Ministry of Education
SINGAPORE

PARENT KIT

Ready, Sec(ondary), Go!



As our children enter Secondary School life, we may expect them to have longer days in school, new friendships and some changes in the way they wish to communicate with us.
How can we journey alongside them?

MANAGING LONGER DAYS AT SCHOOL

- Guide them in planning their schedule - this could be in the form of listing and allocating time for tasks they need to complete daily. Involving them in planning allows them to take responsibility for organising their time between school, home and rest.
- Show interest and check in regularly - ask about new subjects, new co-curriculum activities and new friends. This would help us understand how they are managing longer and busier days and their challenges.
- Encourage them to seek help from us, trusted teachers or peers in school if they feel overwhelmed with a busier schedule.



ADJUSTING TO NEW FRIENDSHIPS

- Show interest in their new friendships as they spend more time with their friends in school. Ask about the activities they do together.



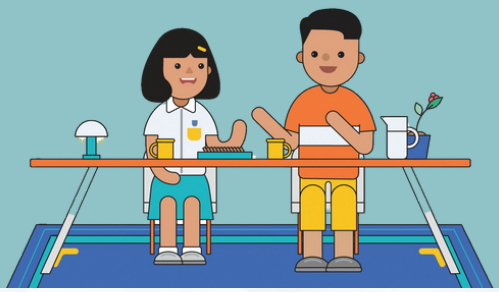
- Be understanding if they need more time to adjust socially and forge new friendships. Encourage them to talk to classmates or CCA mates.
- Listen when they share stories about their new friendships and experiences.

As our children enter their teenage years, they experience changes in their physical and emotional growth, be aware that sometimes their friends' opinions may matter more.

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COMMUNICATING THEIR WAY

- Take the lead in starting conversations if we notice our children keeping more to themselves. Try sharing about our day or interests and they may reciprocate.
- Guide them in creating a healthy balance between online and offline activity. Discuss and come to an agreement with them on device usage as they spend more time online.
- Respect their personal space by giving them some "me time".



How can we identify excessive usage of mobile devices?

Find out more here

How do we create a healthy online/offline activity balance?

Find out more here

Want to relate better with our children?

Find out more here

As we journey with our children, remember to...

MAINTAIN A POSITIVE RELATIONSHIP USING T.E.E.N



- **Time**

Conciously set aside time to spend with our children. Find regular opportunities, such as at meals or taking walks together.

- **Expectations**

Help our children discover their goals and interests. While we may have expectations for them, they have their own set of strengths and interests.

- **Empathy**

Encourage our children to share their thoughts and feelings, and listen without judgment. They will be more willing to listen knowing we are seeking to understand them.

- **Nurture**

Seek to be a facilitator, rather than a supervisor. Let them try when experiencing challenges and discover solutions themselves to learn.

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

Click here to find out more

Missed our last issue? ***Click here*** for our previous Parent Kits.

For weekly tips on parenting in education, check out our Instagram account for parents, ***@parentingwith.moesg***.

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