



Celebrating Mothers, Memories and Milestones at Mum's Day Out 2026

Singapore, 10 May 2026 – Mum's Day Out will return this Mother's Day, uniting families and the community in a heartfelt tribute to motherhood.

The event takes place on Sunday, 10 May 2026, from 8am to 1pm at One Punggol, Level 1 Celebration Square and The Plaza. It will be attended by Guest-of-Honour Dr Janil Puthucheary, Senior Minister of State, Ministry of Education & Ministry of Sustainability and the Environment, and Advisor to Punggol GRC Grassroots Organisations.

Mum's Day Out 2026 is jointly organised by MUMs for Life, DADs for Life, Centre for Fathering, the People's Association and Punggol GRC, in partnership with Families for Life and in support of the upcoming National Family Festival 2026. Mum's Day Out 2026 celebrates the unique identities and contributions of mothers while fostering stronger family bonds.

Mother's Day Art Competition and Exhibition

The Mother's Day Art Competition 2026, themed "Memories with Mum", has drawn strong support from schools and the community, with children expressing their love and appreciation through meaningful artwork. The competition received over 800 submissions across categories.

Participants competed across three age categories: Preschool (Ages 4–6), Lower Primary (Ages 7–9), and Upper Primary (Ages 10–12).

Entries were evaluated by a distinguished panel of judges: Ms Joyce Tan, Marketing & External Communications, Chick-fil-A; Ms Titiek Rohani, Co-Founder of Ibu Sepanjang Hayat; and Ms Amelia Ang, Chairperson of One Punggol CC's Women's Executive Committee (WEC). Submissions were assessed on their creativity, originality, clarity of theme, and artistic technique.

Public voting for favourite artworks was newly introduced this year. Members of the public voted for their favourite artworks via PollUnit (<https://pollunit.com/polls/mdo2026artcompetition>), bringing the wider community into the celebration of children's creativity and their heartfelt tributes to their mothers. Voting ran from 18 to 26 April 2026 and garnered over 10,300 votes. Public voting contributed 50% to the overall evaluation, alongside the judges' assessment. Shortlisted artworks will be on display at the Mother's Day Art Exhibition during Mum's Day Out 2026, offering glimpses into the unique perspectives of children and the cherished moments they share with their mums.

Deputy Prime Minister Mr Gan Kim Yong, Advisor to Punggol GRC Grassroots Organisations, will be presenting prizes to the winners, underscoring the importance of family, community, and the vital role parents play in nurturing the next generation.

“Our mothers love sacrificially, often in ways we only recognise looking back,” said Dr Xander Ong, Chief Executive Officer, Centre for Fathering. “Through this year’s theme, Memories with Mum, children have captured what their mothers mean to them, and the everyday moments they treasure most. These artworks remind us that love and belonging take root in the simplest of shared experiences, when parents are truly present.”

Dr Janil Puthucheary, Adviser to Punggol GRC Grassroots Organisations, said: “Events like Mum’s Day Out bring families together in meaningful ways. The art competition, in particular, gives children a voice to express their appreciation for their mothers, while strengthening the bonds that are so important in building resilient families and communities.”

“Art has a wonderful way of revealing what is most dear to us,” said Ms Amelia Ang, Chairperson of One Punggol CC’s Women’s Executive Committee (WEC). “The works submitted this year are a testament to the deep bonds between mothers and their children, and a reminder of how those bonds, nurtured in everyday life, shape the communities we build together. We’re thrilled to work with MUMs for Life to organise this meaningful celebration together in Punggol this year.”

Family-Fun Activities at Mum’s Day Out

The morning’s programme includes a Mother & Child Lookalike Contest, Creative Cheese Board Decoupage, a 5km Walk with Mummies, a relaxing Yin Yoga session, interactive booths, and a range of engaging family-friendly experiences. These activities have been thoughtfully curated to resonate with families, bringing this cherished annual tradition to the vibrant Punggol community.

About Centre for Fathering and MUMs for Life

Centre for Fathering (CFF) is a non-profit organisation founded in 2000 to promote active and involved fathering and address issues caused by fatherlessness in Singapore. The organisation turns the hearts of fathers and children towards one another by empowering more fathers to be better role models and an inspiration to their children. Launched on Mother's Day 2019, MUMs for Life is a ground-up movement to celebrate a mum's unique identity as a woman, daughter, wife and mother. Together, MUMs for Life and DADs for Life highlight the irreplaceable and complementary roles mums and dads play.

About Families for Life (FFL) Movement

The Families for Life Movement, led by the Families for Life Council, rallies individuals, families and organisations to celebrate families and strengthen family bonds towards building a Singapore Made for Families.

The Families for Life signature initiatives are:

- **Families for Life programmes and resources** to support strong family values, strong and lasting marriages and confident parenting.
- **Families for Life @ Community initiatives** to strengthen family relationships in convenient locations in 24 towns. Couples and families can participate in marriage preparation, marriage mentoring, marriage enrichment, parenting and grandparenting programmes, and parent peer support groups.
- **I Still Do** – campaign celebrating love, commitment, and marriage in February, with enriching online programmes, useful resources and activities for married couples.
- **National Family Festival** – a national celebration of the importance of families in June, with family bonding events and activities throughout Singapore.
- **Connecting Our Generations** – campaign celebrating the strong intergenerational bonds within families in October.

Visit www.familiesforlife.sg for tips, resources and interesting family activities as well as a wide range of meaningful volunteering opportunities.