:19,880
best and healthy

1109
00:23:19,880 --> 00:23:21,200
starts to the newborns

1110
00:23:21,200 --> 00:23:22,279
who are the future

1111
00:23:22,279 --> 00:23:23,640
of our society.

1112
00:23:23,640 --> 00:23:24,759
Let's come together

1113
00:23:24,759 --> 00:23:27,200
as a village to learn, support

1114
00:23:27,200 --> 00:23:27,960
and raise

1115
00:23:27,960 --> 00:23:28,920
well informed

1116
00:23:28,920 --> 00:23:31,039
parents in Singapore and beyond.

1117

00:23:31,480 --> 00:23:31,920

Right.

1118

00:23:31,920 --> 00:23:32,519

Thank you. Prof. Shorey

1119

00:23:32,519 --> 00:23:33,599

for sharing

1120

00:23:33,599 --> 00:23:34,880

your wonderful insights

1121

00:23:34,880 --> 00:23:36,200

on parenting research.

1122

00:23:36,200 --> 00:23:37,920

I think your passion for research

1123

00:23:37,920 --> 00:23:39,680

has been most inspiring

1124

00:23:39,680 --> 00:23:40,640

for budding researchers

1125

00:23:40,640 --> 00:23:41,839

like me and your passion

1126

00:23:41,839 --> 00:23:42,960

for making a difference

1127

00:23:42,960 --> 00:23:45,319

one at a time is truly inspiring.

1128

00:23:45,720 --> 00:23:47,079

Thank you so much, Jocelyn.

1129

00:23:47,079 --> 00:23:48,039

You've been listening

1130

00:23:48,039 --> 00:23:49,039

to a podcast

1131

00:23:49,039 --> 00:23:50,599

on parenting interventions

1132

00:23:50,599 --> 00:23:53,720

in Singapore : Reflections and the way forward.

1133

00:23:53,720 --> 00:23:54,799

Part of the NUS

1134

00:23:54,799 --> 00:23:56,920

Nursing Research Podcast series.

1135

00:23:57,200 --> 00:23:57,960

With us today

1136

00:23:57,960 --> 00:24:00,440

in the studio was Dr. Shefaly Shorey,

1137

00:24:00,440 --> 00:24:01,119

a tenured

1138

00:24:01,119 --> 00:24:02,319

Associate Professor

1139

00:24:02,319 --> 00:24:06,920

at the Alice Lee Centre for Nursing Studies,
National University of Singapore.

1140

00:24:06,920 --> 00:24:08,400
I'm Dr. Jocelyn Chew.

1141
00:24:08,400 --> 00:24:09,200
Thank you for

1142
00:24:09,200 --> 00:24:10,559
joining us in this episode.

1143
00:24:10,559 --> 00:24:11,359
And stay tuned

1144
00:24:11,359 --> 00:24:13,440
for our next podcast.