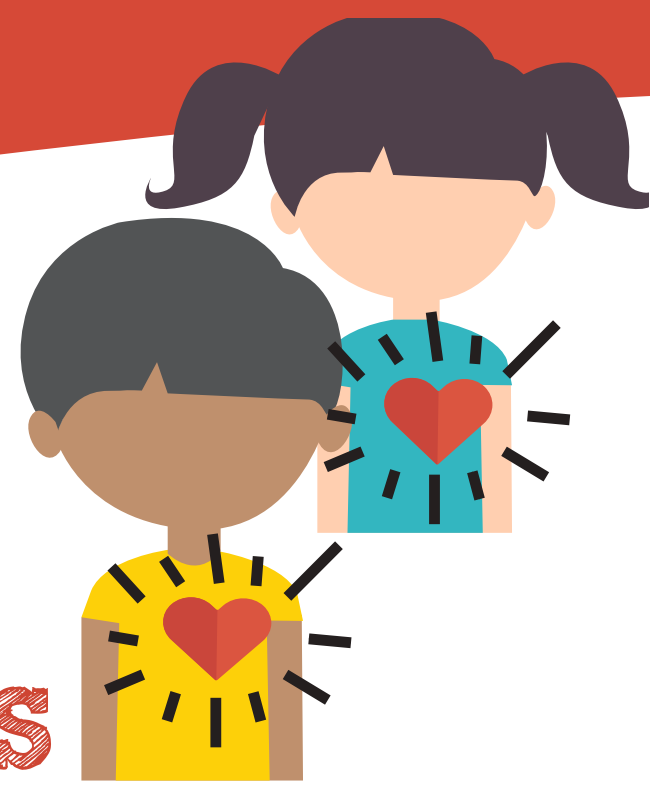


Boosting Your Child's Emotional Strength and Self-Management Skills



Support your child in emotion regulation, decision-making and problem-solving for effective self-management.

Tips and Resources



Build your child's emotional strength with these tips and examples.

<https://tinyurl.com/resil-boosters>



Guide your child to make wise, safe and responsible decisions using the Sense-Think-Act strategy.

<https://tinyurl.com/conf-children>



Guide your child to solve problems using the S.O.D.A.S. strategy.

<https://tinyurl.com/resil-boosters>



Further Resources

Tips to help your child self-regulate and manage his emotions:

Source: Common Sense Media

<https://tinyurl.com/self-regulate>



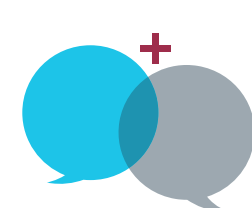
Care for your child's emotional health and build your child's emotional resilience with these strategies:

Part 1: <https://tinyurl.com/pt-resil1> Part 2: <https://tinyurl.com/pt-resil2>

Ideas on toning down your child's strong language:

Source: Common Sense Media

<https://tinyurl.com/toningdown>



Try out this problem-solving approach to help your child become a self-directed learner:

<https://tinyurl.com/self-drted>

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PROVIDING SOCIAL AND EMOTIONAL SUPPORT FOR YOUR CHILD

A Collection of Resources for Parents

As parents, we want to see our children grow up to become confident and resilient individuals. We hope that the following resources will be useful in your parenting journey of providing social and emotional support for your children, so that they will learn to persevere and adapt positively to challenges.



BUILDING Resilience in our CHILDREN



RESILIENCE BOOSTERS

<https://tinyurl.com/resil-boosters>



The ability to thrive despite challenges arises from the skills of resilience. Here are some resources and activities you can engage with your child to strengthen his/her resilience.



<https://tinyurl.com/conf-children>



RAISING CONFIDENT CHILDREN

Our children will be self-confident when they have a sense of competence and belonging. A supportive network of positive relationships will help them manage challenging situations. This set of resources also shares how parents can promote a growth mind-set in children.



Nurturing Parent-Child Communication



Support your child socially and emotionally by creating time and space for meaningful conversations.

Tips and Resources



Conversations with your child can be made more meaningful and nurturing with S.P.A.C.E.
<https://tinyurl.com/space-card>



Nurture your child's perseverance and love of learning through positive messages.
<https://tinyurl.com/conf-children>

Building S.P.A.C.E. into our Conversations

More of this...	Less of this...
S upport acknowledge, "Tell me more..." "Your thoughts matter."	not discount "There is no reason for you to feel this way."
P roblem solve with, "What have you done before that worked?" "Let's think of what we can learn from this..."	not for "This is how you should do it." "I told you before, why didn't you listen to me?"
A ffirm specific, "Good effort! How did you do it?" "I see you are good at..."	not general "Good job!" "You are so smart!"
C heer inspire hope, "Thanks for..., it really made a big difference."	not fear "If you don't..., you won't get..."
E mpower build up, "We can try your suggestion." "How would you like me to support you?"	not take over "It'll be faster if you do it my way." "Let me do it for you."

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Raising Confident Children

Promoting a Growth Mindset¹

Our children need to believe that their abilities can be developed through hard work and perseverance. With a growth mindset, they can develop a love of learning and mental resilience. This would help them view challenges and failures as opportunities to improve.

Use positive, uplifting messages
Dad, look! If I can cycle, I can join my friends in such activities!
This is way tougher than I thought!
I'm trying my best!
Go on, you can do it! You were very enthusiastic about learning to cycle.
I tried! I told you I can't!
No, you made good progress. You stayed on longer this time. I'm happy to see you putting in effort to improve.
Hey, it's OK to fail. What's important is that we learn from our mistakes and not give up. You did go further today!

Encourage your child to persist in completing an activity despite the difficulties.
You're doing great! Now, look up and pedal harder.
Yes, Dad!

Help your child to discover new strategies to improve her skills.
Yes! Well done! Your determination and effort have paid off!

Praise your child for her mental strength and perseverance.
Look, Dad! I did it, I can cycle!

¹ The concept of a 'growth mindset' was developed by psychologist Carol Dweck.



Further Resources

Ideas for family bonding activities

<https://www.familiesforlife.sg>

'Love Them, Talk About Sex' -
A guide to help parents communicate with their children on sexuality issues

<https://tinyurl.com/MOE-SEdguide>

Conversation starters

<https://tinyurl.com/convstarters>

Dealing with peer pressure and the media influence

<https://tinyurl.com/HealthHub-peers>

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Raising Confident Children and Setting Meaningful Goals



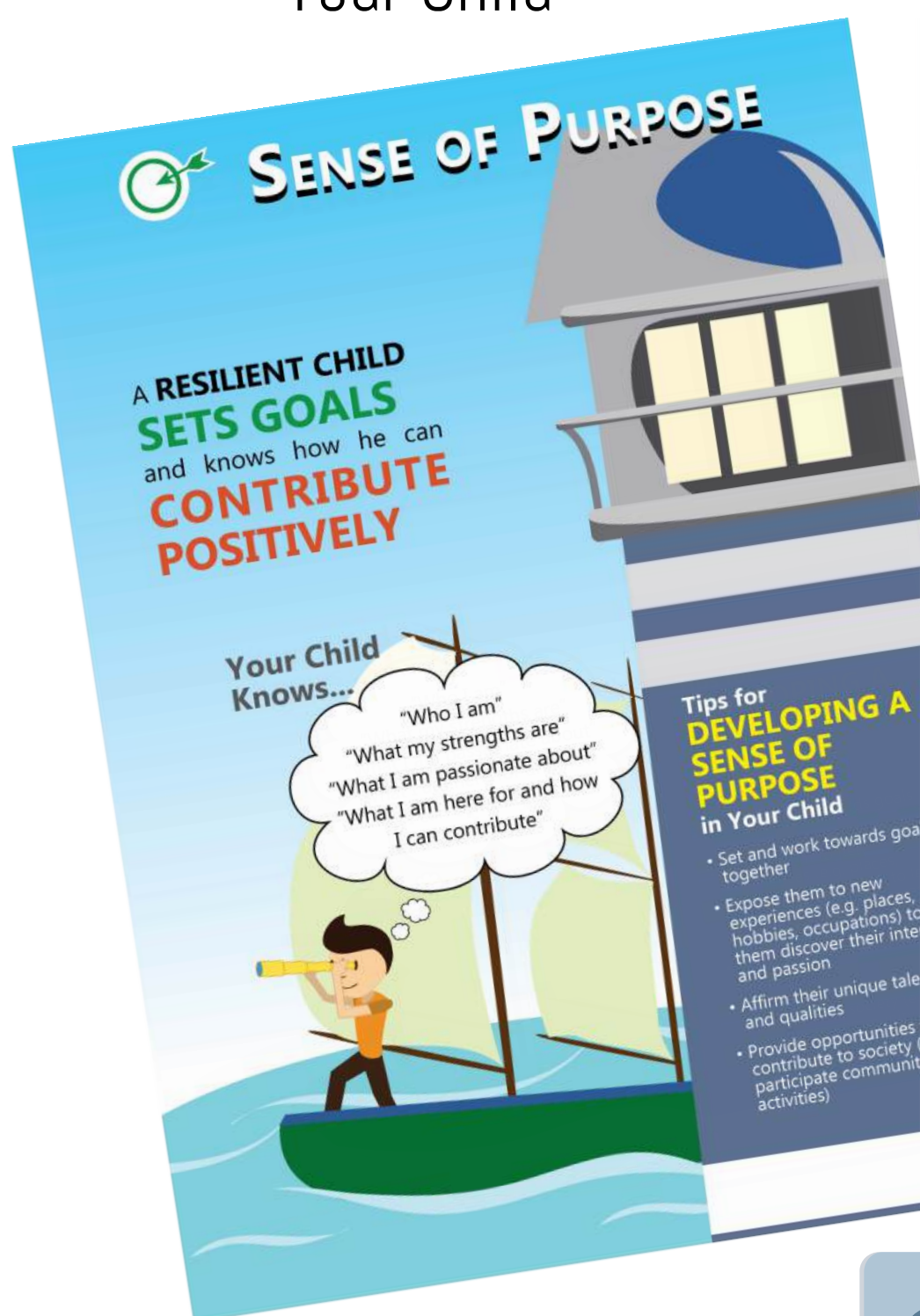
Support your children in identifying their individual strengths and interests and be a part of their goal setting

Tips and Resources

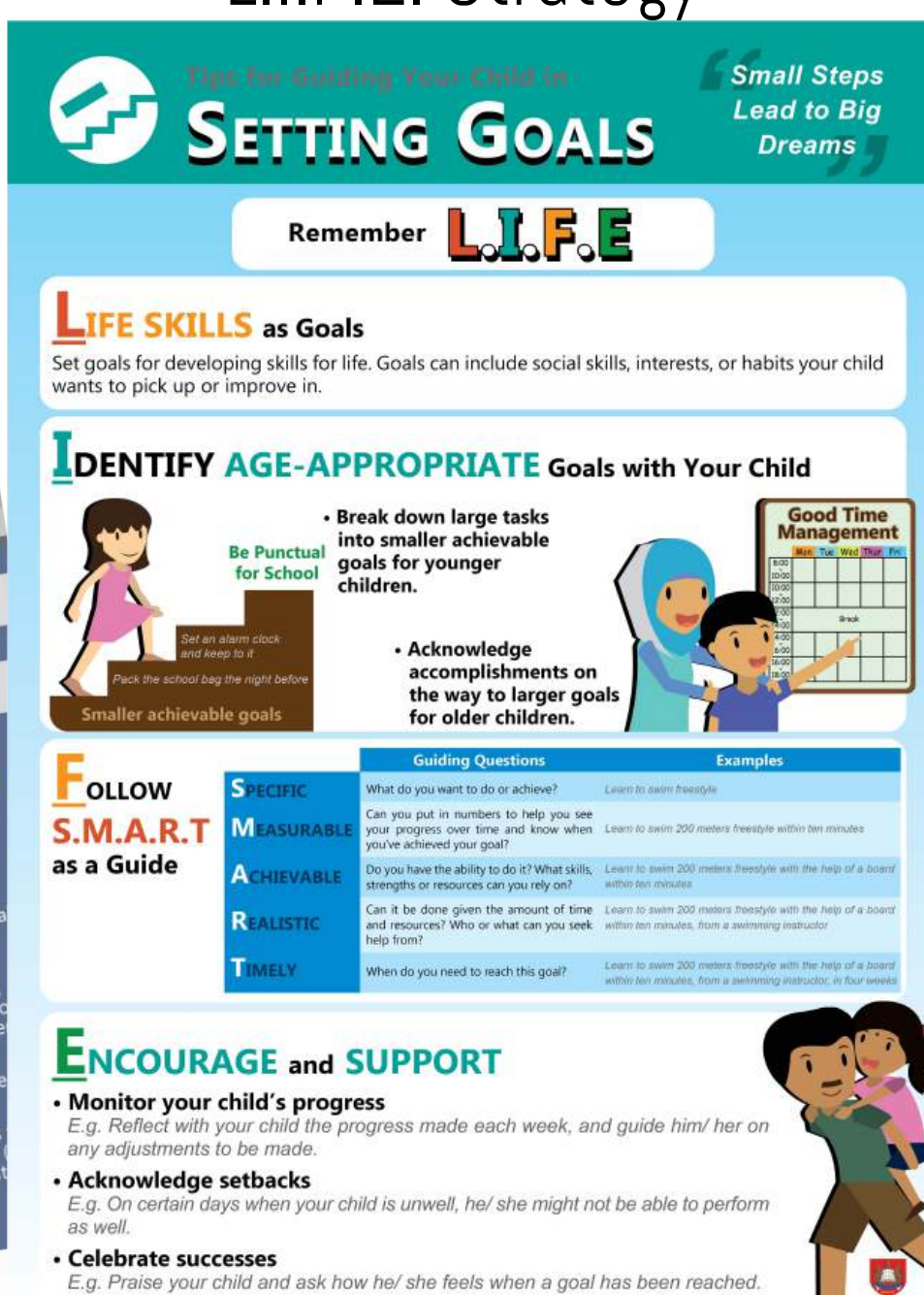
<https://tinyurl.com/resil-boosters>



Tips for Developing a Sense of Purpose in Your Child



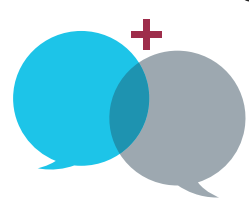
Help Your Child Take Small Steps to Big Dreams Using L.I.F.E. Strategy



Build Character Strengths in Your Child Through Guided Conversations



Further Resources



Journeying with Our Children, Achieving Their Aspirations: A Guide for Parents/Guardians in Education & Career Guidance

<https://tinyurl.com/ecgparentguide>



Hand in Hand Journeying Together: A guide to understanding the role of educators, ECG counsellors and other stakeholders in guiding your child

<https://tinyurl.com/ecg-handinhand>



Help your Child Explore What's Next After PSLE / N / O / A levels

<https://tinyurl.com/ecg-whatsnext>



Play a Part in Helping Your Children Navigate Their ECG Pathways & Taking The Next Step Forward

<https://tinyurl.com/ecg-nextstep>

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SUPPORTING YOUR CHILD THROUGH TRANSITION

Is your child going to Primary 1, Primary 5, Primary 6, Secondary 1 or Secondary 3?



<https://tinyurl.com/support-in-transitions>



Why not use the T.A.D strategy and other quick tips in the following resources to talk with your child?

Supporting your child's transition through Primary 1

Build a caring home environment to nurture the social and emotional skills of your child using these S.A.F.E. tips.

SUPPORT

- Count down time every weekend to play games we have fun together.
- Visit places or take part in events that both of you enjoy.
- Encourage your child to make new friends.
- Try out PTGP Family Time activities.

AFFIRM

- Encourage your child when he makes observations. E.g. Say "That's interesting!" and ask why he/she said that.
- Recognise small successes. E.g. Say "You're making another new friend to play with - well done!"

FAMILIARISE

- Find out what primary activities have to be done for children these days.
- Do practical things to make your child into new routines. E.g. Have daily routines together. Teach your child how to hold the pencil like his/her teacher.

EMPATHISE

- Teach your child what to describe feelings.
- Acknowledge your child's emotions. E.g. "It's okay to feel nervous about starting school."
- Understand your child's needs. E.g. Start bedtime early. Children need a lot of sleep.

Spent Time Chatting. Use T.A.D.

Talk Talk about how nervous of your new school days. E.g. What you did in Primary One, how teachers and classmate are like.

Ask Ask about his/her thoughts and feelings about the school. E.g. PTGP activities, what he/she felt support.

Discuss Discuss together what can be done if he/she has worries at school. E.g. Explain how people that help.

QUICK TIPS

- Listen without interrupting.
- Read your face and ask questions to show interest and affection.

Supporting your child's transition through Primary 5/6

Build a caring home environment to nurture the social and emotional skills of your child using these S.A.F.E. tips.

SUPPORT

- Encourage your child to talk to a trusted adult for guidance. E.g. Family members, school counsellors and teachers.
- Help your child understand decisions made and actions taken. Share the reasons for them.
- Keep rules short and realistic. E.g. No handphone allowed during most times.

AFFIRM

- Recognise higher demonstration of good values or social skills. E.g. Respect or good time-management.
- Praise your child's efforts regularly. Only praising his/her without praising any justified praise at other times can be demotivating.

FAMILIARISE

- Find out what Primary 5 and 6 is like for students these days. Moderate your expectations according to your child's own strengths and development.
- Share information on physical changes during puberty. Include the range of emotions that may accompany it.

EMPATHISE

- Show that you understand your child's concerns. Be flexible in guiding your child when necessary. E.g. Try your voice down when you talk to him/her at different times and circumstances.
- Teach with less talk and more role-modelling. Children learn a lot by simply watching.

Spent Time Chatting. Use T.A.D.

Talk Talk about how that friends might pressure him/her to do, which may be harmful. E.g. Risk taking, drinking to meet an online friend, or getting into online gaming.

Ask Ask your child about interests he/she would like to explore, and what he/she needs to do to develop them. E.g. Make time for practice, sign up for courses/lessons.

Discuss Discuss a variety of responses that your child may be interested to explore. E.g. Chat, teacher, designer, fashion agent.

QUICK TIPS

- Listen without being distracted. Put aside whatever you had been doing.
- Be prepared to accept your child's views even though you may not fully agree with them.

Supporting your child's transition through Secondary School

Build a caring home environment to nurture the social and emotional skills of your child using these S.A.F.E. tips.

SUPPORT

- Find out how your child's preferences are changing. Show interest by asking open-ended questions.
- Make a habit of chatting at a fixed time each day. E.g. At dinner time.

AFFIRM

- Remember your child's strengths. Build his/her self-esteem in these areas. E.g. "You have the unique ability to get along well with people."
- Praise and affirm efforts in front of relatives and friends. E.g. "This is very helpful towards her grandparents."

FAMILIARISE

- Find out what secondary school life is like for students these days.
- Explain to him/her about new experiences secondary school students can have.
- Encourage him/her to pick up a new hobby or home skills in outdoor sports.
- Limit his/her time spent on digital devices.

EMPATHISE

- Acknowledge your child's varying emotions. E.g. "I understand you feel nervous about starting school without any of your old friends."
- Encourage your child to share thoughts and feelings about the new school.
- Prioritise sufficient sleep.

Spent Time Chatting. Use T.A.D.

Talk Talk about the different realities faced by him/her these days compared to the past. E.g. How you communicated with friends without social media.

Ask Ask about his/her thoughts and feelings on people and events around him/her or in the news. E.g. What he/she needs to be doing, what he/she needs to be doing, what he/she needs to be doing.

Discuss Discuss more acceptable boundaries with regard to the use of electronic devices. E.g. What are some rules for using mobile phone safely to avoid a fake post?

QUICK TIPS

- Listen attentively to understand what your child might be feeling and thinking.
- Avoid providing advice immediately when not asked.

Supporting your child's transition through Upper Secondary

Build a caring home environment to nurture the social and emotional skills of your child using these S.A.F.E. tips.

SUPPORT

- Let your teen be alone if he/she does not feel like doing anything together with you, but be available when he/she needs you.
- Have meals together regularly. It offers a way to connect.
- Be flexible. Allow more independence as your teen demonstrates more responsibility.

AFFIRM

- Describe what is done right and why it is helpful whenever you praise your teen. Specific praise is more genuine and encouraging.
- Be sensitive to your teen's preferences. E.g. Give praise in private if he/she tends to be easily embarrassed.

FAMILIARISE

- Find out what post-secondary institutions have to share for students these days. Make informed decisions together.
- Highlight how different institutions and industries can match your teen's interests.

EMPATHISE

- Respond to your teen's emotions without judging. E.g. "I can see you're stressed about the end of O-Level studies."
- Encourage your teen to share with you why he/she makes certain decisions. Acknowledge his/her struggles and strengths.

Spent Time Chatting. Use T.A.D.

Talk Talk about your teen's interests. Encourage him/her to share the who, what, where, when, why and how of that interest. E.g. Sports, the latest phone apps, fashion.

Ask Ask about his/her thoughts and feelings on the latest posts and discussions on social media. E.g. Issues on bullying.

Discuss Discuss how boundaries in your teen displays greater maturity. E.g. Allow a later bedtime - recognise that he/she can be trusted with more responsibilities.

QUICK TIPS

- Listen patiently, allow your teen to draw his/her own conclusions if needed.
- Provide a safe space for your child to vent and talk.

PRAISE AND GRATITUDE



As parents, it is important to model positive behaviours to our children. Expressing gratitude and praise are among such behaviours. Learn how to do it right and do it well with these resources.

Praise Your Child

DO IT RIGHT. DO IT WELL.

Praise the process, not the person.

Focus on the efforts, not the outcomes.

Be specific. Avoid generic statements.

Use simple statements.

Do not overpraise.

Be genuine and sincere.

Give age appropriate praise.

Avoid comparisons.

Catch your child doing good.

How do you PRAISE your child?

References: Dwyer, C. & Dwyer, C. (2018). Using Praise to Enhance Student Resilience and Learning Outcomes. *Journal of Personality and Social Psychology*, 78(1), 33-52.

Ministry of Education, Singapore

Gratitude

5 things any parent can do

01 Model it

Thank your family, neighbours, or the people working around you - let your children see your gratitude. Spread the happiness!

02 Encourage it

Suggest that your children write a note of gratitude and read it aloud to someone they appreciate. It'd make your children feel glad too!

03 Share it

Start meal times by sharing something each one feels grateful for. The positive emotions shared builds bonds!

04 Praise it

Spot grateful behaviour and praise them for it. Say, "You thanked your friend for sharing - good job! I'm sure he felt glad and it helped your friendship grow!"

05 Reminders for it

Put notes on the fridge or in the room to remind them to be thankful for their health, siblings, etc. Or text them about a blessing you noted!

References: *Positive Psychology* (2018). *Gratitude: A Guide for Parents*. Cambridge: MIT.

Ministry of Education, Singapore

<https://tinyurl.com/praise-well>

<https://tinyurl.com/gratitude-parents>

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