

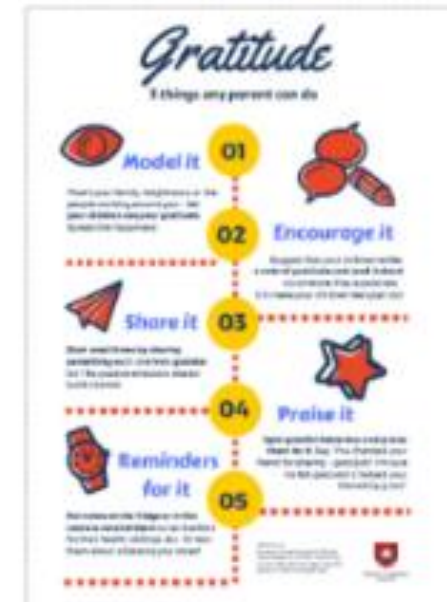
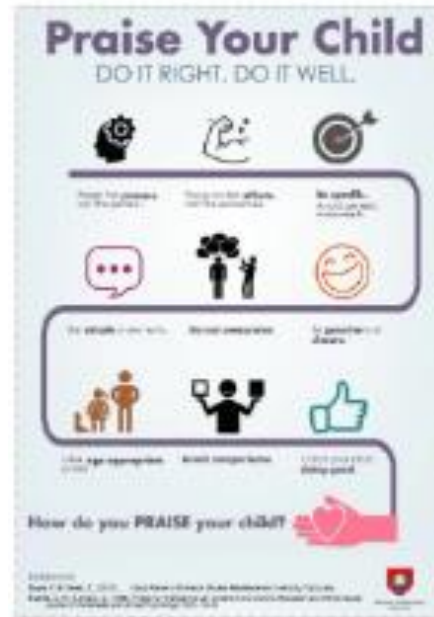
Discover what Social and Emotional Learning (SEL) means for your children's development and why it matters.

- Watch the video below for practical tips on how you can support your children's social and emotional growth at home.
- You can access the video through this link: <https://go.gov.sg/selresforparents>



Help your Child Flourish

- Visit this link to find out more about building your children's social-emotional competencies: <https://go.gov.sg/selresforparents>





Resources to better support your child: *Parenting for Wellness (PfW)*



pfw-toolbox-for-parents.pdf

- For more bite-sized resources (practical tips and strategies) on building strong parent-child relationships, supporting your child's mental well-being and parenting in the digital age, scan the QR code above to download a copy of the **PfW Toolbox for Parents**
- Useful references in the **PfW Toolbox** to support your child:
 - Celebrating Your Child's Efforts and Successes
 - Encouraging Giving Your Child S.P.A.C.E to Build Resilience
 - Supporting Your Child in Overcoming Challenges
 - Solving Problems Using S.O.D.A.S
 - Encouraging Your Child to Seek Help