

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.





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

- Connect some 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. "That's interesting!"
- Recognise small successes. E.g. "You've done another new thing to draw - well done!"

FAMILIARISE

- Find out what primary activities have to do for students. E.g. "What's the first lesson?"
- Do practical things to ease your child into new routines. E.g. "We're going to school together."

EMPATHISE

- Teach your child words that 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. "I'll be there 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 did you do in Primary One, and teachers and friends?"

Ask Ask about his/her thoughts and feelings about the school. E.g. "PTGP activities, when teacher talk support?"

Discuss Discuss together what can be done to make school days easier. E.g. "Explain how people deal with nervousness."

QUICK TIPS

- Listen without interrupting.
- Find your child's 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 homework without doing your time.

AFFIRM

- Recognise his/her demonstration of good values or social skills. E.g. "Thank you for 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. "I'll help you 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 nervous of your new school days. E.g. "What did you do in Primary One, and teachers and friends?"

Ask Ask about his/her thoughts and feelings about the school. E.g. "PTGP activities, when teacher talk support?"

Discuss Discuss together what can be done to make school days easier. E.g. "Explain how people deal with nervousness."

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 because he's proud of his work."

FAMILIARISE

- Find out what secondary school life is like for students these days.
- Encourage your child 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 how nervous of your new school days. E.g. "What did you do in Primary One, and teachers and friends?"

Ask Ask about his/her thoughts and feelings about the school. E.g. "PTGP activities, when teacher talk support?"

Discuss Discuss together what can be done to make school days easier. E.g. "Explain how people deal with nervousness."

QUICK TIPS

- Listen attentively to understand what your child might be feeling and thinking.
- Avoid providing advice immediately when you need.

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 understand you feel nervous about starting school without any of your old friends."
- 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 how nervous of your new school days. E.g. "What did you do in Primary One, and teachers and friends?"

Ask Ask about his/her thoughts and feelings about the school. E.g. "PTGP activities, when teacher talk support?"

Discuss Discuss together what can be done to make school days easier. E.g. "Explain how people deal with nervousness."

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.
Mullis, C. M. & Dwyer, C. (1998). Praise for competence can undermine children's motivation and performance.
Journal of Personality and Social Psychology, 75(1), 33-52.

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!

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

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

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