

# Resources and Tips for Parents

How to support your teen in ECG

# Providing support for your teen...



- Celebrate your teen's efforts.
- Pay attention to your teen's socio-emotional needs. Acknowledge your teen's emotions. Help him/her manage his/her expectations and emotions, especially if he/she have overly high expectations or negative emotions.
- Engage your teen in conversations on his/her education interests and support him/her in pursuing his/her diverse aspirations. Remind your teen that the GCE A-Level results do not determine how successful he/she will be in the future
- Work in partnership with your teen's teachers to identify, understand, and encourage your teen's strengths and interests



## Providing social emotional support

- Look out for out-of-character behaviours in your teen, e.g. deliberate social withdrawal, sudden changes in appearance or temperamental changes.
- Should common signs of stress persists, parents should seek help and advice from a health professional.
- You may wish to inform your teen's new educational institution on his / her well-being, so that appropriate support can be given, e.g. monitoring by the teaching staff or counsellor.

<b>D</b>	Displaying out-of-character behaviour
<b>I</b>	Injuries that are unexplained (including cuts, bruises or burns)
<b>S</b>	Sudden changes in appearance, interests or habits (including eating or sleeping)
<b>T</b>	Temperament changes (irritable, agitated, moody, stressed or anxious)
<b>R</b>	Rebellious/ aggressive behaviour
<b>E</b>	Extended absence/ deliberate social withdrawal
<b>S</b>	Struggling to pay attention/ increased lethargy
<b>S</b>	Sending/ posting moody or morbid messages (including expressions of death)

Image source: <https://go.gov.sg/distress-signals>



# Supporting Your Teen through Post-A Level Transition

## Spend time chatting. Use T.A.D.

### TALK

Talk about your teen's new experiences and the people he/she has met.

E.g. Discuss how technology and jobs have changed, his/her future plans and social circles. Share your own experiences too.

### ASK

Ask about his/her thoughts and feelings on issues.

E.g. Global and national issues, role-models, relationships with friends and the opposite gender.

### DISCUSS

Discuss your teen's aspirations and possible plans to support them.

E.g. Skills and knowledge that your teen needs; factors that motivate him/her towards their goals; ways to overcome obstacles.

### QUICK TIPS >

- **Listen** with an **open mind**.
- **Provide** a **supportive environment** that allows your teen **space** to express his/her feelings and views.
- Find a **healthy balance** between setting **limits** and encouraging **independence**.



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# Supporting Your Teen's Transition through Post-A Level Education



## SUPPORT

- **Seek to understand your teen's preferences, needs and choices.**
- **Be there to listen non-judgementally and avail yourself as a sounding board** as your teen explores and shares his/her own stand and views.
- **Spend quality, one-to-one time with your teen.**  
E.g. Take advantage of regular opportunities to start a conversation, like at mealtimes, when commuting or running errands.

## FAMILIARISE

- **Encourage him/her to explore new opportunities or hone new skills.**  
E.g. Taking on new roles in class, CCA, school or the community.
- **Adjust boundaries with your teen as you allow them to take greater self-responsibility.**  
E.g. Time spent with social groups, daily curfews and postings on social media.
- **Get to know your teen's social circles.**  
E.g. Invite your teen's new friends over for a meal.
- **Develop your teen's sense of responsibility and ownership** by providing opportunities for him/her to **contribute** at home and in the community.



## AFFIRM

- **Praise and affirm your teen for well-considered choices and responsible decisions made.**  
E.g. "I am proud of how you are willing to support your peers in their time of need."
- **Cheer your teen on and celebrate any successes together.**  
E.g. "I believe in you" and celebrate with his/her favourite food or drink.
- **Express gratitude to your teen for helping at home.**  
E.g. "I appreciate you helping with the housework when I was tired from from work."

## EMPATHISE

- **Seek to know and understand what motivates and gives him/her meaning in life.**
- **Acknowledge your teen's views and feelings, strengths and struggles.**  
E.g. "I understand you now have to manage working with many different people."
- **Assure your teen that you are there for him/her even as he/she makes his/her own decisions.**  
E.g. "I am glad you shared your plans with me. How would you like me to support you?"
- **Share tips for and encourage healthy lifestyle habits** such as sufficient rest.

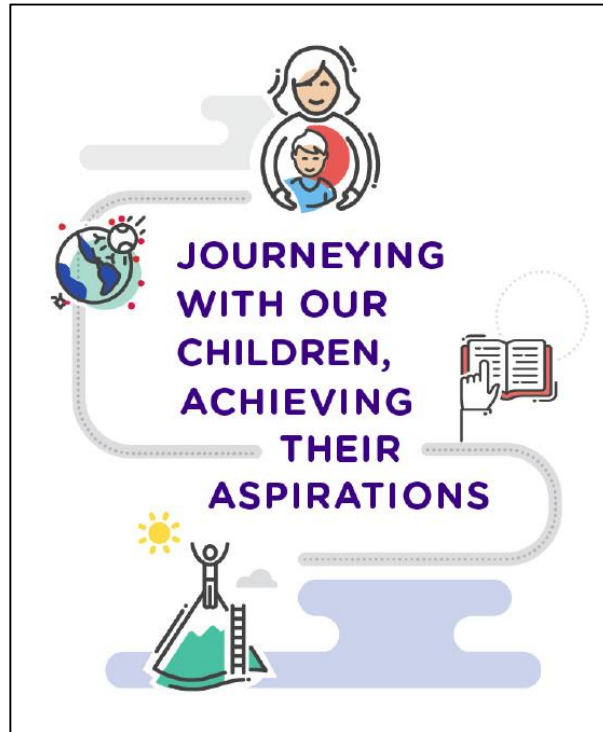
S.A.F.E tips on how you can support your teen's transition through post-secondary education.

<https://go.gov.sg/support-in-transitions-el>



# ECG Parent Guide

[go.gov.sg/ecgparentguide](https://go.gov.sg/ecgparentguide)



## 7 Points to Note When Supporting Your Children's Education and Career Journey





## Resources to provide social emotional support



- i. [Building S.P.A.C.E into Our conversations](#)
- ii. [Gratitude](#)
- iii. [“Is your child too stressed?”](#) infographic
- iv. [“Setting realistic expectations”](#) infographic



# For More Information

- Visit [www.moe.gov.sg](http://www.moe.gov.sg)
- Contact MOE Customer Service
  - [www.moe.gov.sg/contact](http://www.moe.gov.sg/contact)





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