



# **Parents Engagement Session**

For Sec 3, 4 & 5

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- 1) Common issues faced by our students
- 2) Signs of stress
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01

**Common  
issues**



# Managing Relationships

I'm having trouble coping, I would like to  
talk to.....

# Academic pressure

Do well for your exams!

Oh no, I have made so many mistakes in my papers

Hey Sharon, I got A1 for math!



# Pandemic challenges

I cannot hang out  
with all my friends  
like I used to!

The competition  
has been cancelled!



Will my exams be  
affected?

Will my family  
be infected?

Oh no! The  
covid cases  
are rising!



02

**Signs of  
stress**

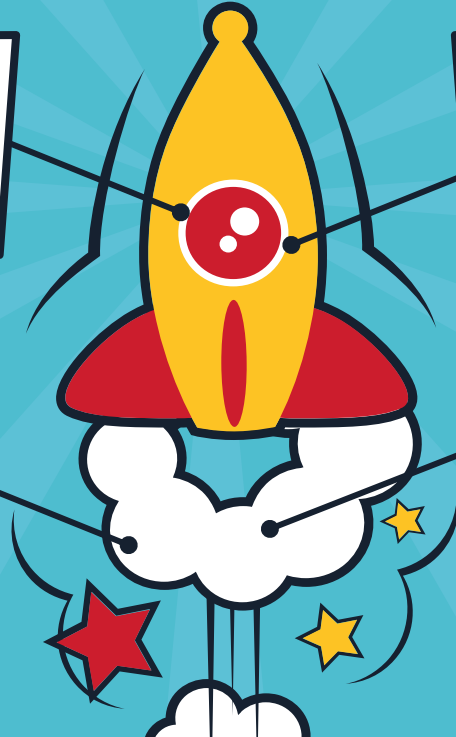
# 4 types of stress signs

Behavioural  
Changes **01**

**02** Withdrawal  
/ acting out

Making  
excuses to  
avoid school **03**

**04** Drop in  
academic  
results





**03**

**How to  
support**

# Creating right environment

## Connection

Regular conversations with children

## Open minded

Listen first

## Acknowledgement

Children's needs



# Understanding love language

## The 5 Love Languages



### WORDS OF AFFIRMATION

Words of affections, validation, descriptive praise and encouragement



### ACTS OF SERVICE

Services that your child sees as valuable.



### QUALITY TIME

Focused and uninterrupted attention or time.



### GIFTS

Giving and receiving undeserved gifts.



### PHYSICAL TOUCH

Hugs, cuddles, kisses, or a pat on the back.



# Setting realistic Expectations

Encourage your children to learn at their own pace.



Don't compare.

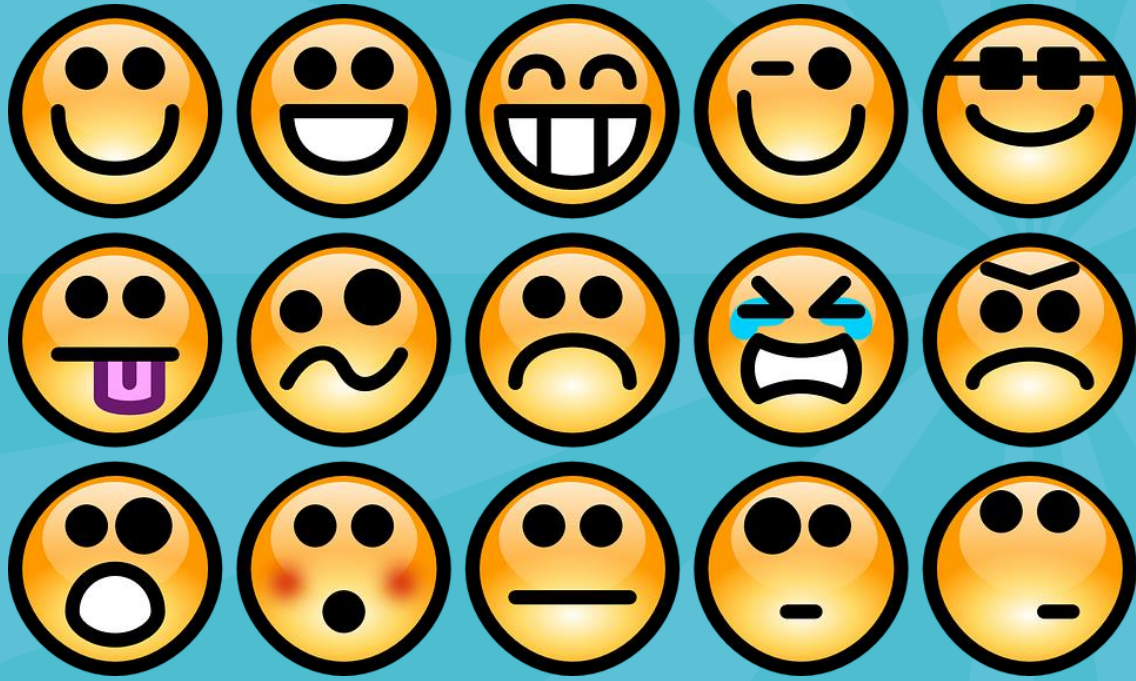


Tell them it's ok to make mistakes.



Don't focus only on results.

**Parents, take care of yourselves too!**



# Support for parents

**Positive Parenting  
Programme (Triple-P)**



Check out more with this link  
to the MSF website!

## Family Helpline

**ComCare Hotline**

1800-222 0000