



Journeying Together, Growing Together *The Primary School Edition*

As our children progress to Upper Primary, they will have new experiences both at school and home. These experiences may change how they wish to be supported. Let's give them the space to grow as they:

- ✱ discover new strengths and interests
- ✱ perform tasks more independently
- ✱ experience academic demands
- ✱ develop new friendships and expand their social circles

Our presence will be reassuring, and our words of encouragement will boost their self-confidence.



1

Be our children's cheerleaders.

There may be more demands on their time as they learn to manage their studies, CCAs, social activities and friendships. We can offer support as they go through these changes.

Listen, reassure & encourage

- Check in regularly to understand their feelings about schoolwork, friends or daily events.
- Encourage them to try new tasks even if they may seem challenging at first. Affirm their strengths and efforts at trying.
- Give them space to find their own solutions and offer them your support and suggestions when they need it.



Adjust our reactions and expectations

- Our hopes for our children sometimes lead to higher expectations, which can create pressure.
- As we observe their progress, we can adjust and manage our expectations and emotions so that we do not add undue stress or undermine their confidence.
- What we say and how we react to them can boost or shake their self-confidence.



2

Create a cosy, personalised space, where possible.

Create some space for learning and playing. Consider adding personal touches like a display of their favourite quotes or storage for their belongings. Involve them in the set up so that the space reflects their preferences and needs, fostering a sense of ownership.

Ways to create the space:

- Create a conducive, well-lit space that is free of clutter, for your child to learn, play or pursue an interest in.
- Setting aside such a space for your child shows that you recognise their growing independence and trust that they can engage in purposeful activities there.

Ways to spruce up the space:

- Together, create visual reminders that are useful or put up motivational posters. Personalising the space will make it enjoyable for them.
- Write a note of encouragement and leave it at their space to surprise them from time to time.

3

Practice calming and relaxation techniques together.

Self-regulation promotes personal well-being. Practicing self-regulation together with your child can strengthen bonds.



Breathing exercises

- A technique you can try with your child: *Inhale for a count of 4, hold for 4 counts, exhale for 4, and hold again for 4 counts. Repeat this for a few minutes to calm down.*
- Other breathing exercises are available online. Try a few until you find one that works for you and your child.



Sounds and scents

- Calming music or nature sounds can help to soothe your child. Some music can also aid the brain in absorbing information.
- If your child is open to it, you can explore calming scents like lavender together, letting your child choose favourites to promote relaxation or focus.

Try This!

Breathe in as the cloud grows, and **Breathe out** as the cloud gets smaller.



4

Observe for any signs of stress in your child and offer support when needed.

Share with your child that stress is a common response to everyday pressures and is a natural part of our daily lives. Some amount of stress can help us to grow when we find ways to manage it.

Some signs of S.T.R.E.S.S



- S** Struggles to pay attention or complete tasks
T Tiredness, loss of appetite or sleep
R Rebellious behaviour
E Excuses to miss school or activities
S Stays away from social interactions
S Sulking and moodiness that persists

What Can You Do?

If a few of these signs are present in combination, or in more extreme or long-lasting forms, you can try to:

Find a chance to chat



When you notice that they may be feeling down or anxious, you may wish to ask:



• "You seem to be thinking hard about something. I am here if you want to share. Know that I care for you no matter what."



• "How are you feeling? Did something make you feel this way? Can we see this from a different angle?"



• "How can we support you? We are here to listen."

5

Celebrate your child's efforts.

Recognise their attempts and efforts. Encourage them to keep striving towards their goals.

- As they progress, it is natural for them to encounter experiences that require greater effort, including in their studies and social interactions.
- Encourage them to develop their character, resilience and social skills. Celebrate their efforts in these aspects along the way.
- For their academic development, remind them that education is a lifelong journey and everyone can progress at their own pace.

Journeying Together

The primary school years are both a milestone in your child's life and a milestone in your parenting journey. Support them in a way that enables them to look back on this milestone with fondness, knowing that you are always there for them, no matter what.

Remember to take care of yourselves too. Your well-being matters.

You thrive, they thrive.



Read about how else you can support your child's educational journey:



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