



Parents' Engagement 2023

Secondary 2



Contents

DEVELOPMENTAL
MILESTONES

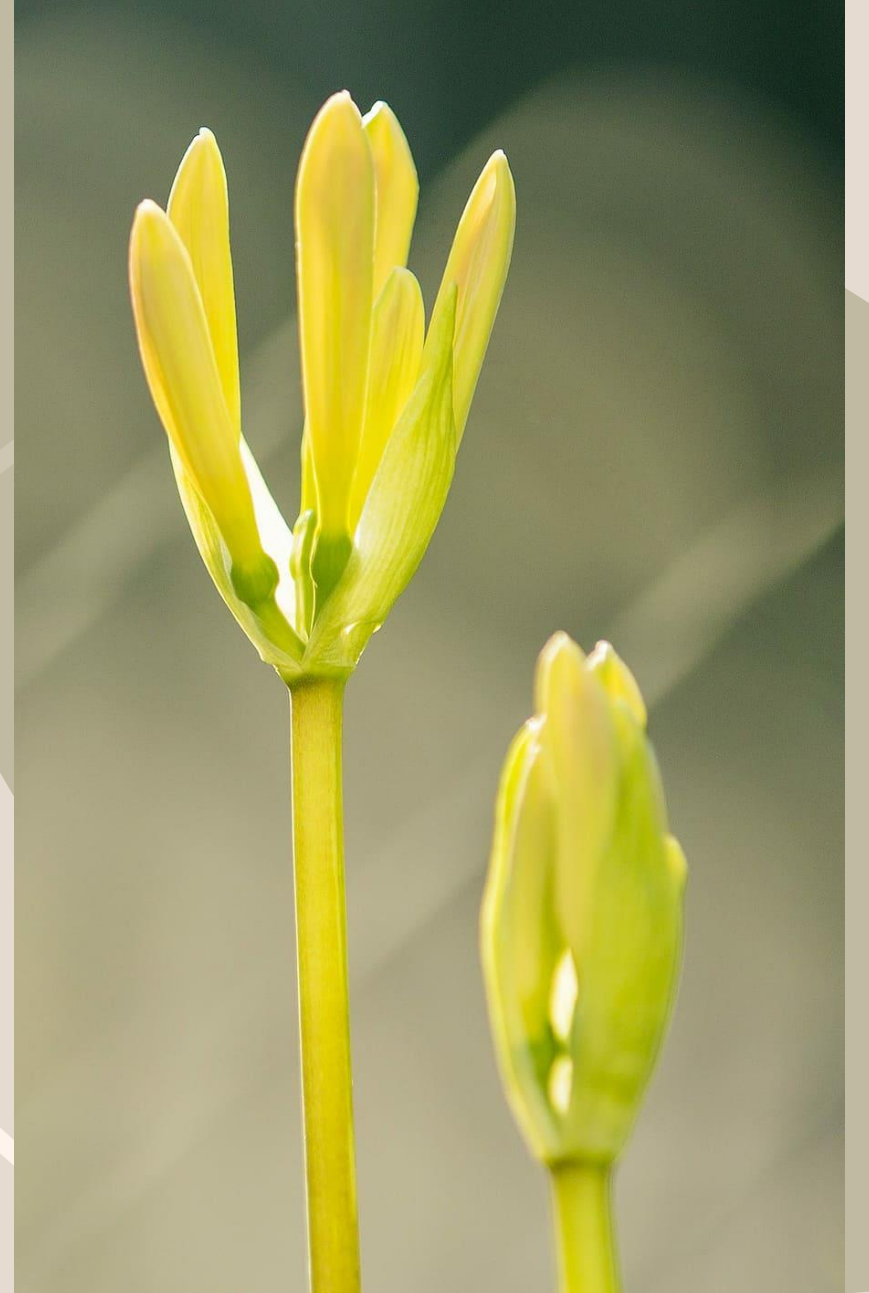
SOME SOURCES OF STRESS

HOW TO SUPPORT YOUR
CHILD

RESOURCES & HELPLINES

Developmental Milestones for our Sec 2 students

- Forming their own identity
- Concerned about their appearance
- Wanting more independence
- Expressing interest for exploration
- Communicating more with peers



Some common sources of stress

- Choosing their subject combination
- Academic pressure
- Friends and family relationships



Parents, what can you do?

- Be supportive
- Be encouraging
- Be present



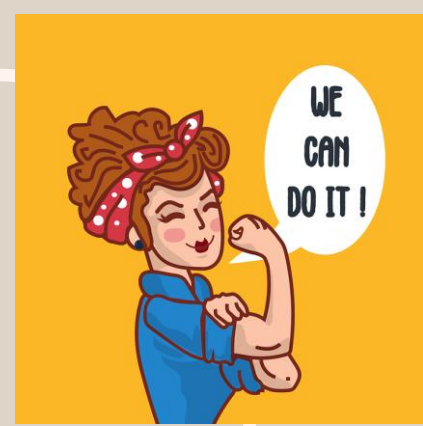
Be supportive

- Trust that your child can do hard things
- Resist being overprotective
- Allow them to explore and find what they enjoy doing
- Brainstorm together to solve problems that come up



Be encouraging

- Find time to chat about their interests or courses they have taken up
- Be their cheerleader when they want to give up
- Share your personal challenges and success stories with them
- Tell them you are there if they need help



Be present

- Spend time with your child intentionally with minimal distractions
- Listen actively to what they say
- Seek to understand before offering your opinion or advice



Self-care for parents

- Acknowledge your own challenges in life
- Discuss your problems with loved ones
- Set aside me-time to recharge



“If parents want to give their children a gift, the best thing they can do is to teach their children to love challenges, be intrigued by mistakes, enjoy effort, and keep on learning.”

– Carol Dweck
American psychologist

Resources

HELPLINES

For families and individuals in need of family support services

COMCARE 1800 - 222 0000

Resources

HELPLINES

Assistance related to mental health

YCSS School Counsellors 6261 2489 ext 228, 227

Youthline (Anyone up to 35 years old)
6517 9820

Samaritans of Singapore (SOS)
1767 (24hours)
