Becoming Caring and Enabling Parents (P2)

Points to Be Shared

WB

Your Child's Well-being

T&L

AI in Teaching & Learning in school

R

The Crucial Role of Parents

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Sending the Right Signals about School

WB

Your Child’s Well-being

What is Mental Health?

Good mental health is more than just the absence of mental illness.

It refers to a state of well-being where we **realise our potential** and can **cope with the varying emotions and normal stresses** that we all experience in our daily lives.

It is important to be aware of our children's mental health. Why?

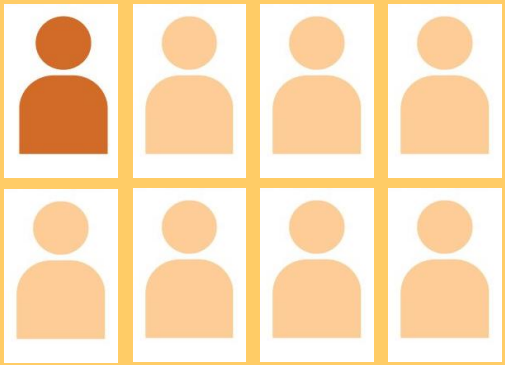
Did you know?

Singapore Youth Epidemiology and Resilience Study (2023)*

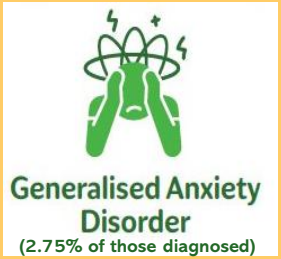
1 in 3 youths (37.2%) in Singapore, aged 10-18, experienced symptoms such as sadness, anxiety and loneliness+

+ based on self-reporting scores

1 in 8 youths (12%) had a current mental health condition



Common mental health conditions experienced by children and youth include:



Graphics Source: Parenting for Wellness Toolbox

** Conducted by Yeo Boon Khim Mind Science Centre (NUS, NUHS). Most of the data was collected from 2020-2022 and results were published in 2023.*

Did you know?

Mental health one of the top reasons primary school kids called helpline in 2023

I. Mental health became one of the top five most common topics that Singapore's young children anonymously asked the Tinkle Friend service in 2023, alongside issues related to school, peers and family.

II. Mental health-related concerns among these children – mainly aged 13 and below – include self-image struggles and emotional distress that presents as fear, anger, anxiety and low moods.

III. Among the children who called or chatted with Tinkle Friend in 2020, almost half were upper primary school pupils aged 10 to 12.

Source: The Straits Times, 2024

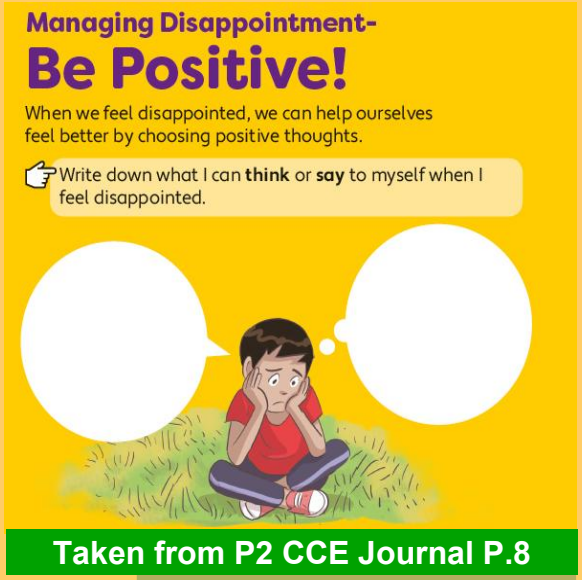
In school, we teach them to:

Managing Thoughts, Feelings & Behaviour
- Understanding and managing emotions

Strengthening Sense of Self & Purpose
- Identifying and strengthening personal character traits
- Building confidence and self-awareness

Building Positive Relationships
- Developing empathy and care for others
- Embracing diversity and accepting differences

Overcoming Challenges; Managing Changes and Transitions
- Managing change and new experiences
- Developing coping strategies for various situations



Taken from P2 CCE Journal P.8

An example of a lesson in guiding pupils to manage their emotions.
Parents can share their own experiences to model positive ways of managing emotions.

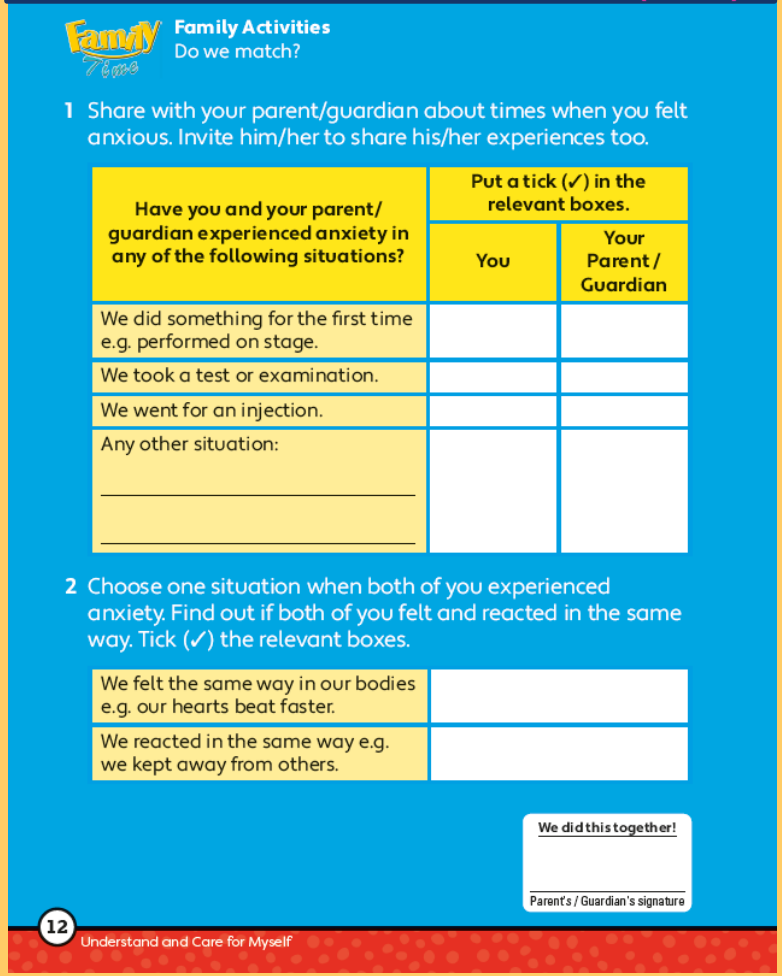
Extending CCE beyond school

Explore the Mental Well-being messages with your child

Every child will have a **CCE (FTGP) Journal.**

We encourage parents to participate in the "**Family Time**" activities inside the journal with your child to reinforce their learning.

An example of a Family Time Activity taken from the P2 CCE Journal (P.12)



Family Time

Family Activities
Do we match?

1 Share with your parent/guardian about times when you felt anxious. Invite him/her to share his/her experiences too.

Have you and your parent/ guardian experienced anxiety in any of the following situations?	Put a tick (✓) in the relevant boxes.	
	You	Your Parent / Guardian
We did something for the first time e.g. performed on stage.		
We took a test or examination.		
We went for an injection.		
Any other situation: _____ _____		

2 Choose one situation when both of you experienced anxiety. Find out if both of you felt and reacted in the same way. Tick (✓) the relevant boxes.

We felt the same way in our bodies e.g. our hearts beat faster.	
We reacted in the same way e.g. we kept away from others.	

We did this together!

_____
Parent's / Guardian's signature

12 Understand and Care for Myself

T&L

AI in Teaching & Learning in school

What opportunities does AI present?

GenAI presents opportunities for learning:

- Supports learning through personalised and instant feedback
- Provides an avenue to improve digital literacy, critical thinking, and problem-solving skills

What are the potential risks of GenAI?

We recognise that GenAI might pose risks:

- May give inaccurate or biased answers
- May create tendency for over-reliance when overused
- May pose risks if personal information is shared

About 1 in 2 teens would trust AI-generated news story to the same extent or more than one written by a human.[2]

Parents should discourage your children from relying on AI Companions for social-emotional support, as this may pose challenges for their development:

- Children can become attached to AI Companions (e.g. chatbots) as trusted friends. It blurs the line between fantasy and reality and makes it harder to distinguish good advice from bad advice.

About 1 in 3 teens use AI companions for social interaction and find them as satisfying or more satisfying than those with real-life friends.[1]

Students will develop AI literacy throughout primary school

Upper primary students will learn about the risk of misinformation from AI output, that AI output may contain false information, and how some AI features (e.g. those in SLS) can support learning in a safe digital environment

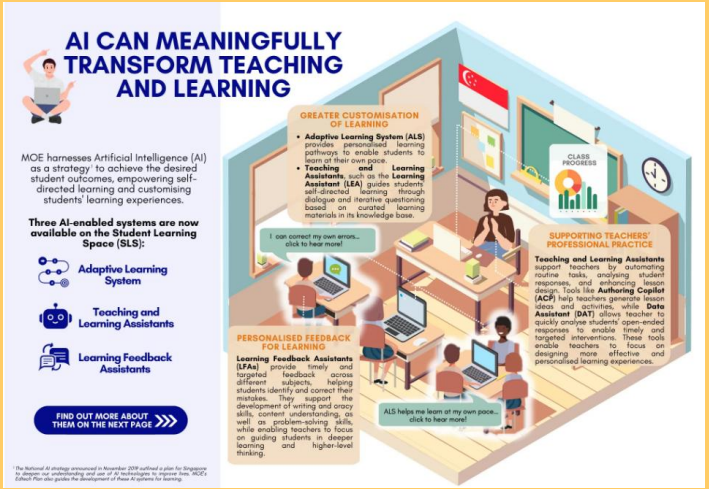
Lower primary students will learn to recognise that AI is present in our daily lives

Students will use GenAI to learn in an age-appropriate manner

Scan QR code to read more about SLS AI-enabled features!

1. AI use for learning must be **age- and developmentally-appropriate.**
   - **Pri 1 to 3 students** will mainly engage in hands-on experiences, with **little or no** direct use of AI tools.
2. There are safe and pedagogically sound AI tools available in the SLS.

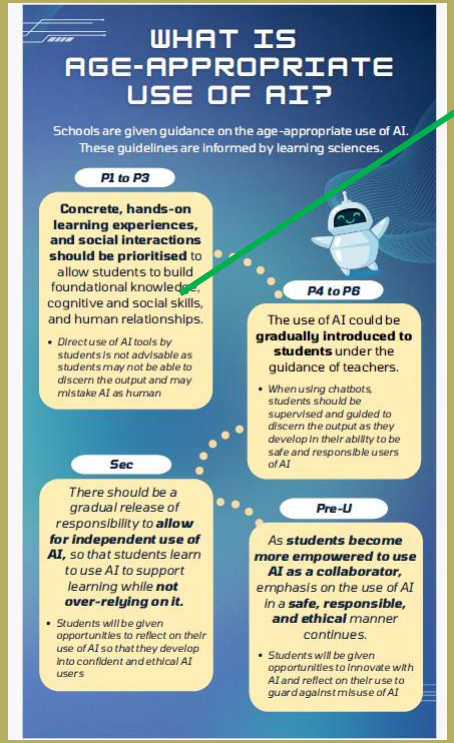
Three AI-enabled systems in the Singapore Student Learning Space (SLS):

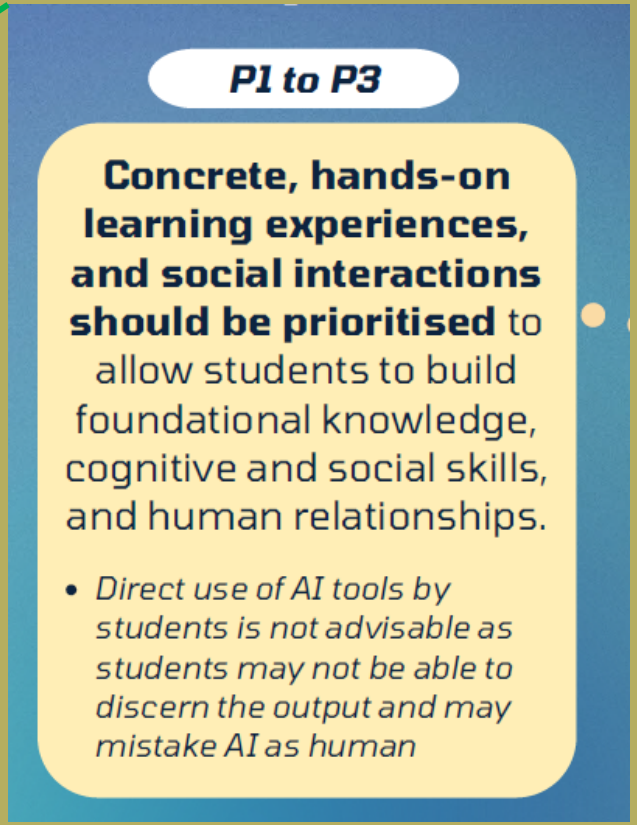


Age-appropriate guidance on AI

Primary 1 to 3

How will your child use AI for his/her learning?





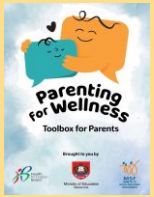
Cyberwellness Matters in School

Our curriculum aims to equip students with the knowledge and skills to harness the power of **ICT for positive purposes**, maintain a positive presence in cyberspace and be **safe and responsible users of ICT**.

The Crucial Role of Parents:
Well-being Matters
& ICT Matters

How can you support your child?

LOOK out for these signs which indicate your child may need help to cope:



Scan the QR Code to read more about stress vs distress in the Parenting for Wellness toolbox. The full toolbox is available at the end of the presentation.

Supporting Your Child's Mental Well-Being Through School-Home Partnership (SHP)

3 areas where we can work together to foster SHP

1 **Respectful Communication**

2 **Role Models**

3 **Real Connections**

Respectful Communication

Open, respectful conversations between educators and parents deepen our understanding of each child, enable a coordinated & holistic support for the child and model healthy communication for our students.

- Share observations about your child's emotional state, stress levels, and social interactions
- Listen to and understand each other’s perspectives and concerns regarding your child
- Communicate kindly and respectfully with one another

Role Models

Model the skills and values our children need for their mental well-being

- Demonstrate healthy ways to manage stress, setbacks and difficult emotions
- Show children it is okay to ask for help when struggling
- Model self-care

Check out this video on MOE YouTube for tips on how parents can support the social-emotional learning of their children.

Role Models

As parents/guardians, you play a significant role in helping your child establish healthy digital habits and learn to use technology in a positive and meaningful way.

Role model healthy use of devices and social media and good online behaviour for your child/ward

- E.g. parents/guardians not using devices during mealtimes, respectful online communication

Role modelling respectful conversations –

- Parents are in the best position to role model these skills through daily interactions with your child.
- **Listen to understand**, instead of listening to give advice and offer solutions.

Cyberwellness Matters at Home

- **Set ground rules and expectations** for internet use.
- **Be aware** of what your child is doing online.
- Navigate the internet together to **understand their usage.**
- **Model good digital habits** for your child.
- **Activate parental controls** on your home devices.

Real Connections

Building strong bonds and genuine connections helps nurture a sense of belonging and emotional safety, supporting mental well-being of your child

Teach children to recognise and communicate their emotions effectively

Build strong bonds through shared experiences and meaningful conversations

Establish routines that support mental wellness (outdoor time, sufficient sleep, family time, limit screen time, etc)

Real Connections

Cultivate strong relationships and healthy habits in this digital age

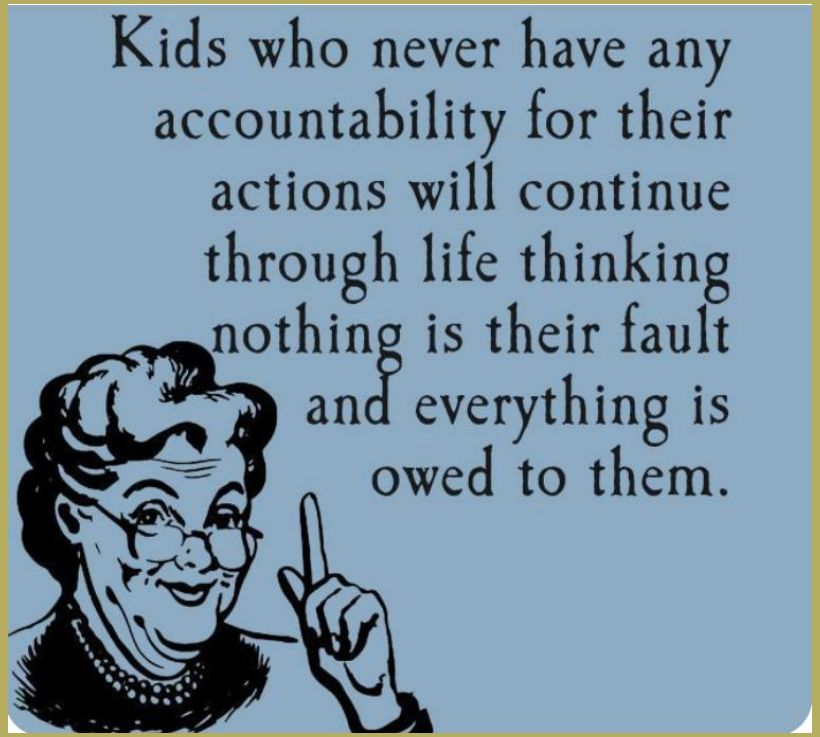
Provide a safe space for conversations

- Children may hesitate to share their true thoughts and feelings with their parents, as they may fear being judged or misunderstood.
- You can let your child know that it is **normal to feel or think the way they do**, and that **they can feel safe** expressing themselves with you.

Provide a balanced mix of engaging online and offline activities, at school and at home

- **Discuss and develop a timetable** with your child to moderate their time spent on screens.
- **Parental control settings** can be used to monitor and limit screen time as agreed with the child.

The Value of Accountability



R

The Crucial Role of Parents: Relationships

Did you know?

About **3 in 5** of our Primary 5 & 6 students indicated the following in the Termly Check-in Survey:

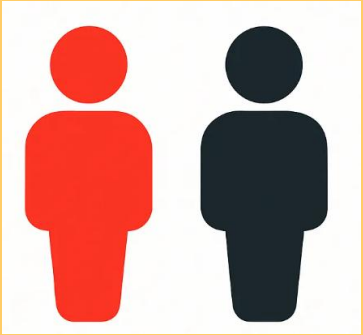
"I feel stressed about my studies because my parents will be disappointed if I don't do well."

3 in 5 worry about disappointing their parents

Did you know?

1 in 2 of our Primary 5 & 6 students indicated the following in the Termly Check-in Survey:

"I feel stressed about my studies because I expect myself to do very well."



1 in 2 have high self-expectations for their academic results

Supporting your child

Tips on how you can support your child

- **Show interest** in what your child learns each day, not just their homework or test preparation.
- Remind your child that assessments are important ways to **understand gaps in learning** and to use feedback from these assessments to improve. Emphasise that these assessments **do not define a child's worth** or future.
- **Recognise and affirm** your child's effort rather than just the outcomes. Celebrate small improvements.

Supporting your child

Tips on how you can support your child

- Support your child in viewing **setbacks as learning opportunities,** while **acknowledging feelings** of frustration or sadness as part of the process. This will help promote a **growth mindset** – the believe that their abilities can be developed through dedication, effort, and learning from challenges.

- **Manage your own expectations and stress,** as these can place additional pressure on your child. Reassure your child that they are loved regardless of academic performance.

Being a Caring and Enabling Parent

You are still very important to your child and he/she may still be learning to read your moods

Do you spend time to interact with your child on a daily basis on matters beyond his/her basic needs?

Are you quick to jump in to solve his/her problems OR dismiss them as childish?

Being a Caring and Enabling Parent

Is it alright for your child to make a mistake, learn from it and face the consequences?

When he / she does, it is an opportunity for you to teach him / her values and coping strategies

Is he / she allowed to solve his / her problems, with you as a guide, before you jump into solve them?

Being a Caring and Enabling Parent

Your child is still learning to make friends

Mistakes and misunderstandings can happen and your response makes the difference

Balance your approach – your child should have your listening ear and help if needed but what do you listen out for and how do you help?

S

Sending the Right Signals about School

Sending the right signals about school

What you consider important will be noted by your child. School needs to be important for your child.

Right signals to send:

- No late-coming
- No unnecessary absences
- No excuses about homework

Sending the right signals about school

A timetable at home for work to be done independently benefits your child greatly

Praising effort not ‘inherited” ability & not comparing

Monitoring and spot checks keep your child on his/her toes and sends the right signals

Sending the right signals about school

A grading of “Competent” for all subjects should be what your child should aim for.

A “Competent” grading is a sign that he/she is ready for P3.

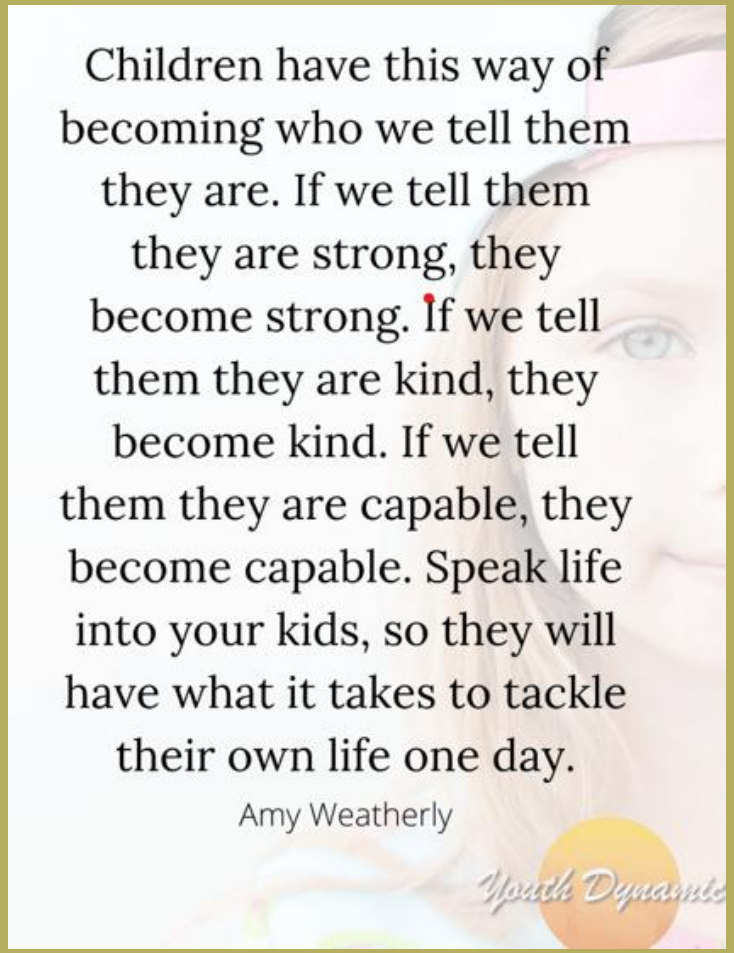
Such a grading requires regular guidance, monitoring and cheering your child on.

Sending the right signals about school

Strong foundation in subjects paves the way to tackle more difficult work in P3 – P6

Expectations from P3 – P6

- Science in P3
- More demanding components in all subjects
- CCA, Leadership opportunities, After-school support, Competitions


Children have this way of becoming who we tell them they are. If we tell them they are strong, they become strong. If we tell them they are kind, they become kind. If we tell them they are capable, they become capable. Speak life into your kids, so they will have what it takes to tackle their own life one day.
Amy Weatherly
Youth Dynamic

Compilation of Useful Resources

Parenting for Wellness Toolbox for Parents (condensed info)	go.gov.sg/pfw-toolbox-for-parents
Parenting for Wellness Website (full content)	go.gov.sg/hpbpfw
MOE YouTube video on how parents can support the social-emotional learning of their children.	go.gov.sg/selhome
MOE Parent Kit	https://www.moe.gov.sg/parentkit
Schoolbag article “Next Stop, Primary School: Preparing the Child, and the Parent”	go.gov.sg/prepforprisch

Begin your parenting journey with us

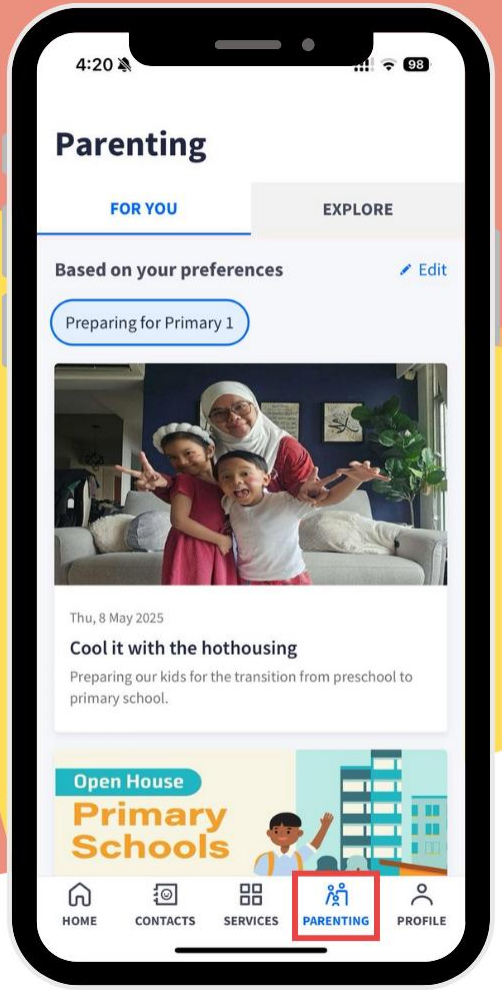
@parentingwith.moesg

Follow us on Instagram for bite-sized and actionable parenting tips to tackle the everyday demands of parenting.

GO gov.sg

Parenting Resources on Parents Gateway (PG)

Discover rich and customisable parenting resources on topics such as preparing for Primary 1, forging parent-child relationships and education pathways.



Invest time in your child, send the right messages and together let us nurture a winner's mindset in your child!

Please scan this QR code to provide us with your feedback.

Thank you!