



RAISING ROCKERS!

Responsible, **O**ptimistic, **C**ourageous,
Kind, **E**nthusiastic and **R**esilient Children

A parenting kit from **MWS FSP**
for the Circuit Breaker Period



Family **S**upport **P**rogramme



DEAR PARENTS AND GUARDIANS,

THE CURRENT COVID-19 SITUATION IS A TRYING TIME FOR ALL OF US. SOME OF US MAY BE **FEELING** FEARFUL AND ANXIOUS. WE MAY ALSO FEEL THAT WE ARE LOSING CONTROL OVER THE SITUATION. WE, AT MWS FSP, HAVE DESIGNED THE FOLLOWING KIT TO HELP YOU AND YOUR FAMILY EXERCISE CONTROL. THE ABILITY TO FEEL **CALM** AND BE IN CONTROL DURING THIS DIFFICULT PERIOD WILL HELP US MAINTAIN THE CLARITY WE NEED TO RAISE OUR CHILDREN TO BECOME ROCKERS.

How to keep

CALM?

There are basically 2 ways.

One, you accept and manage the situation you are in.
Two, you exercise a growth mindset by making changes.

Change

Can I change/control
the situation I am in?

NO

Accept

I accept the situation I
am in

Let Go

I let go of my
concerns/worries and
expectations and
exercise self-care

Manage

I manage what I can
control now

YES

Advocate

I take actions to
exercise control

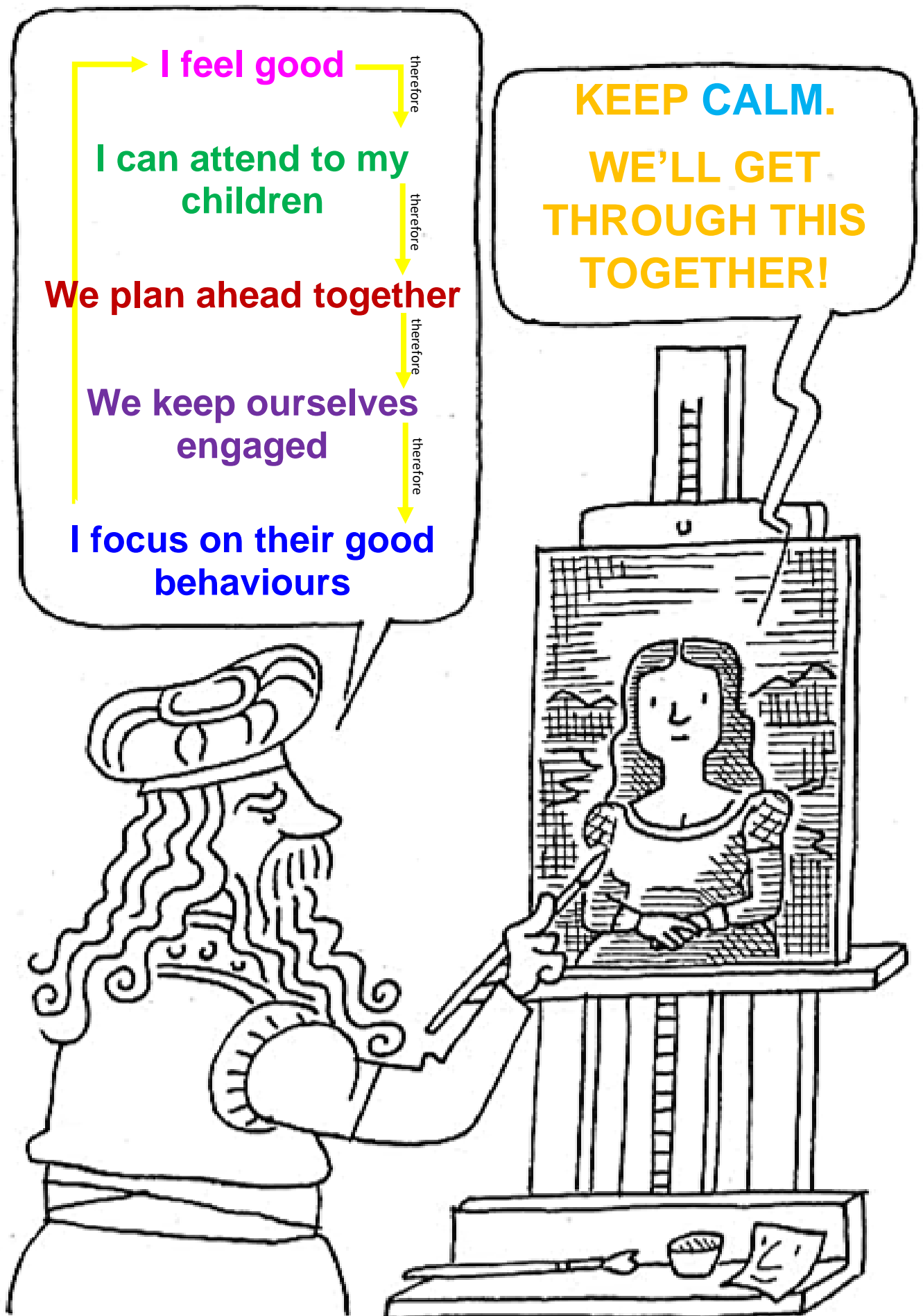
Learn

I learn from the
knowledge and
experience I have to
take better actions

Motivate

I exercise positive self-
talk to inspire myself to
change

The flowchart below is useful in helping us control and influence our actions in this WFH and HBL situation.



How to feel good by taking care of yourself?

SELF-CARE @INDIVIDUAL

Practise mindfulness. Consider Insight Timer & Calm apps

Exercise

Call positive and supportive friends

Keep a **PA+T** diary. Expand on the following topics:

- I am **P**roud that ...
- I **A**ccept that ...
- I **A**llow myself to be...
- I am **T**hankful for ...

Get support from others so that you can spend time doing activities away from your children

SELF-CARE @PARENTING

Set routine and rules

Keep your children busy when you need some quiet time

Let your children know when you are not in control of your emotions. Take a break and talk with them later.

Involve your children in doing household chores. You can make it into a game (eg. gamifying the picking up of toys)

Find fun and relaxing activities to do as a family

SELF-CARE @HOME

Put on your ear phone to listen to your favourite music list when doing housework

Take a power nap when your children are asleep

Bake/Cook food that smells good to you

Do some quiet and nice activities (eg. read a book) when your children are also doing quiet activities

Watch your favourite TV show

Listen to soothing music before you sleep

SELF-CARE @WFH

Set up a tidy work space

Make a straight forward To-Do List (3 to 5 items) and take actions to achieve it

Take time to move - Do some simple stretching exercises

Read some light-hearted articles for entertainment

Practise mindful eating

Choose 3 ways you will exercise self-care today









BEFORE PROCEEDING TO THE
NEXT SECTION,

PLEASE WATCH THIS VIDEO

[HTTPS://BIT.LY/2XKMxMK](https://bit.ly/2XKMxMK)

WHAT DO YOU THINK? PERHAPS
YOU CAN DISCUSS THIS WITH
YOUR CHILD

How can I calmly attend to my child?

Share & Ask	What to Say
<p>Facts</p> <ul style="list-style-type: none"> - Keep it short and simple <p>(Use 1 fact to start a conversation)</p> 	<ul style="list-style-type: none"> • Different working & learning arrangement <ul style="list-style-type: none"> ○ I will be working from home and I have to get used to my new work arrangement. You are also doing home-based learning. • Change in the way we socialise with others <ul style="list-style-type: none"> ○ We cannot go out to meet relatives and friends for the time being to prevent viral spread. Social distancing is a must now. • Data-Usage <ul style="list-style-type: none"> ○ With all of us at home, increased data usage may slow down connection speed. We might have some disagreements over this matter.
<p>Emotions</p> <ul style="list-style-type: none"> - Empathise - Acknowledge - Affirm - Assure 	<ul style="list-style-type: none"> ○ How do you feel about your situation? ○ I'm worried too. But I believe things will work out eventually. ○ I don't blame you for feeling this way. ○ I will feel the same way if I were you. Your feelings are normal; many people are in the same situation.
<p>Thoughts</p> <ul style="list-style-type: none"> - Ask for thoughts - Share thoughts - Accept thoughts 	<ul style="list-style-type: none"> ○ Can you tell me what you are thinking? ○ Help me understand your situation by telling me more. ○ I accept what you are thinking. Let's find a way to solve this issue. ○ There is a lot on your mind now. Let me know when you are ready to chat. ○ What do you think of the suggestions I have given you?
<p>Actions</p> <ul style="list-style-type: none"> - Praise - Plan Ahead - Set agreements - Reconcile if necessary 	<ul style="list-style-type: none"> ○ I am happy that you shared. ○ I believe that a schedule will help us stay calm and not get into unnecessary struggles. Let's plan together. ○ What plans do you have so that I can support you? ○ Sorry I lost my temper. When can we start again?



BEFORE CONTINUING,
CALMLY & SLOWLY,
JOIN ALL THE DOTS WITH ONE
CONTINUOUS LINE

How to execute a family plan of action?

HAVING A FAMILY PLAN

Think about getting to an unfamiliar destination. Wherever the destination is, we need to know where we are right now and where we would like to head towards before a roadmap (or GPS) can be charted.

If you want to move forward you'll need a plan in structure to keep you on track and help you track your progress.

CREATE YOUR FAMILY SCHEDULE



Using a white board, have each family member create their own daily schedule. Give time blocks for things such as "chores," "creative time," "reading" or "exercise." The plan should also involve regular hand washing and other hygiene habits.

After creating your schedules, stick to them daily & have ongoing conversations about what works, what doesn't and what is important about keeping a regular schedule, even while staying at home.

SHARING A COMMON SPACE



As more of us are staying home from work or school, it is important to talk about how to be considerate of each other's needs and to respect each other's space. This will reduce the likelihood of conflicts, but be aware that as we see more of each other, it is natural for more conflicts to occur.

You may want to designate a specific space for each member of the family to work at, and build in rewards when family members respect these spaces.

STRUCTURE REWARDS FOR BEHAVIOURS YOU WOULD LIKE TO SEE MORE OF



List down some specific positive behaviours you would like to see your child doing.

Link the positive behaviours to rewards they could earn - make some rewards easy to achieve so that your child is encouraged to start behaving positively.

IF YOU REALLY NEED TO GO OUT



Before going out, talk with your child about what you expect. Your child may need to be reminded on how to put on a mask, keeping hygiene habits and the importance of social distancing.

After the outing, review some things that your child did well and offer praise. If there were things that did not go well, gently remind your child on what they should have done instead.

How to communicate and motivate your child to complete HBL?

1. Communicate expectations 1 at a time

"We want to help you schedule a time each day to do your homework. We want to make sure that you fix a time to start your home-based learning and given work so that there is no question as to when you should do them. We also want to make sure that you allow enough time to do them well."

Pause and ask your child: "Can you repeat what I've just said?"

"We know that sometimes the work is difficult for you, but you are going to have to do your work on your own. We will not do your work for you. We will be around to help you though. We will approach you to see if you need help every 20 minutes."

Pause and ask your child: "How will I help you with your work?"

"If you speed through your work (or forget your work), you will still be expected to do academic work for the rest of the time. You can slow down so you will learn more instead of just finishing for the sake of it. If you complete your work before your schedule, you can read, study for tests, or brush up on classwork. You will not spend the time watching TV, playing computer games, or doing anything unrelated to school."

Pause and ask your child: "What will happen if you speed through or forget your work?"

"After you complete your work at the scheduled time properly, you can go ahead to do other activities. I will be disappointed if you did not complete your work at the scheduled time. If this happens, you will need to complete it when others are doing their leisure activities."

Ask your child: "What is the consequence of you not completing your work?"

2. Support your child during the process

- Praise your child's effort (find out more under Focus on Good Behaviours)

- Communicate care and empathy

"We know that doing homework is hard at times. We have some great ideas that will make it more enjoyable for you. When you do your work well, you will earn points. We're doing this because we really want to help you do your best!"

- Beat The Clock (your child takes forever to start/complete work)

"I'm going to set this oven timer (stopwatch, etc.) for 60 minutes. If you get your work done correctly before the timer goes off, then:

- you'll earn extra 2 points on your chart
- you can (something you are willing to give immediately)

- Trade Off (your child keeps running to you for help)

"I know you can do your homework on your own without asking me so many questions. Let's play a game that will help you do this. I am going to pass you these items (decide how many and what items to give. eg..raisin, jelly etc.)"

Pause and tell your child: "Each time you ask me for help with your work, you have to give me one of these items."

Pause and tell your child: "When they're all gone, I won't help you anymore. At the end of your schedule, you get to keep what's left."

3. Firmly communicate if expectations are not met

- Broken Telephone Technique

a. It's homework time. I want you to start your homework now.

If your child bargains with you, keep quiet for 5 seconds and REPEAT

b. I understand, but I want you to do your homework now.

- Back Up Your Words with Actions

"You have a choice. You can do your work during the Daily Work Time or you can choose not to have privileges. If you choose not to do your work, then from the beginning of Daily Work Time until you have finished your work you will lose these privileges: You will not leave this house. You will not watch TV. You will not listen to music. You will not be allowed to use the telephone, either to make or to receive calls. You will sit there until your homework is done. The choice is yours."

Please use this chart to reward good behaviours



Activities & Tasks	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Discuss and record consequences when agreements are broken
Example 1 Complete work by 5pm								WIFI time reduced by 1 hour
Example 2 Leave handphone in the living room by 10 pm before sleeping								Can only use handphone until 7 pm the next day
	👍						👍	
		👍				👍		
			👍		👍			
	👍			👍			👍	
			👍		👍			
Total points for the week								

1 point given for every task completed. 2 point given on days marked with a 👍

Let's be **Responsible** and **Resilient**.

Here's how we will like to reward you for your effort:

20 to 24 points =

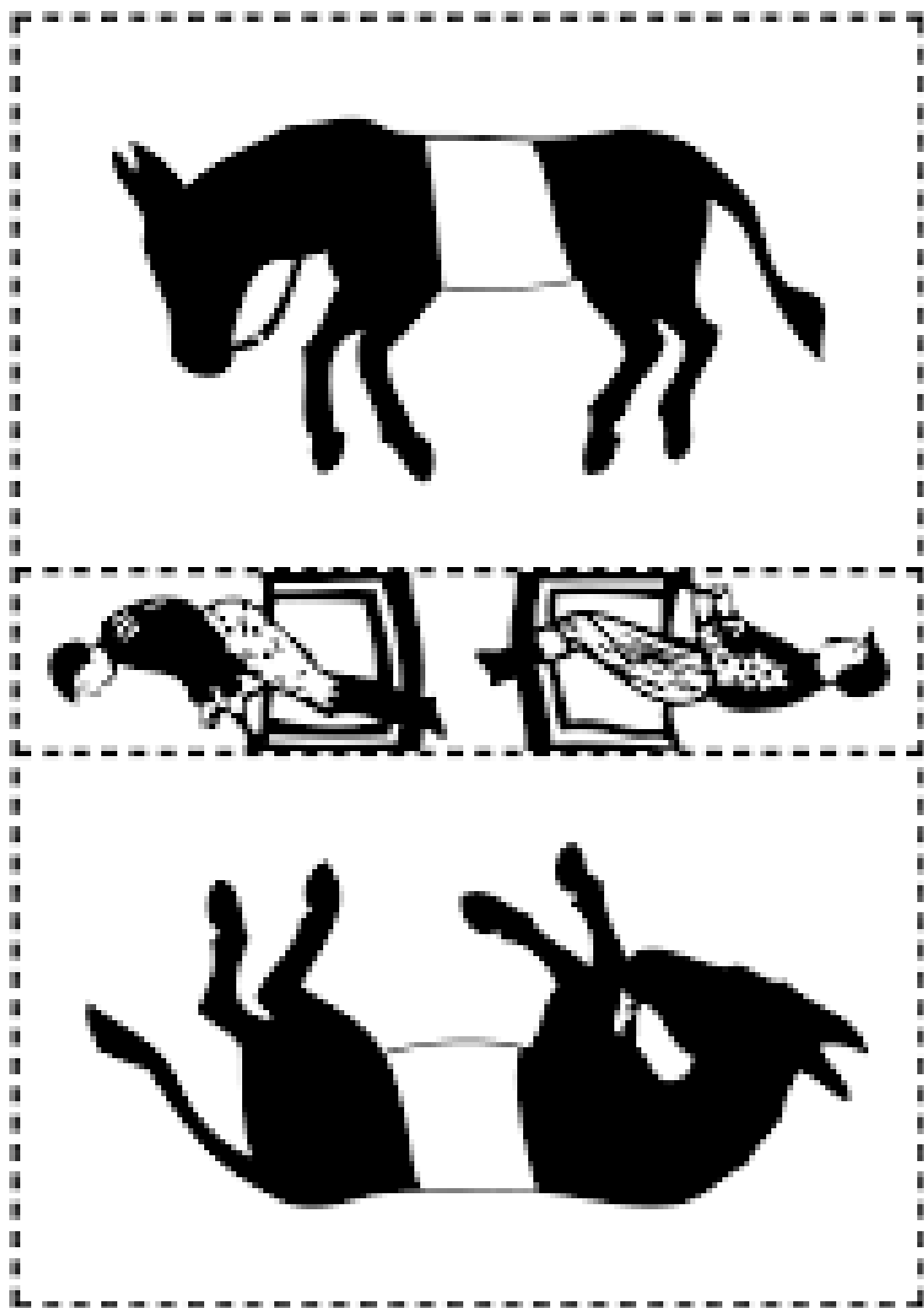
25 to 29 points =

30 to 34 points =

35 to 40 points =

40 points and more =

LET US TAKE A BREAK BEFORE PROCEEDING TO THE NEXT SECTION. LET'S TRY TO SOLVE THIS FAMOUS SAM LLOYD PICTURE PUZZLE. CUT OUT THE 3 SECTIONS ALONG THE DOTTED LINES. WITH ALL 3 SHEETS OF PAPER FACING UP, ARRANGE THE JOCKEYS TO SIT ON THE HORSES IN AN UPRIGHT POSITION WITHOUT BENDING OR FOLDING THEM.



How to keep everyone engaged by doing interesting activities at home?

Keep Your Child Busy	Family Activities
Rubber Band Finger Exercise (complete it in the fastest time for left and right hands) https://bit.ly/2VhCJfJ	The Wright Family Listening Game https://bit.ly/2UJgRdX
Make Beliefs Art Activity https://bit.ly/3bPRTzf	The Worry Box https://bit.ly/34bGkjin
Learn Magic Tricks https://bit.ly/2UKwlsR https://bit.ly/2UHNwAA	Flip Cup Tic Tac Toe https://bit.ly/2yB2Pmb
Draw A Maze https://bit.ly/3e5bv4C	Draw a Family Sheath https://bit.ly/3aEawWS
Back Flip (use items like chopsticks) https://bit.ly/2JGKE0M	Balloon Juggle Challenge https://bit.ly/2X7GDtY
Design A Poster https://bit.ly/2R8iu2l	Vision Collage https://bit.ly/3aKCH6y https://bit.ly/34dcB9C
Hand & Foot Print Game https://bit.ly/34huC6T	Double Dices Game (most fun when 3 to 4 people play it together) https://bit.ly/2V0U2S5
Cup Dance https://bit.ly/34mFQXG	Mindfulness https://bit.ly/3dUPXY6
Tidy Up	
(Folding Cloths) https://bit.ly/3dUtevf	https://bit.ly/2XaWBna

Remarks

- Parents, please review the links for suitability before doing the activities.
- The individual activities can also be included in the agreement chart but please avoid introducing consequences if your child is unable to complete. The purpose of these activities is to promote fun and enthusiasm while keeping the child occupied.

How to create memorable moments with your child?



Start your day by looking through the options and choose one task which everyone takes part together to become a **ROCKER!** When you complete 6 actions in a single line, **CELEBRATE!**

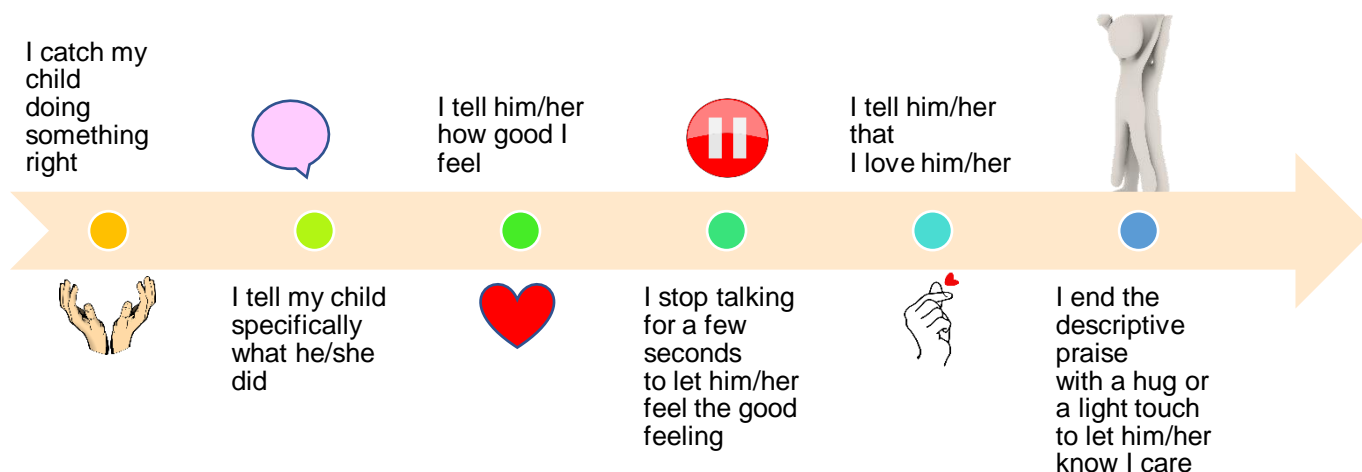
R esponsible	O ptimistic	C ourageous	K ind	E nthusiastic	R esilient
Eat 3 meals today.	Draw anything that represents optimism today.	Tell someone what you believe in today.	Say something nice to someone today.	Pick up the phone and call someone today.	Spend at least 10 minutes to complete a task with your non-master hand.
Take care of your body by exercising today.	Tell someone what you are grateful for today.	Share something that your family do not know about you today.	Spend some time doing kind things for yourself today.	Mail a postcard/letter today.	Reach out to a trusted person and ask him/her what can you do to grow as a person.
Clean up your room today.	Share how the COVID-19 situation is shaping you into a better person today.	Create a video and share with as many people as you like today.	Ask someone for a task which you can help contribute doing today.	Learn a magic trick today.	As a family, spend a maximum of \$10 today.
Prepare dinner together today.	Learn to say "Thank You" in 3 different languages. Then express it to 3 different persons today.	Try out Facebook Live today.	Buy a meal from a stall/restaurant that needs your support today.	Create a new non-contact greeting today.	Switch off all your gadgets for a minimum of 4 hours today.
Wash your hands after every meal today.	Write down 5 problems you have and tell someone why you can overcome them today.	Dance today.	Post something kind on Facebook/ Twitter/ Instagram today.	Be curious and find out what is one interesting thing your friend likes doing today and copy it.	Identify a necessary task that you do not like doing and ask someone to ensure that you complete it today.
Sleep by ____ pm today.	Share a song/video-clip/article which inspires hope today.	Identify a courageous task and challenge someone to achieve it today.	Make someone a drink today.	Write a nice note and hide it somewhere in the house. Give a hint to the person and let him/her find it today.	As a family, do _____ (number) jumping jacks today.







**WRITE AS MANY POSITIVE
WORDS AS YOU CAN**

WHILE YOU BREATHE IN & OUT
IN A SLOW & CALM MANNER

How can you focus on your child's good behaviours?



Share & Ask	What to Say
F acts 	<ul style="list-style-type: none"> 👍 I really appreciate that you are doing your homework without arguing. 👍 I observed that despite struggling to complete your task, you continued to find ways to do it. 👍 I want to praise you for choosing to let your younger brother play the game first. 👍 I see that you miss your friends. How thoughtful you are!
E motions 	<ul style="list-style-type: none"> ❤️ I feel happy that you told me what is going on. ❤️ I love it that you are courageous to tell me what you really need now. ❤️ I thank you for helping me by keeping quiet and responsible when I am doing my work and calls. So considerate, dear!
T houghts 	<ul style="list-style-type: none"> → (Name), although you did not say anything about the challenges you are facing doing HBL, I can tell that you are trying your best to keep calm and focus. → I agree that true friends indeed listen to one another to create win-win situations. → Does your friend know that you appreciate his friendship? → I appreciate that you took a moment to think about what I shared. → (Name), what are you grateful for?
A ctions 	<ul style="list-style-type: none"> ★ (Name), you have a big homework assignment but I know that you can do it all! ★ (Name), I am going to leave you to attend to your siblings because I know that you are able to get them to listen to you in your firm and polite manner. ★ (Name), I will allow you to use your laptop in your room because I notice your willingness and openness in sharing your online activities.



DEAR PARENTS AND GUARDIANS,

THANK YOU FOR READING AND USING THIS KIT. WE HOPE YOU ARE **FEELING CALMER** AND HAVE EXERCISED MORE CONTROL WITH THE TIPS WE PUT TOGETHER FOR YOU.

WE, AT MWS FSP, ARE HERE TO SUPPORT YOU AND YOUR FAMILY TO LIVE LIFE TO THE FULLEST. WE LEAVE YOU WITH THIS VIDEO.

[HTTPS://BIT.LY/2XUDLKZ](https://bit.ly/2xudlkz)