## 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.

## **FAMILIARISE**

 Find out what secondary school life is like for students these days.

• Excite him/her about new experiences secondary school students can have.

 Encourage him/her to pick up a new hobby or hone skills in outdoor sports.

• Limit his/her time spent on digital devices.

### **AFFIRM**

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

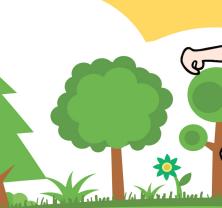
E.g. "She is very helpful towards her grandparents."

#### **EMPATHISE**

Acknowledge your child's varying emotions.

E.g. "I understand you feel anxious about starting school without any of your old friends."

- Encourage your child to share thoughts and feelings about the new school.
  - Prioritise sufficient sleep.



Spend Time Chatting. USE T.A.D.

# Talk

Talk about the different realities faced by teens 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 are some ways of having wholesome fun? How does he/she feel about the different types of jobs that adults do?

# Discuss

Discuss some acceptable boundaries with regard to the use of electronic devices.

E.g. What are some rules for having a mobile phone (with or without a data plan)?



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

