

Host



Mr Desmond Choo

Minister of State, Ministry of Defence
Adviser to Tampines Changkat GROS

Mr Desmond Choo is the Minister of State for Defence at the Ministry of Defence and Deputy Secretary-General of NTUC, where he oversees economic and social policies, strategic communications, and international affairs. He is also the Executive Secretary of the Union of Telecoms Employees of Singapore and Advisor to the Young NTUC Committee.

Mr Desmond Choo helped introduce initiatives including Silver Zones for road safety, redesigned transport routes for seniors, and supported young families through programmes like Sunrise Smiles and community fridges.

During his tenure as Mayor of North East District (2017-2025), Mr Desmond Choo led the creation of Nexus, an internship platform giving youth early exposure to the working world.

Mr Desmond Choo was awarded the SPF Overseas Merit Scholarship in 1997 to study Economics at the University of Chicago. He is married with two young children.

Speaker



Prof Anne Rifkin-Graboi

Associate Professor (Research)
Department of Psychological Medicine
and Paediatrics,
Human Potential Translational Research
Programme, Yong Loo Lin School of
Medicine, National University of
Singapore

Anne Rifkin-Graboi, PhD, is a Research Associate Professor at the National University of Singapore whose research focuses on parenting, child development, and the developing brain. Trained at the University of California, Berkeley and Harvard Medical School, she has spent nearly two decades in Singapore examining how early experiences relate to children's emotional, cognitive, brain, and physical development. She currently leads LOVING, a large trial of parenting interventions in Singapore.

Anne also enjoys bringing developmental science to parents and the wider public. She has given a TEDx talk, appeared in the Netflix documentary series Babies, and is the author of the recently published Raising Confidently Curious Kids: The Science Behind Why Close Parent-Child Relationships Are Important and How to Foster Security and Discovery.

Speaker



A/Prof Helen Chen

Clinical Associate Professor,
Duke National University of Singapore

Senior consultant psychiatrist,
KK Women's and Children's Hospital

Assoc Prof Helen Chen is Senior Consultant Psychiatrist, Department of Psychological Medicine, KK Women's and Children's Hospital, Duke-National University of Singapore. She completed her training in perinatal psychiatry in UK at Queen's Medical Centre, University of Nottingham, and has many years of clinical experience and academic expertise in maternal mental health. In the past decade, she has been focusing her work particularly in the field of perinatal infant mental health, building capacity and fostering shared learning experiences in dyadic interventions.

She strongly believes in advancing academic knowledge and expertise and to date, has over a hundred publications as author/co-author. As a mother of two daughters, she also understands well the challenges and joy of raising children in Singapore.