

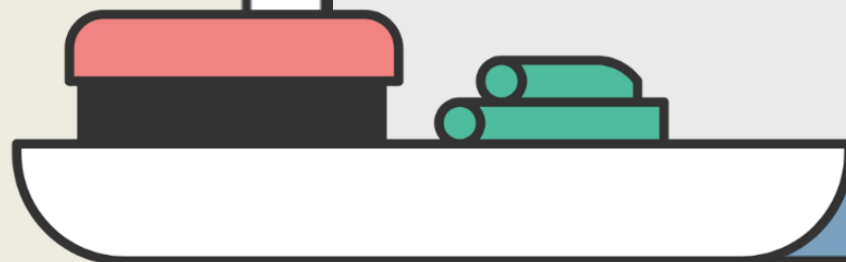
Secondary 3-5

# Parents' Engagement 2023

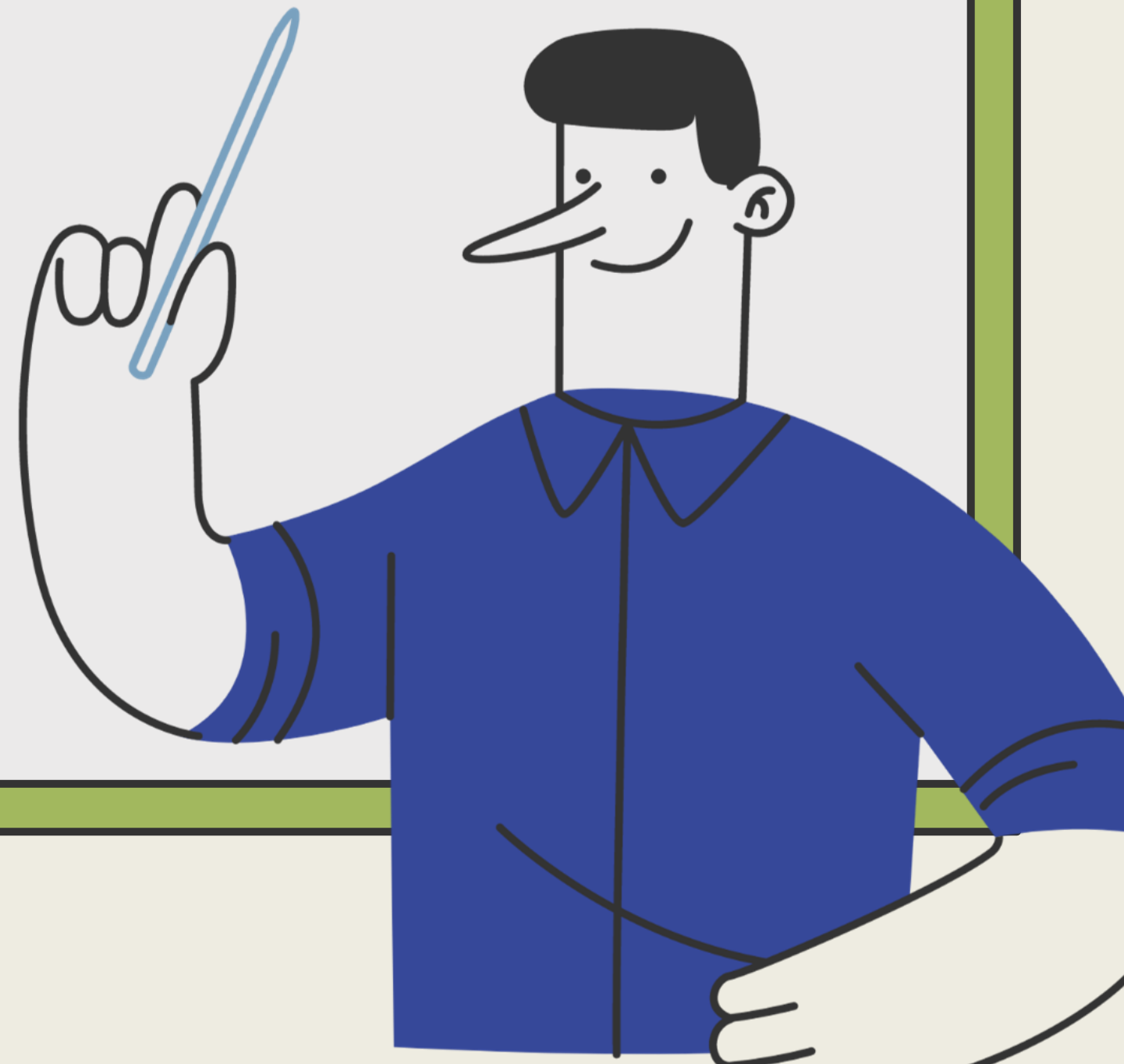


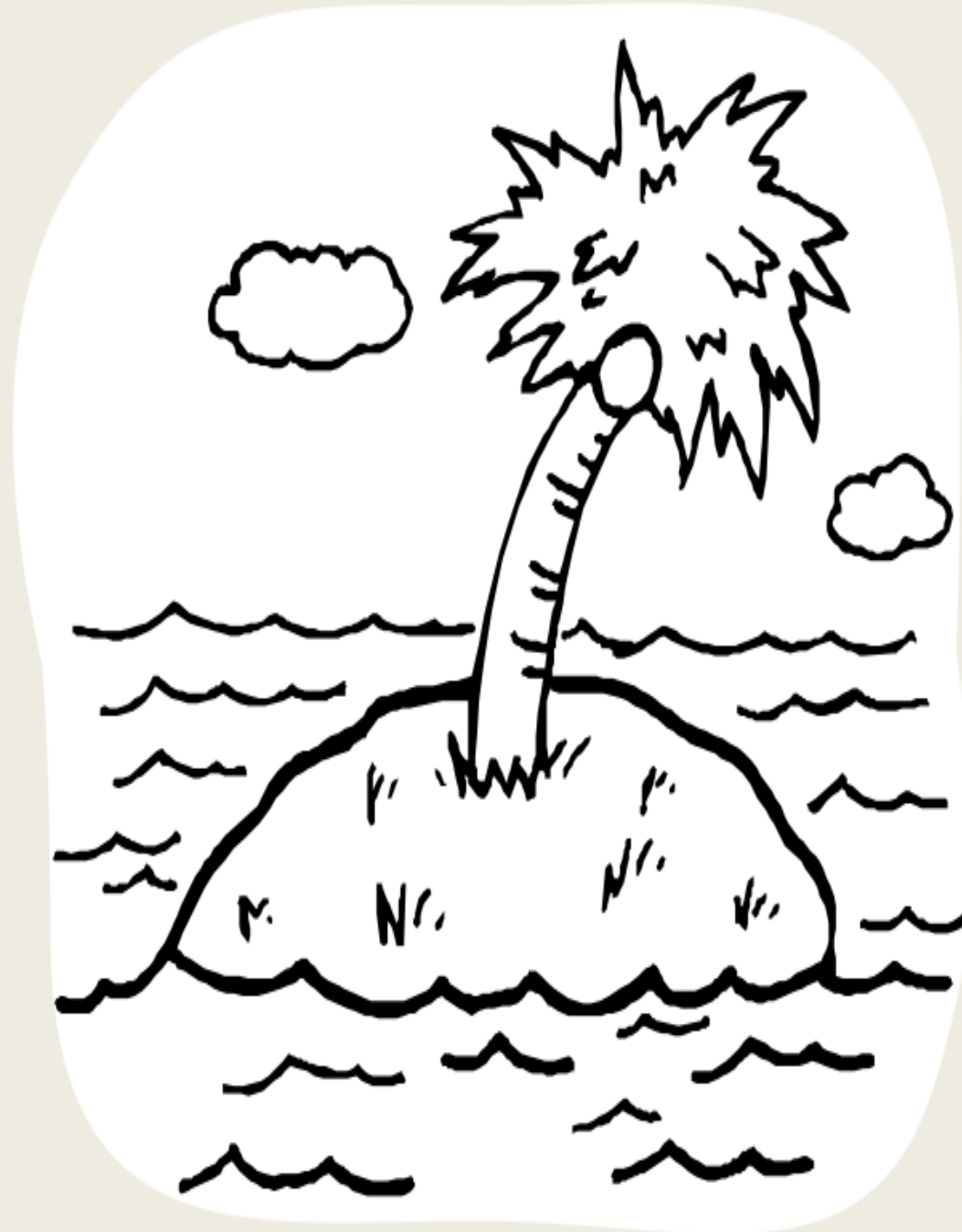
# Contents

- 01** Common issues
- 02** Signs of stress
- 03** How to support your children
- 04** Helplines



# Common Issues





# Managing Relationships





# Academic stress

Can I excel in my studies?

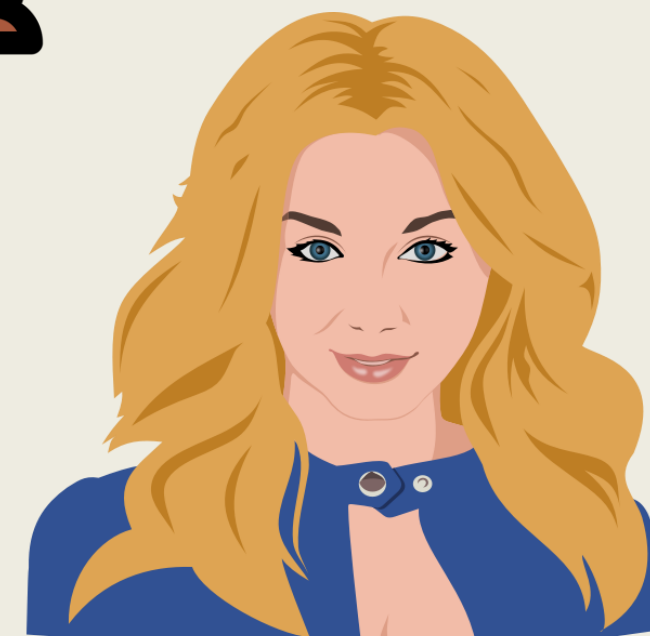
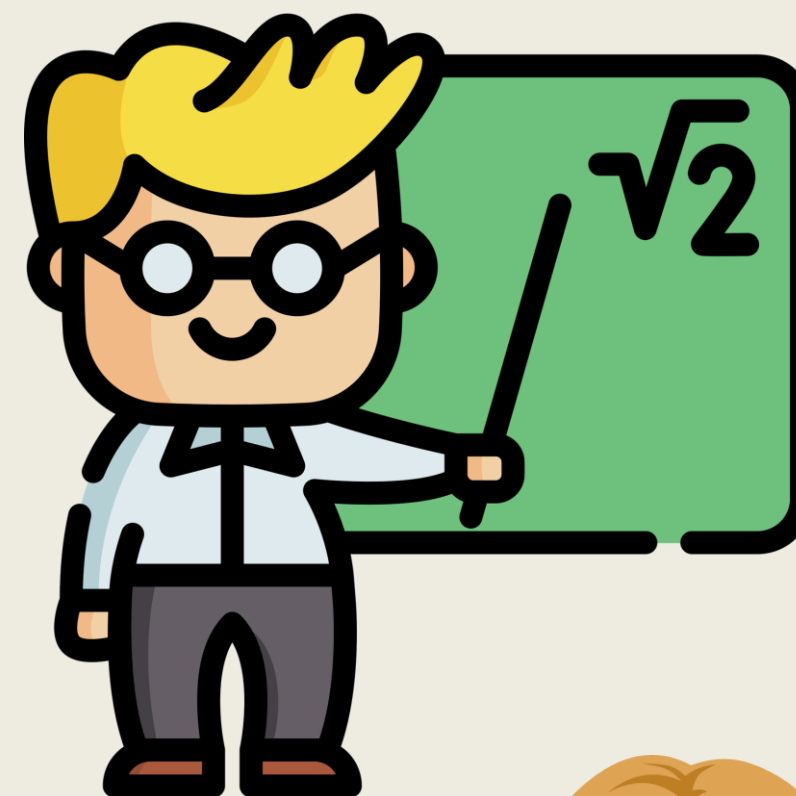
Others are doing so well....look at me.....



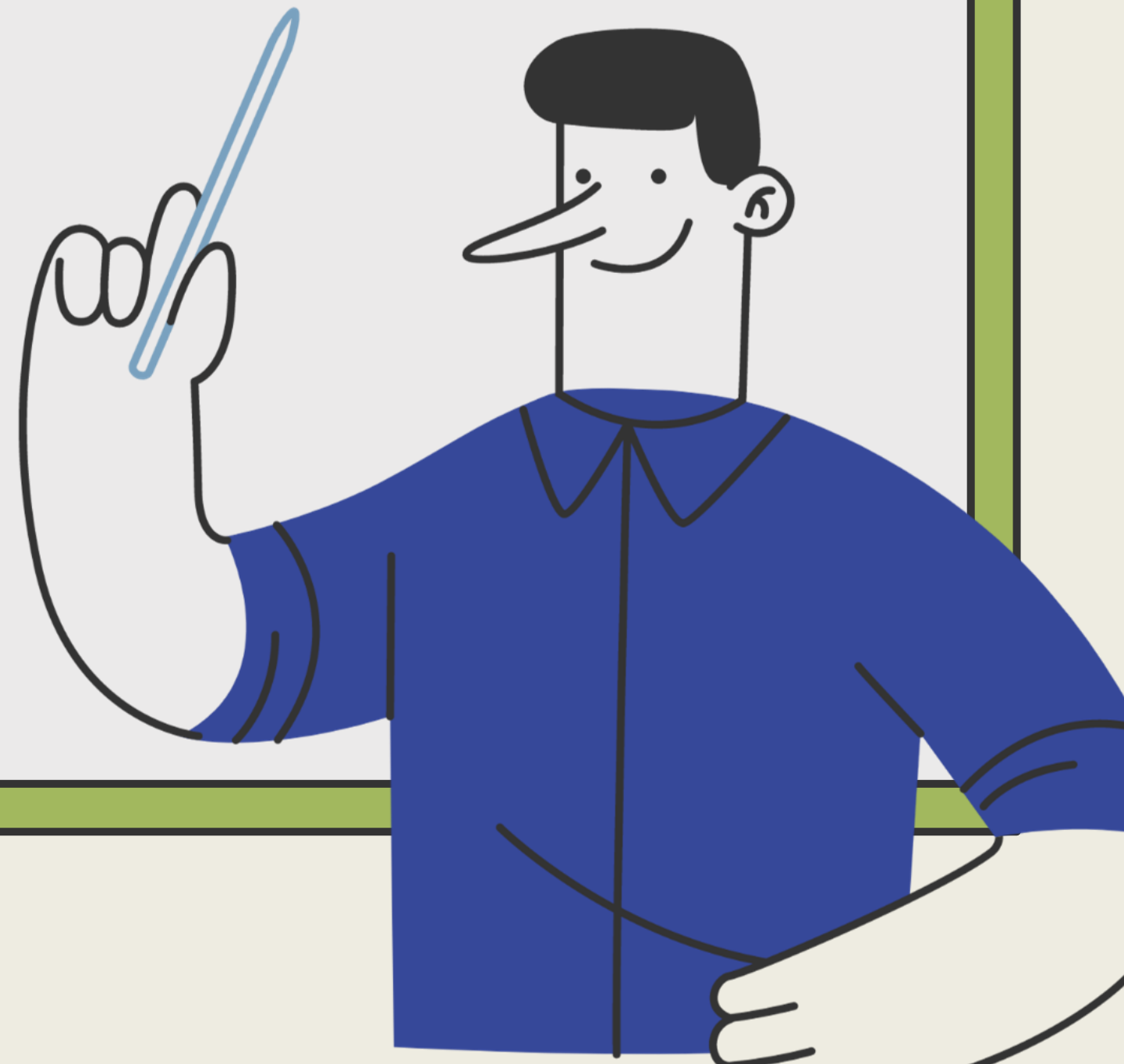
# Educational Pathways



Made by FREE-VECTORS.NET



# Signs of stress



# 4 types of stress signs

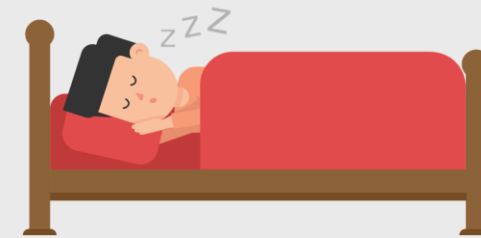
Behavioural  
Changes



Withdrawal  
or acting out



Making  
excuse to  
avoid school

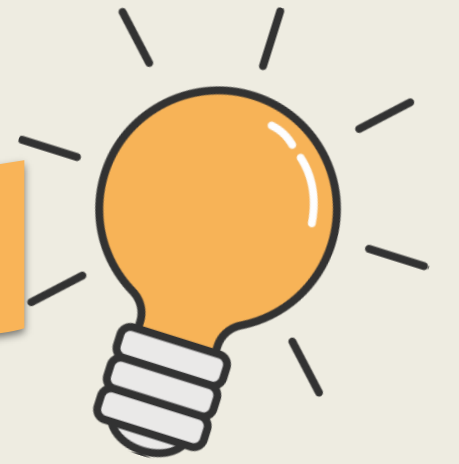


Drop in  
academic results





# How to support your child



1	Creating the right environment
2	Understanding love language
3	Setting realistic expectations

# Creating right environment



## Connection

Regular conversations

## Open Mind

Listen first, offer opinion and advise later

## Acknowledgment

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

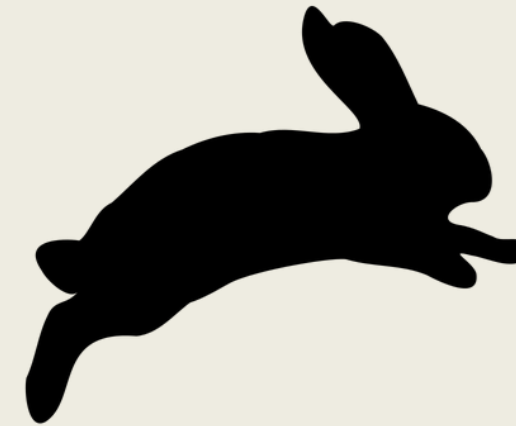
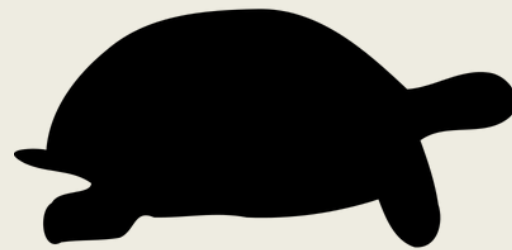
Hugs, cuddles, kisses, or a pat on the back.





# Setting realistic Expectations

Encourage your children to learn at their own pace.



Don't compare.



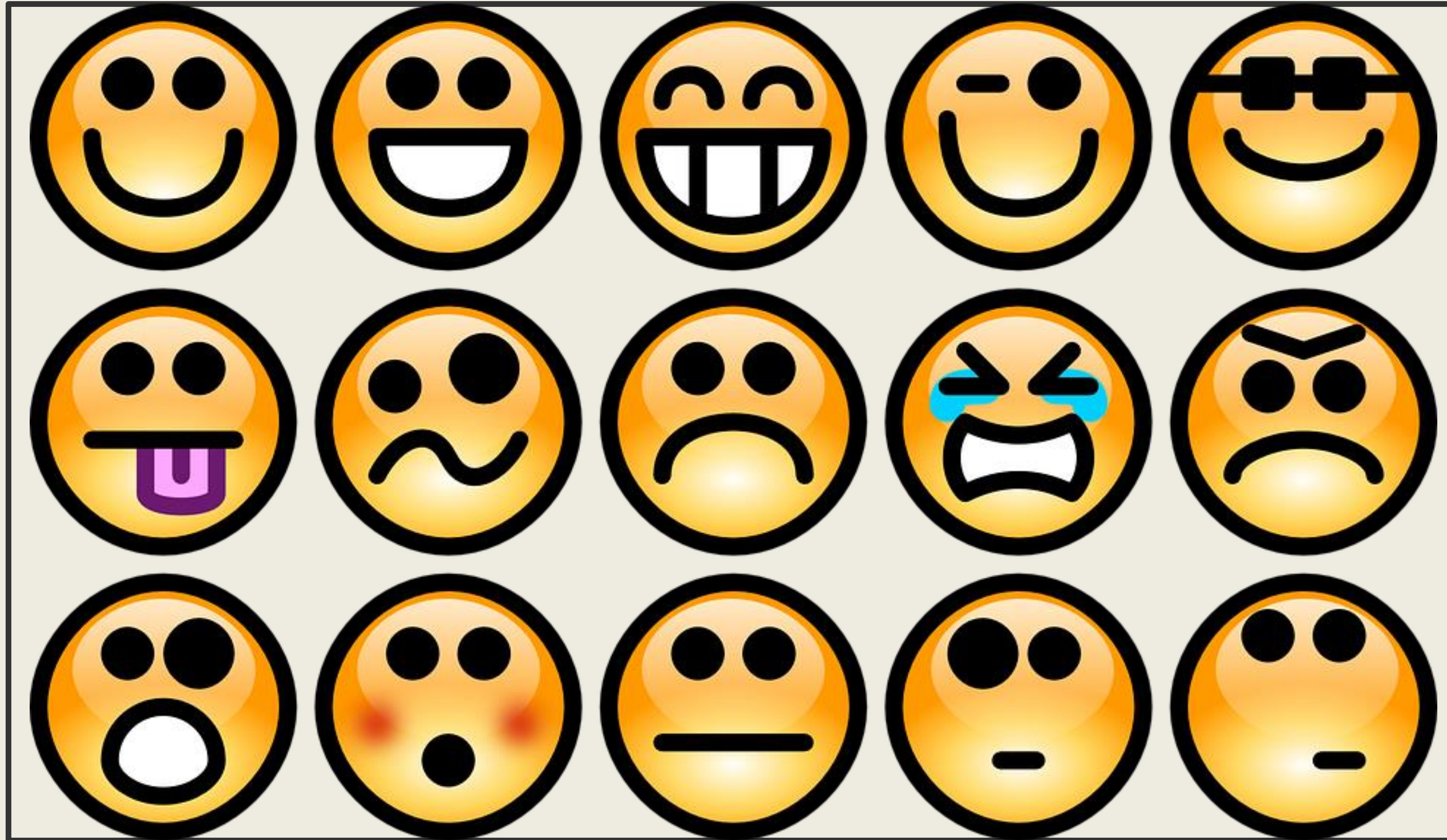
Tell them it's ok to make mistakes.



Don't focus only on results.



# Self care for Parents



# Resources for parents

Positive Parenting  
Programme (Triple-P)



Check out more with this link  
to the MSF website!

**Family Helpline**

ComCare Hotline    1800-222 0000

# **Resources for parents**

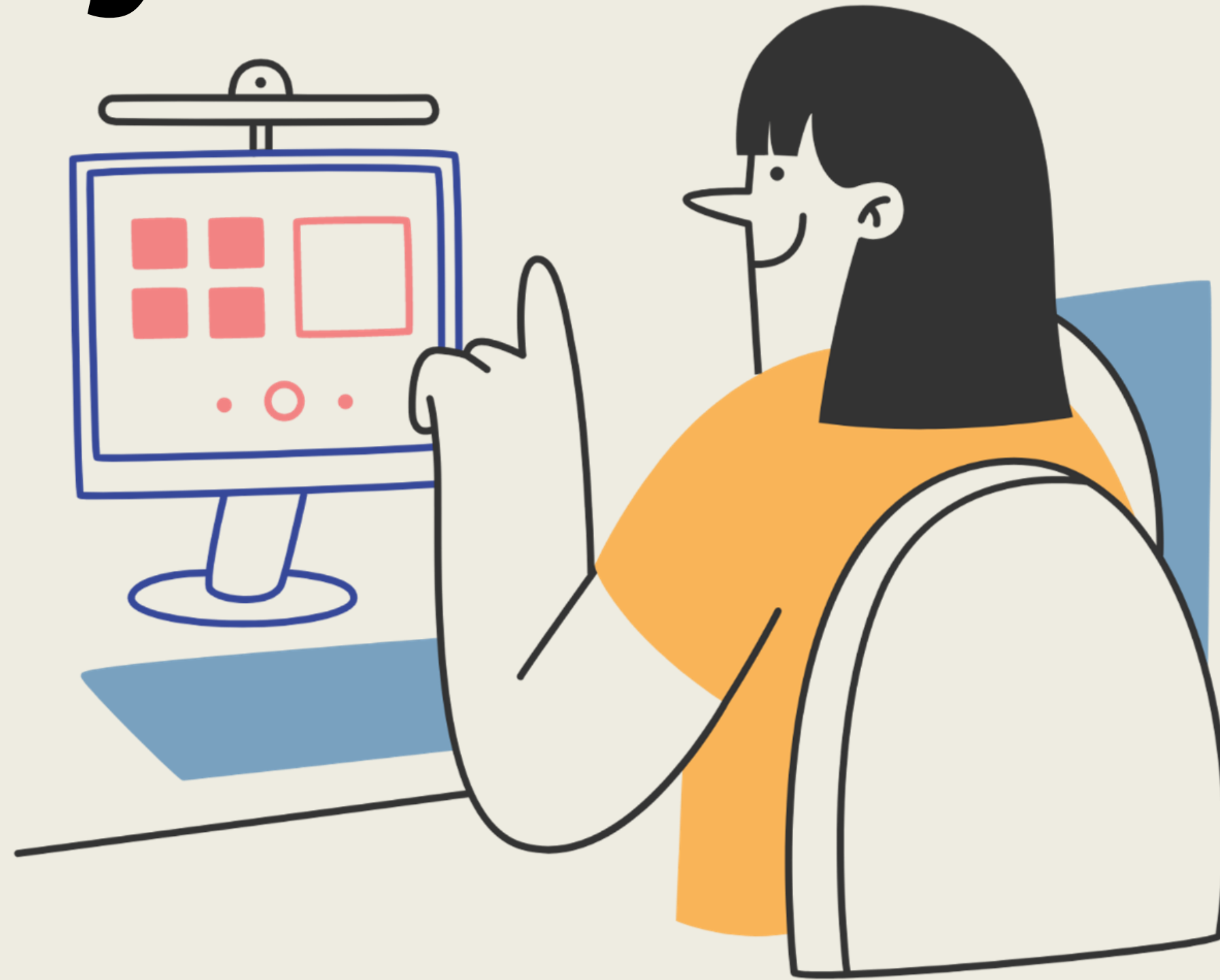
## **Assistance related to Mental Health**

YCSS School Counsellors    6261 2489 ext 228, 227

Youthline (Anyone up to 35 years old)    6517 9820

Samaritans of Singapore (SOS)    1767 (24 hours)

# Thank you!



Write a closing statement or call-to-action here.