

Are you a **P.S.L.E** Parent?



Parent Kit

**Missed our
last issue?**

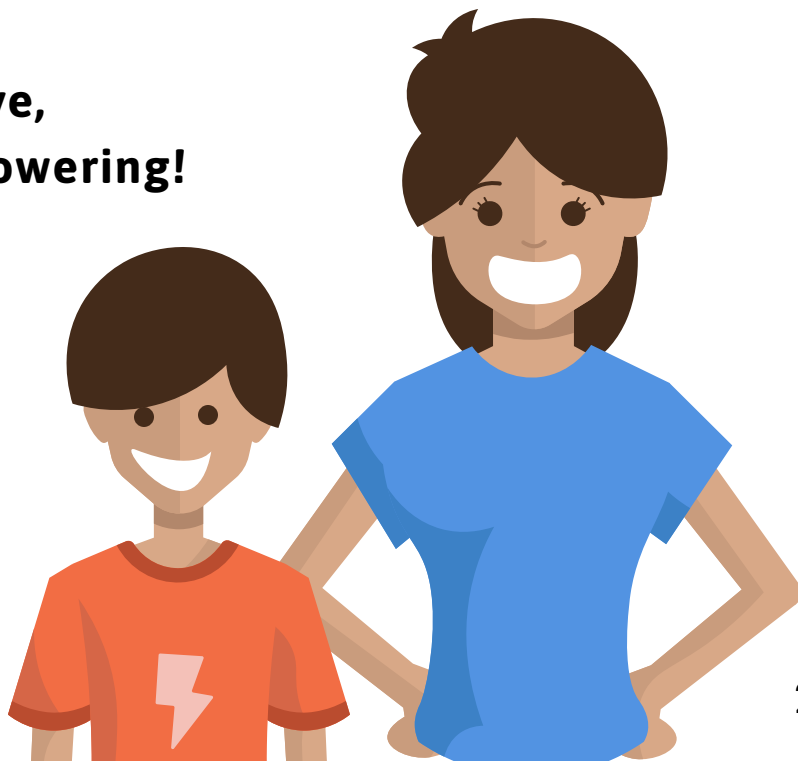
Click [here](#) for our
previous Parent Kits.



Ministry of Education
SINGAPORE

Wondering how you can support your child in preparing for the PSLE and for the next steps ahead? Here are some tips on how you can help your child cope well, and explore secondary school choices together.

**Be a P.S.L.E parent – Proactive,
Supportive, Loving and Empowering!**



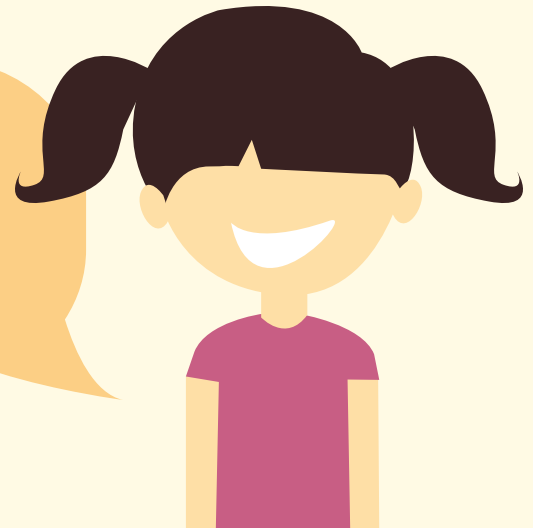
Is your child coping well?

This period can be a time of stress for your child. Guiding your child through this period is a way for your child to develop resilience.

Developing a strong and positive mindset will enable your child to persevere and adapt positively in the face of future challenges.

I believe that...

- I can grow and learn from setbacks
- Failure is not permanent
- There is always hope and a way out



What can you do as a parent?

1. SUPERVISE

Look out for signs of distress, and monitor your child's progress.

Noticed any of the following signs that is out of the norm for your child?

- Struggles to pay attention in studies or activities
- Tiredness
- Rebellious streak
- Excuses to miss school/class
- Stays away from others
- Sulking

It may be an indication of too much stress.

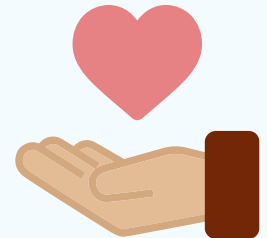


2. PROVIDE

Know your child's needs and be present.

Be willing to listen and communicate frequently in an open and supportive manner.

Give them your attention.

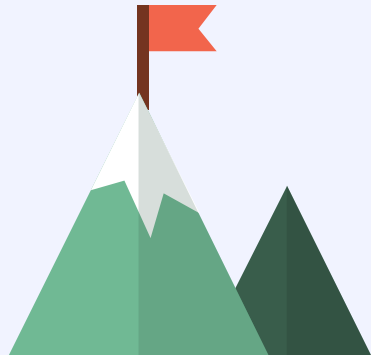


What can you do as a parent?

3. ROLE MODEL

Role model resilient behaviour and positive mindsets in everyday situations.

Share with your child some of the challenges and setbacks you've faced, and how you managed and maintained positivity.



4. REASSURE

Encourage your child regularly.

Provide positive feedback and cheer your child on for every effort.



How can you manage your own stress?

For some parents, the PSLE period may also be a stressful time.

Parents play an important role in managing the stress and anxiety that you and your children may go through, from the days leading up to the PSLE and results release.

Your behaviour and the home environment you create are crucial in reinforcing resilient mindsets and positive coping mechanisms in your child.



How can you manage your own stress?

Remember to:



Cherish your child and his or her growth through this experience

Your child's worth is not measured by his or her academic performance.

The PSLE is just one of many milestones to understand how much our children have learnt and to gauge their learning needs for the next step of their journey.

There will be more opportunities for your child to continue to flourish in secondary school and beyond.

How can you manage your own stress?



Celebrate the effort, not the results

Appreciate your child's hard work and show it through a simple gesture.

*E.g. Have a nice meal together at the end of the examinations, **before** the results release, to let your child know that you are celebrating his or her effort.*



Ensure that both you and your child get enough down time

Continue to spend time with your child to bond and rest.

Simple activities such as getting some exercise or playing a board game together can help to relieve stress and allow you and your child to recharge.

How can you choose a suitable secondary school with your child?

Children often have mixed feelings about going to secondary school. They may look forward to making new friends and joining CCAs, but are worried about the new environment and subject load.

Explore secondary school options together so that your child feels excited about the possible schools that he or she may enter!



How can you choose a suitable secondary school with your child?

Start a conversation with your child to understand his or her thoughts and feelings about moving on to secondary school.

On the topic of choosing a secondary school, here are 3 things you can chat about:

1. Your child's strengths and interests

Every school has its distinctive CCAs and programmes (e.g. Applied Learning Programmes). Ask your child what programme or CCA he or she would like to take part in, and match them with a school that supports this.

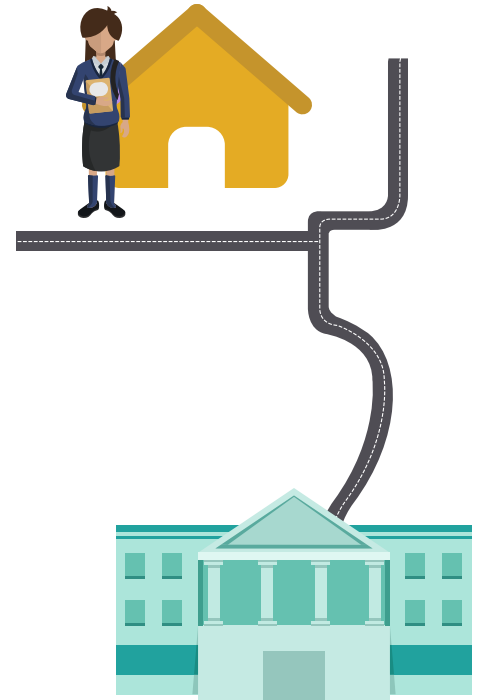


How can you choose a suitable secondary school with your child?

2. Distance from your home

The distance between your home and the school determines the travelling time for your child. This affects the amount of time your child has for sleep, after-school activities and rest.

Consider together a comfortable travelling distance and mode of travel for your child to get to his/her secondary school.



How can you choose a suitable secondary school with your child?

3. Each school's environment and culture

Visit schools' websites or talk to someone in the schools of interest together, to find out what each school's environment and culture are like.



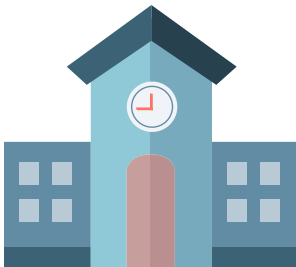
TIP: In view of the COVID-19 situation, physical Open Houses may not take place this year. However, our schools have a wealth of information on their websites. Schools may also include videos, virtual tours or online sessions to share more about their culture, environment and offerings.

Take time to visit schools' websites with your child to discover the possibilities!

BONUS:

Use [SchoolFinder](#) to shortlist schools.

You can easily filter your selection based on CCAs, distance and location, and programmes that schools offer!



If a school fits your child but doesn't have the CCA that he or she wants, consider exploring the **Strategic Partnership CCA (SP-CCA)**!

MOE introduced the SP-CCA to provide opportunities for secondary school students to pursue a CCA that their schools do not offer.

Find out more about the current offerings [here](#).




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and Empowering!**




We want to share more than parenting tips with you, we want to get real.

Check out our new Instagram page for parents to connect and celebrate the ups and downs of parenting, share tips and stories on the parenting experience, and grow together.

Follow us [@parentingwith.moesg](https://www.instagram.com/parentingwith.moesg) 

Parenting  with MOE

What we've got lined up for the next few weeks:

-  **How to Get Your Child to Stop Coming to You**
-  **How to Know If Your Child Is Doing Okay in School**
-  **How to Keep Sane Through the Exam Season**

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What You Don't Have to Do This Weekend (Or Ever):

- 1 Give them answers to their homework**

- 2 WhatsApp other parents on what's coming up for the week**

- 3 Pack their bags for them**


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