PROVIDING SOCIAL AND EMOTIONAL SUPPORT FOR YOUR CHILD

A Collection of Resources for Parents

As parents, we want to see our children grow up to become confident and resilient individuals. We hope that the following resources will be useful in your parenting journey of providing social and emotional support for your children, so that they will learn to persevere and adapt positively to challenges.

BUILDING RESILIENCE IN OUR CHILDREN

RESILIENCE BOOSTERS

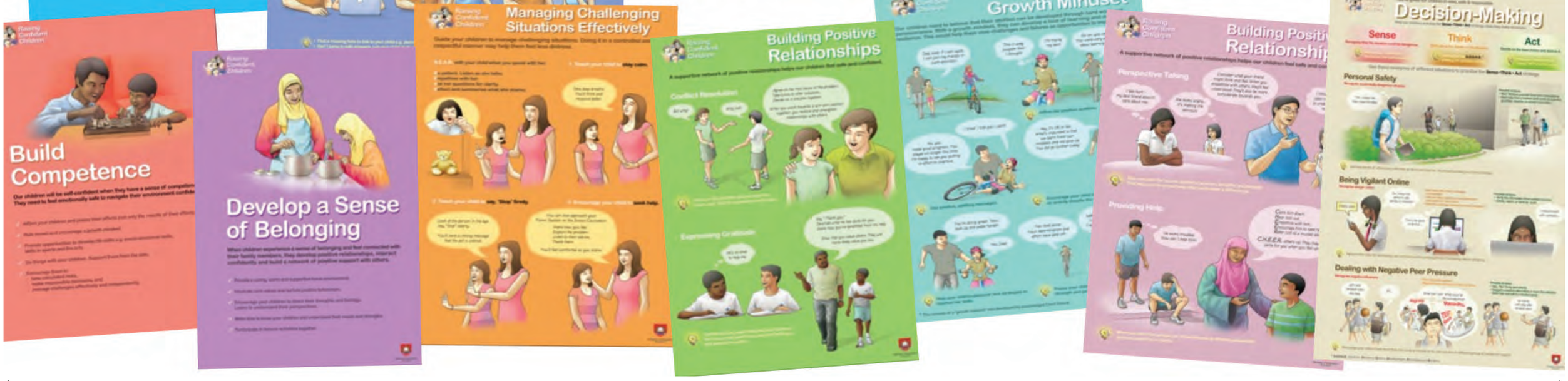
https://tinyurl.com/resil-boosters

The ability to thrive despite challenges arises from the skills of resilience. Here are some resources and activities you can engage with your child to strengthen his/her resilience.

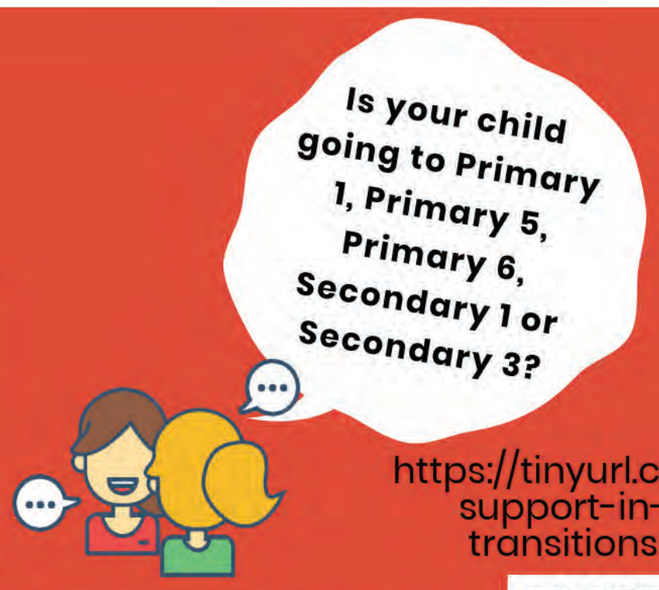
https://tinyurl.com/conf-children

RAISING CONFIDENT CHILDREN

Our children will be self-confident when they have a sense of competence and belonging. A supportive network of positive relationships will help them manage challenging situations. This set of resources also shares how parents can promote a growth mind-set in children.

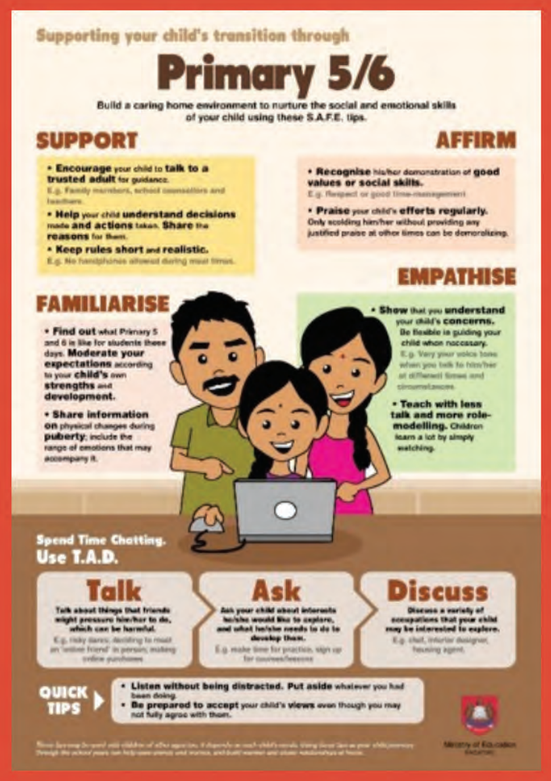


SUPPORTING YOUR CHILD THROUGH TRANSITION



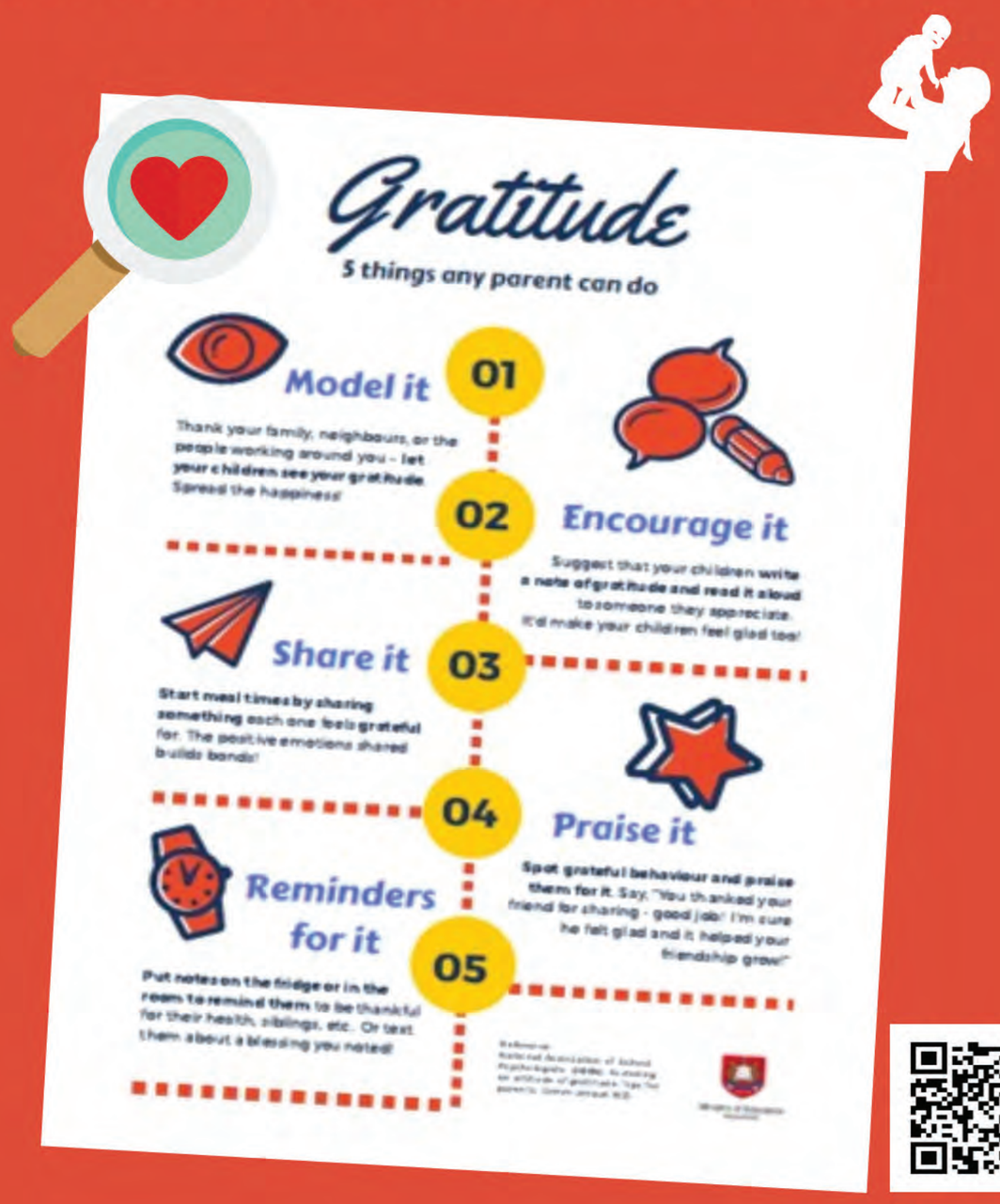
https://tinyurl.com/support-in-transitions

Why not use the T.A.D strategy and other quick tips in the following resources to talk with your child?



PRAISE AND GRATITUDE

As parents, it is important to role model positive behaviours to our children. Expressing gratitude and praise are among such behaviours. Learn how to do it right and do it well with these resources.



https://tinyurl.com/praise-well

https://tinyurl.com/gratitude-parents

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