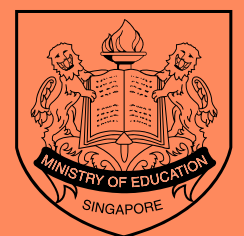


# Starting School Right

## Parent Kit

**Missed our  
last issue?**

[Click here](#) for our  
previous Parent Kits



Ministry of Education  
SINGAPORE

# Welcome to the new school year!

To ensure our children transit smoothly back to school and complement the efforts of the school, we can equip our children with skills to enjoy their school life.

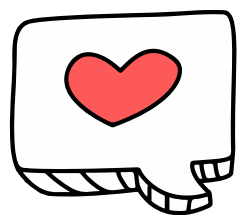
Read on to find out what you can do at home to help our children develop resilience, set good goals, and teach them how to relate to others.



# 1. Complement the school's efforts by knowing and supporting your child

Encourage your child to reflect on their experiences in school by having regular conversations with them. By simply recalling and sharing what they have learnt and experienced, they reinforce their learning in school and reflect on their experiences.

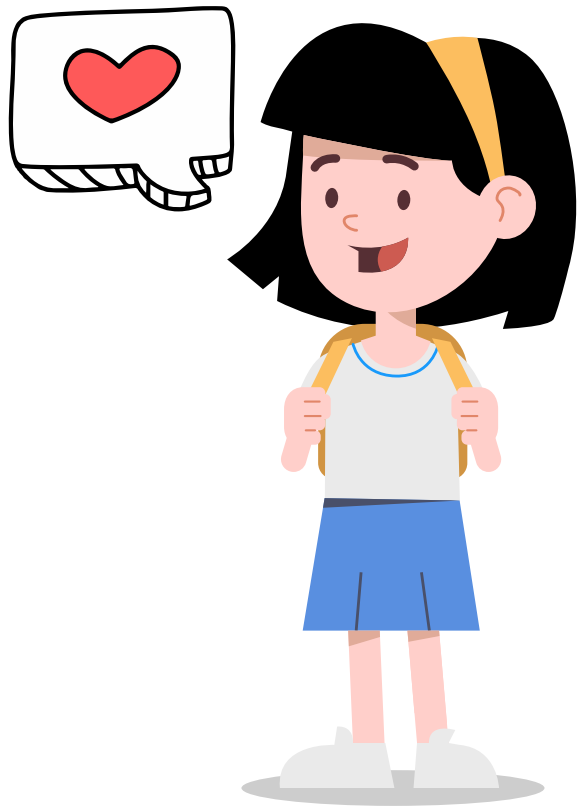
These conversations also help us better understand their experiences and allow us to journey with them. Here are some conversation starters:



## For Primary Students

- What was your happiest moment in school today?
- Was there anything that didn't go well for you in school today?
- What are you looking forward to in school tomorrow?

# 1. Complement the school's efforts by knowing and supporting your child



## For Secondary Students

- How is school going for you? What have you enjoyed doing in school this week?
- Was there anything that didn't go well for you in school today? How did you handle it?
- What are some new things in school that you are excited about this year? Why?



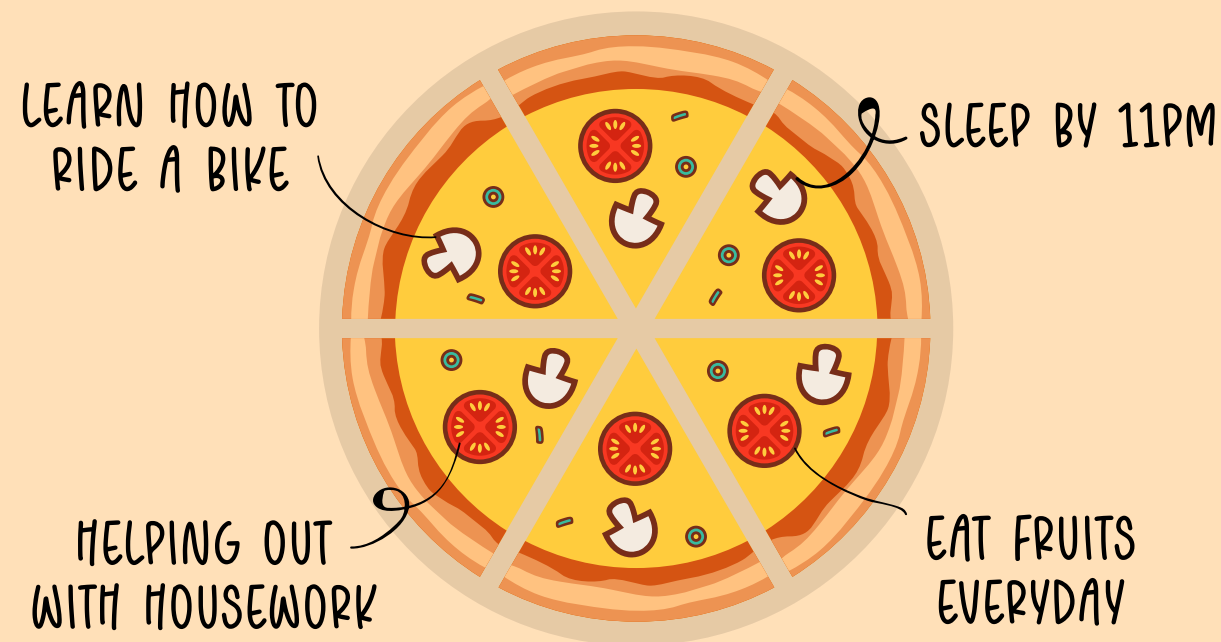
**These are just questions to get the ball rolling. Remember that conversation is a two-way street! By openly sharing about your experiences, you also encourage them to participate more in the conversation.**

## 2. Help your child think about what they want to achieve this year

These goals could be diverse and simple, like keeping notes for a certain subject, reading more, learning something new in a CCA, or even just wanting to be a kinder person this year.



For younger children, the first step is to slice their goals up into manageable portions. Instead of a chat, [turn it into a fun, crafty activity!](#) Check out our Instagram account for more details.



## 3. Help your child relate to others

A large part of what makes school memorable for our children is the friendships forged, but sometimes working up the courage to make new friends can be daunting.

Encourage your child to be kind to others by taking the initiative to talk to their schoolmates. Have your child ask them about their day. A simple “How are you?” and a word of encouragement can make someone’s day!



Being kind is one way to make lots of friends! Check out our [Instagram post](#) for some tips.



# 3. Help your child relate to others

## For Primary Students

If your child is in a new class, encourage them to speak to one new person during recess. They could also try speaking to the classmate sitting nearest to them in class. Need tips? Here are some recommendations from some primary school children:

You talk to the person next to you by telling him your name. Then, you wait for him to tell you his. Then, you become friends!

– Brennan, 8 years old

First, breathe in and breathe out. After that, build up your courage so say, “Hi!” But, if the person is still uncomfortable to be your friend, give her some time. You can’t force other people to be your friend.

– Mabel, 8 years old

I would say, “Hi! Do you want to be friends?” I’ll say what my hobbies are.

- Danish, 10 years old



For more activities on making friends, check out the links below to Kindsville Times!

• [Kindsville Times Junior \(P1-2\)](#)

• [Kindsville Times Adventures \(P3-4\)](#)

• [A-OK! \(P5-6\)](#)



# 3. Help your child relate to others

## For Secondary Students

For teenagers, building a supportive network of positive relationships will help them feel safe and confident. It's important to develop their skills in relating well to others.

Here are three scenarios your child might find themselves in, and how you can support them:

### **a) If your child is in conflict with their friend...**

**1** Remind them that it is important to be objective and listen well to understand each other.

**2** Together with the friend, they should agree on the cause of the problem and take turns to offer a solution.

**3** Finally, they should decide on a solution together.





# 3. Help your child relate to others

## b) If your child notices their friend in distress or is upset, but does not know what to do...

- Remind your child that it is as simple as extending empathy and offering a listening ear.
- When their friend is calm, discuss what can be done to help manage the situation and encourage their friend to seek help from a trusted adult.

## c) If your child feels awkward or apprehensive about expressing their gratitude to a friend...

- Remind them of how nice it makes them feel when someone expresses their gratitude to them.
- Encourage them to say “Thank you” and describe what their friend has done for them.
- They can also share how they have benefitted from their friend’s help.



For more tips, check out our resource for [Raising Confident Children](#).

# 4. Help your child build resilience

Learning from challenges and difficult experiences makes us stronger. It is important to help your child adopt positive mindsets so that they develop the resilience and perseverance to overcome future difficulties.



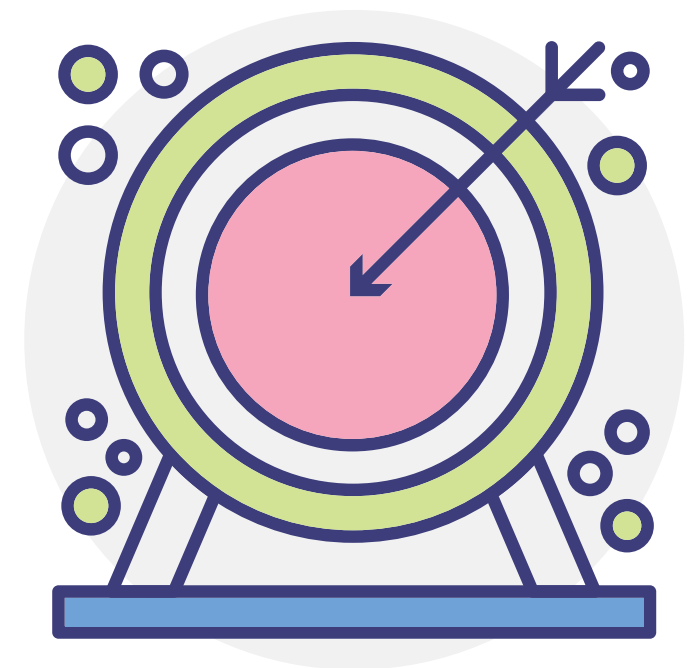
What is a resilient child? It is a child who adapts positively despite setbacks and perseveres in the face of challenges.

**Resilience can be nurtured! Here are some ways:**

**a) When faced with a challenge, guide them to set and move towards their goals.**

This encourages them to have a focus and move forward in the face of challenges.

Check out page 5 for how you can set goals with your child.



# 4. Help your child build resilience

## b) Facilitate and practice the problem-solving process with them.

### Remember **S.O.D.A.S.**:

- Identify the **S**ituation
- Explore 2 to 3 **O**ptions within their control
- Think of **D**isadvantages of each option
- Think of the **A**dvantages of each option
- Select the overall best **S**olution

This will help them find alternative solutions to their problems and build their confidence in overcoming challenges.



# 4. Help your child build resilience

**c) If they are unable to think of a solution to their challenges and are feeling anxious, reframe their thinking by asking them these questions:**

**1**

**How do you feel about this situation? What's going through your mind?**

**2**

**Why are you feeling this way?  
What caused you to have these thoughts?**



**3**

**It might seem this way...  
but is there another point  
of view we can take?**

**4**

**Thinking about it again,  
how do you feel about  
the situation now?**

# 4. Help your child build resilience



## Try Gratitude Journaling!

Positive thinking can also be made into a daily practice. You can start a gratitude journal together with your child to remind them that despite the circumstances, there is always something to be grateful for. It's as simple as recording three things they are grateful for every day. These things could be as small as weekends with the family or an extra serving of their favourite dish during dinner.

When they are feeling down, reviewing their journal will help them recognise that there are always small moments of joy if we look for them.



For more tips on building resilience, check out our tips [here](#).



# When we work with schools to support our children, they do well both in and outside of school!

Have more questions on how to raise an independent learner, who can set meaningful goals and is resilient in the face of setbacks?

Join our panellists on our Facebook Livestream, “Ask Me Anything About... Starting the Year Right - Raising Independent Learners and Helping Them Set Goals” on 26 Jan 2021, Tuesday, 8PM to 9PM.

[RSVP by clicking here!](#)

Parent Kit

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**We want to share more than parenting tips with you.**

Check out our Instagram page for parents to connect and celebrate the ups and downs of parenting, share tips and stories on the parenting experience, and grow together.

Follow us **@parentingwith.moesg**

