

Starting a new phase in school can be daunting and stressful for our children. This set of resources offers tips on how you can offer the vital home support to help your child cope with transitions.

**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.

**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.

**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.

**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.

**Supporting your teen's transition through Post-Secondary**  
Build a caring and supportive home environment to nurture the social and emotional skills of your teen using these S.A.F.E. tips.

## Supporting Your Child Through Transitions\*

## Education and Career Guidance

[go.gov.sg/ecg-resources](http://go.gov.sg/ecg-resources)



Preparing for the future requires our children to explore education and career pathways and make informed decisions. Tap on the following resources to find out how you can help your child on his/her journey in education and career planning.



**JOURNEYING WITH OUR CHILDREN, ACHIEVING THEIR ASPIRATIONS (PARENT GUIDE)\***



**WHAT'S NEXT BROCHURES**



**MYSKILLSFUTURE PORTAL**



**THE NEXT STEP FORWARD E-BOOK**



## Schoolbag

Stay up-to-date with education news, school features and tips, at [Schoolbag.sg](http://Schoolbag.sg).

Ministry of Education  
Student Development Curriculum Division  
Guidance Branch

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# 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. The following resources will help you to provide social and emotional support for your children, so that they will learn to persevere and adapt positively to challenges.



go.gov.sg  
selresfor  
parents

## Praise, Gratitude & Social Skills

We are role models for our children and they are quick to learn positive behaviours from us. These resources provide some guidance on how to praise our children, express gratitude and build social skills.

**Praise Your Child**  
DO IT RIGHT. DO IT WELL.

1. Praise the process, not the product.  
2. Focus on the effort, not the outcome.  
3. Be specific, avoid generic praise.

4. Use simple statements.  
5. Do not overpraise.  
6. Be genuine and sincere.

7. Give age-appropriate praise.  
8. Avoid comparisons.  
9. Celebrate your child doing good.

How do you PRAISE your child?

**Gratitude**  
5 things any parent can do

01 **Model it**: Thank your family, neighbours, or the people who bring joy to you. Ask your children to say gratitude. Start the habit now!

02 **Encourage it**: Suggest that your children write a journal of gratitude and read aloud to themselves. The journal will remind your children that you love them.

03 **Share it**: Share recent times by sharing something each one has grateful for. The positive emotions shared will travel.

04 **Praise it**: Praise your children and praise them for it. Use phrases like "I'm proud of you for being grateful for the things you have." You have to be the first to praise your child's gratitude.

05 **Reminders for it**: Place reminders in places that are easy to see. Reminders can be as simple as a sticky note on the fridge or a small card on the table. Reminders can be as simple as a sticky note on the fridge or a small card on the table.

PRAISE YOUR CHILD\*

GRATITUDE\*

**Teach Your Child Social Emotional Skills**  
BY KERRY HOE LEARNING

What your child may learn to do:

**BEING PREPARED FOR CLASS**

1. Bring school supplies to school.  
2. Arrive at school on time.  
3. Follow classroom rules.  
4. Listen to the teacher.  
5. Complete assignments on time.

What you can do at home:

1. Encourage your child to bring school supplies to school.  
2. Encourage your child to arrive at school on time.  
3. Encourage your child to follow classroom rules.  
4. Encourage your child to listen to the teacher.  
5. Encourage your child to complete assignments on time.

TEACH YOUR CHILD  
SOCIAL EMOTIONAL  
SKILLS

## Building Resilience in Our Children\*

Resilience is the ability to adapt positively and persevere in the face of challenges. Here are some resources and activities you can engage in with your child to strengthen his/her resilience.

In this set:

- Qualities of a Child who shows Resilience
- Resilience-Fostering Interactions
- Recognise Common Stress Symptoms in Your Child
- Sense of Purpose
- Tips for Guiding Your Child in Setting Goals
- Tips to Guide Your Child in Problem Solving
- Character Strengths
- Tips for Developing Positive Thinking in Your Child
- Tips for Building Positive Social Skills In Your Child
- Emotional Strength Booster

**Recognise Common STRESS SYMPTOMS**  
Use this list to check if your child is experiencing STRESS

**ST**ruggles to pay attention in studies or activities  
**T**iredness  
**R**ebellious streak  
**E**xcuses to miss school  
**S**tays away from others

**Tips for developing POSITIVE THINKING**  
Use these steps and questions to guide your child to think POSITIVELY

**RECORD** Describe the situation  
**RATIONALIZE** Explain why the situation is the way it is  
**REPLACE** Consider different ways of looking at the situation

**Problem Solving**  
Use S.O.D.A.S. to guide your child in problem solving

**Tip for Parents:** Help your child to see "YES" as "Your strength" or "Learning". Guide him/her to manage and resolve the situation.

**Tip for Parents:** Encourage your child to "Look for the good" in the situation. Encourage him/her to "Look for the good" in the situation.

**Tip for Parents:** Help your child to see "YES" as "Your strength" or "Learning". Guide him/her to manage and resolve the situation.

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A sense of competence and belonging is essential for helping children develop self-confidence. These resources provide some suggestions on how we can guide our children to develop a growth mindset, make good decisions, and build positive relationships.

## Raising Confident Children

**Promoting a Growth Mindset**  
Our children need to believe that their abilities can be developed through hard work and perseverance. Help a growth mindset. Help your children to believe that their abilities can be developed through hard work and perseverance.

**Building Positive Relationships**  
A supportive network of positive relationships helps our children feel safe and confident.

**Decision-Making**  
Sense Think Act  
Personal Safety

**Managing Challenging Situations Effectively**  
Guide your children to manage challenging situations. Using a combination of emotional regulation and problem-solving skills, help them feel confident.

**Build Competence**  
Our children will be self-confident when they have a sense of competence. They need to feel emotionally safe to regulate their environment confidently.

1. Affirm your children and praise their efforts but not the results of their efforts.  
2. Encourage your children to take on challenges.  
3. Provide opportunities to develop the skills (e.g. social-emotional skills, etc.).  
4. Do things with your children. Support them from the side.  
5. Encourage them to take responsibility.  
6. Make responsible decisions and manage challenges effectively and independently.

In this set:

- Build Competence
- Develop a Sense of Belonging
- Promoting a Growth Mindset
- Building Positive Relationships
- Managing Challenging Situations Effectively
- Decision-Making

\*Available in English, Chinese, Malay and Tamil.