



Ready, Sec(ondary), Go!



Supporting our children's social and emotional needs will enable them to embrace new experiences in secondary school positively.

How can we journey alongside them?



Here are some experiences our children may encounter:

MANAGING LONGER DAYS AT SCHOOL

- **Maintain an interest** in the things that they are learning or trying out. Check in regularly about new subjects, new CCAs and new friends. You can also note on a calendar the days that they will return home later to keep family members in the loop.
- **Acknowledge their efforts** when they try new things and as they step out of their comfort zone courageously.
- **Guide them to regularly plan** their schedules and **let them take ownership of their time management** to balance school, home, leisure, and rest.
- **Encourage them to seek support** from family, teachers or peers should they feel overwhelmed by busier schedules or unfamiliar experiences.



ADJUSTING TO NEW FRIENDSHIPS

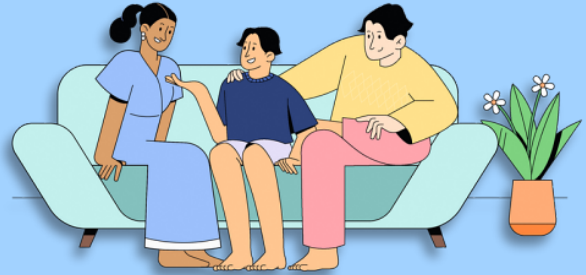
- **Show interest in their new friendships**, especially when they begin to spend more time with their friends in school. Listen non-judgmentally to the activities they do with their peers.
- **Encourage them to keep an open mind** when talking to classmates or CCA mates. Show empathy if they need more time to adjust socially and to forge new friendships.
- **Be mindful of your reactions** and consider **managing your expectations** when they share about their new friendships and experiences that you might not expect.



Teenagers will experience new physical and emotional growth. At this phase, their friends' opinions may matter more than before. Try to prepare yourself and family members for these changes by chatting about it at timely junctures.

COMMUNICATING DIFFERENTLY

- **Take the lead to start conversations** if your child doesn't share information as proactively as before. Try sharing about your own day or talk about interesting snippets of information you have come across. They may share their views in response.
- **Guide them to self-regulate towards a healthy balance between online and offline activities.** Discuss and agree on screen time and device use at home as they may spend more time online (e.g. engaging on social media).
- **Respect their personal space by giving them some "me time".** As parents, we can also enjoy some "me time" as our children gain more independence and a greater sense of responsibility.



LET'S MAINTAIN A POSITIVE RELATIONSHIP WITH T.E.E.N.

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Time

Consciously set aside time for our teens. Find regular opportunities, such as common mealtimes or evening/weekend family activities.

Expectations

Recognise that while we may have expectations of them, they too have their own strengths and interests to explore and develop.

Empathy

Encourage them to share their thoughts and feelings honestly. Listen without showing judgment. They will be more willing to listen to your views when you seek to understand theirs too.

Nurture

Be a facilitator rather than a supervisor. Experiencing challenges is part of their learning process. Trust that they will be capable of discovering solutions for themselves, even if it takes a longer time.



The Ministry of Social and Family Development runs the Positive Parenting Programme (Triple P) to help parents strengthen bonds and stay connected with their teenagers.

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