

# INFOCUS



INFOCUS is a monthly publication that provides advice and tips to help employers build a positive working relationship with their migrant domestic workers

## A well-rested helper can take better care of your family



Dear Employer,

A well-rested Migrant Domestic Worker (MDW) can perform her chores safely and take better care of your family's needs. Provide your MDW with short breaks during her working hours. This will help her get sufficient rest, recharge and improve her physical and mental well-being.

### Adopt 'REST' as good practices



**R**each out regularly to check how your MDW is coping.



**E**ncourage her to engage in meaningful activities during her rest day.



**S**chedule her chores realistically to prevent overworking.



**T**ake care of her well-being by allowing her to take short breaks between chores.

### Important Reminder

By end-2022, employers will be required to allow their MDWs at least one rest day a month that cannot be compensated away. Your MDW will be able to recharge and form a network of support outside the household.

If your MDW does not have a rest day, do speak to her and come to a mutual agreement on the arrangements. You may also wish to work out alternative arrangements to meet your household needs while your MDW is away on her rest day. Community-based services are available.



### Did You Know?

You can check the status of your MDW's work pass application, including renewals. Simply key in your MDW's date of birth with FIN or passport number. [Try it now!](#)

