



I want to have it all!

Working mum Adeline Foo not only manages three active young children, but finds time to write books for children.

"I want to have it all," Adeline Foo announces unabashedly. By "all", she means her family, work and her favourite pastime, writing. If you're thinking that's not possible, Adeline is excellent proof that it can be done. The warm and friendly 37-year-old manages to have it all.

She works part-time as Head of Corporate Affairs at the National Community Leadership Institute, the training arm of the People's Association, raises three young children and has authored four books for children. Her latest, *The Midnight Tree*, made its debut in April this year.

"I work four half days. With a supportive flexi work scheme, I can juggle work and family comfortably," says Adeline.

At home, Adeline has strong family support. Her retired parents help care for her children, Benjamin, eight, Tessa, five and Jeremy, three. On weekends, her two sisters-in-law lend a hand.

"My husband, Sek Min, is very involved in the parenting, too." The 38-year-old Senior Director of Airport Management Group at the Civil Aviation Authority of Singapore coaches their eldest in his school work, and takes the children out on weekends so she can write or do research for her books.

Adeline started writing children's books after receiving a publishing grant from the Media Development Authority and the National Book Development Council in 2006.

Her books support environmental awareness and help young kids connect to nature and animals.

"As a mother, I think it is important to teach children values like responsibility and caring for their family and the community they live in," adds Adeline.

"My books talk about sibling loyalty and loving and helping one another in the family – values which I treasure. I also write about animals and plants and the importance of being selfless, caring and compassionate."

All of Adeline's stories are based on her family's real-life experiences. "Through writing and bringing my books to life via story-telling sessions, my children have learnt to share our family stories and values at libraries and bookstores."

Her books serve another vital role too: Proceeds from the book sales – \$2 per book – are channelled to the Ronald McDonald Children's Charity (RMCC) to help sick children from needy families.

"My children are aware of my support for charity." Like me, they also do their part: her two older children, Ben and Tessa, appeared in a McDonald's commercial last year to raise funds for the RMCC.

Juggling these roles has its share of challenges. "Sometimes I wonder why I try to do so much. But I have a gift and that is to write for children. And I enjoy working with talented people like my illustrators and

publisher. Also, seeing my books in real form gives me and my children who are involved in the creative process, a great sense of achievement."

With such supportive employers who are willing to work around her short hours, Adeline feels it would be a let-down if she were to take the easy way out and quit.

So she's decided to have it all. And may we say she's doing a mighty fine job!

The McDonald's Moms Panel

When it comes to the well-being of children, there's no denying that mum knows best.

So McDonald's came up with the Moms Panel which aims to listen and learn from the panel so it can provide the best possible experience for families in its restaurants.

The Moms Panel, which extends globally, includes five mums from Singapore. It provide valuable insights, with a holistic body-mind-spirit approach, towards the well-being of children.

Brought to you by:

