



Nurturing Your Child Through National Exams



What We Will Cover

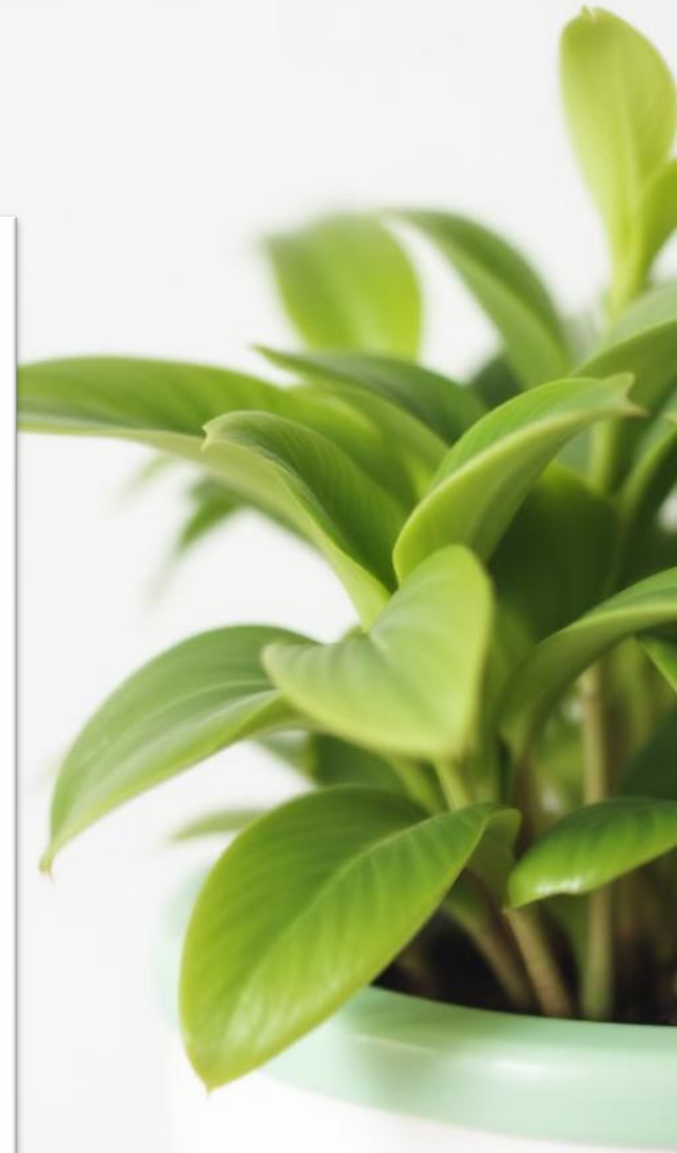
- 1 **Signs of Stress**
- 2 **Emotional Support**
- 3 **Home Environment**
- 4 **Healthy Habits**

Spotting Signs of Stress



Signs of stress

- Sudden behavioural changes
- Mood swings or sulkiness
- Acting out or being rebellious
- Becoming withdrawn and avoiding others
- Struggling to pay attention to studies or activities
- Recurrent stomach aches and headaches
- Stark changes in sleeping and eating patterns
- Making excuses to miss school





Emotional Support

- 3Rs for Conversations

1 REGULATE

Hold space for your child: be mentally, physically and emotionally present for your child. Focus on supporting your child through the big emotions.

2 RELATE

Practise active listening by acknowledging how your child feels and thinks.

Address emotions before you reason with your child.

3 REASON

When your child is ready, engage your child in problem solving. Help your child understand that you are on their team.

You + your child VS the problem.

Healthy Habits

- Guide your child in managing his/her time
- Encourage your child to live a healthy, balanced life with time for sleep and play
- Set a regular study timetable each day with a definite beginning and ending time.
- Check your child's Student Handbook for the daily list of homework and supervise he/she in completing the homework.



Resources - MOE



Ministry of Education
SINGAPORE

PARENT KIT

Journeying Through Challenging Times, Together

When the going gets tough, you need someone to be there for you, to listen to you and understand you.

For our children, that someone is us. To show them that we love them as much during their bad days as good.

An illustration of two women from the back, hugging each other. The woman on the left has short teal hair and is wearing a teal sleeveless top. The woman on the right has purple hair tied in a ponytail and is wearing a purple sleeveless top. They are both smiling and looking towards the right.

Resources - MOE



Resources	Website
MOE Parent Kit	https://www.moe.gov.sg/parentkit
MOE Social Media Platforms	parentingwith.moesg Instagram , Facebook Linktree
Social and emotional learning	Social and emotional learning: Resources for parents MOE
Cyber wellness	Cyber wellness MOE

Resources - Community



Resources	Website
HealthHub	<u>Parent Hub: Teens</u>
MSF Parenting Programmes	<u>Parenting Programmes</u>
MSF Family Service Centre	<u>Family Service Centres</u>
Cyber wellness and digital parenting platform	<u>Homepage – Help123</u> 1800 6123 123



Thank you

