

Bonding Over The Holidays!



Parent Kit

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National Library Board
Singapore



Ministry of Education
SINGAPORE

This June holidays, we hope that our students will continue to engage in meaningful activities, take time to recharge and relax, while minimising external interactions. Since they will likely be spending much time at home, why not use the opportunity to spend some quality time together as a family?

We have prepared a list of activities to engage the family from the comfort of our homes. Let's continue guiding our children to stay positive, curious, connected, and independent while we're at it!



Guiding your children to stay positive

Have regular conversations with your child to ensure that they are coping well! You can consider these conversation starters:

What did you enjoy doing most today? What are three things you are thankful for? What do you miss about school?



Check out these heartwarming interview stories to read together:

- [Family of Nine](#)
- [Growing Closer as a Family](#)
- [The Fine Art of Juggling for Dual-Career Parents](#)
- [7 Ways to Help Your Child be a Problem Solver without Tears](#)

You can check out the [#IChooseFamilyTime Comic Strips](#) with your child for touching, positive stories to bring the whole family together.



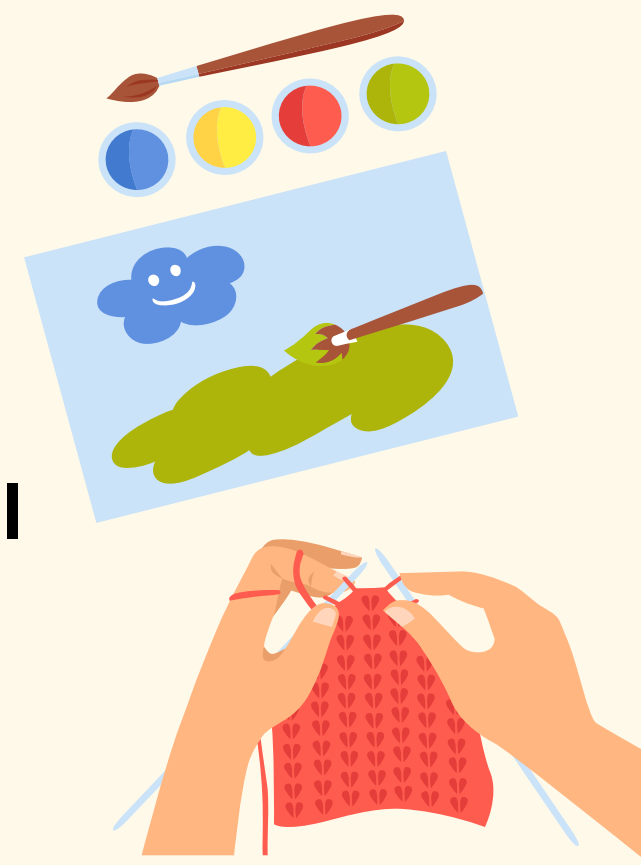
[Click here](#) for tips of emotional support for your child during this COVID-19 period.



Remember to capture the good family moments so that you can recall and cherish them together in the future to strengthen family bonds!

Guiding your children to discover their interests

Talk to your children about places of interests they love to discover what interests them. With many virtual visiting options available, consider bonding with them over virtual visits to these places. We have prepared some ideas for you!



Stimulate your child's inner artist with virtual museum visits to the [Hall of Ocean Life](#) at the American Museum of Natural History (by 12 June), the [Louvre Kids](#), our very own [NLB's Human X Nature Exhibition](#) (until 26 Sept), or the [National Gallery Children's Biennale 2021!](#)

Cook up a healthy storm with family-friendly recipes by [FairPrice Fantastic Foodventures!](#)

Inspire the avid reader in your child with [NLB's Libby App](#) which offers free e-books that you can borrow instantly — they can also be narrated as audiobooks.



Teach your child how to select child-friendly books by guiding them first. Help them foster their love for books [with these resources from NLB!](#)

For our teens:

[SYFgoesOnline!](#) is a [Singapore virtual arts festival](#) for our youths to express their creativity through art, dance, and music!

Nature lovers and fitness enthusiasts will enjoy virtual tours of [Sungei Buloh](#) and our [Southern Islands](#), while our very own National Heritage Board (NHB) will feature the [‘An Old New World’ exhibition](#) for those who wish to rediscover Singapore!

For more family-friendly ideas, visit MOE’s Instagram for ideas on [fun holiday activities updated on the daily](#) under the #MyJolidays story highlight or the [Families for Life Facebook page](#).



Observe the types of activities and ideas that excite your child — don’t miss this opportunity to have a conversation with them on it, and to develop their strengths and curiosities along the way.



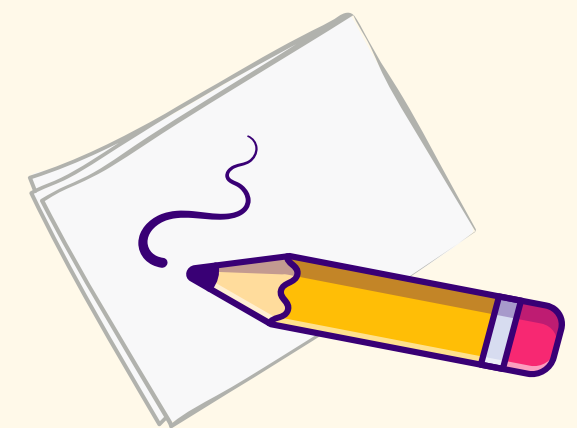
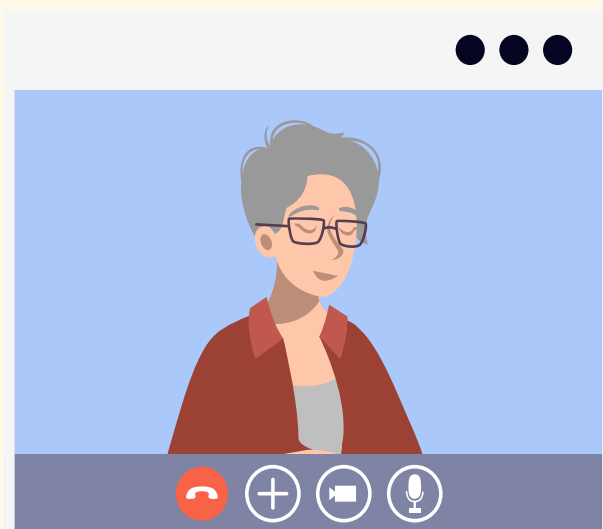
Guiding your children to stay connected and relate with others

With your child, reach out to friends and extended family over voice or video calls. Encourage your child to keep in social contact, to stay connected and happy.

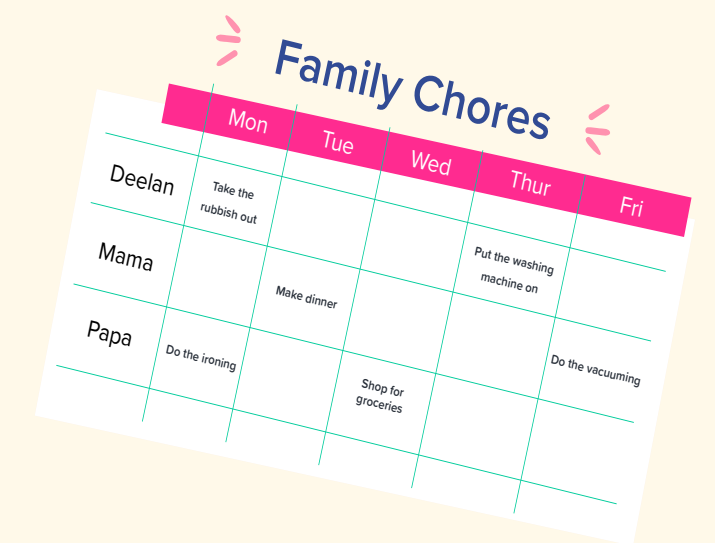
Send little notes and gifts of appreciation to family, friends, or frontliners and essential workers to practise gratitude with your child.



Foster a spirit of giving and empathy in your child by [giving back to the community](#) through the battle with COVID-19!



Guiding your children to do things independently and responsibly



A calendar titled "Family Chores" with columns for days of the week (Mon, Tue, Wed, Thur, Fri) and rows for family members (Deelan, Mama, Papa). The chores are assigned as follows:

	Mon	Tue	Wed	Thur	Fri
Deelan	Take the rubbish out				
Mama		Make dinner		Put the washing machine on	
Papa	Do the ironing		Shop for groceries		Do the vacuuming

Encourage your children to plan their days and keep to their routine as a good habit. Affirm them when they take responsibility and do things independently!

For younger children,

you can sit together to plan the first few days while suggesting activities for them, and slowly let them take ownership in their own planning.

For teens,

you can explore meaningful offline activities together, such as exercising together. You might want to agree on the amount of screen time deemed acceptable if they are constantly on their phone or computer.

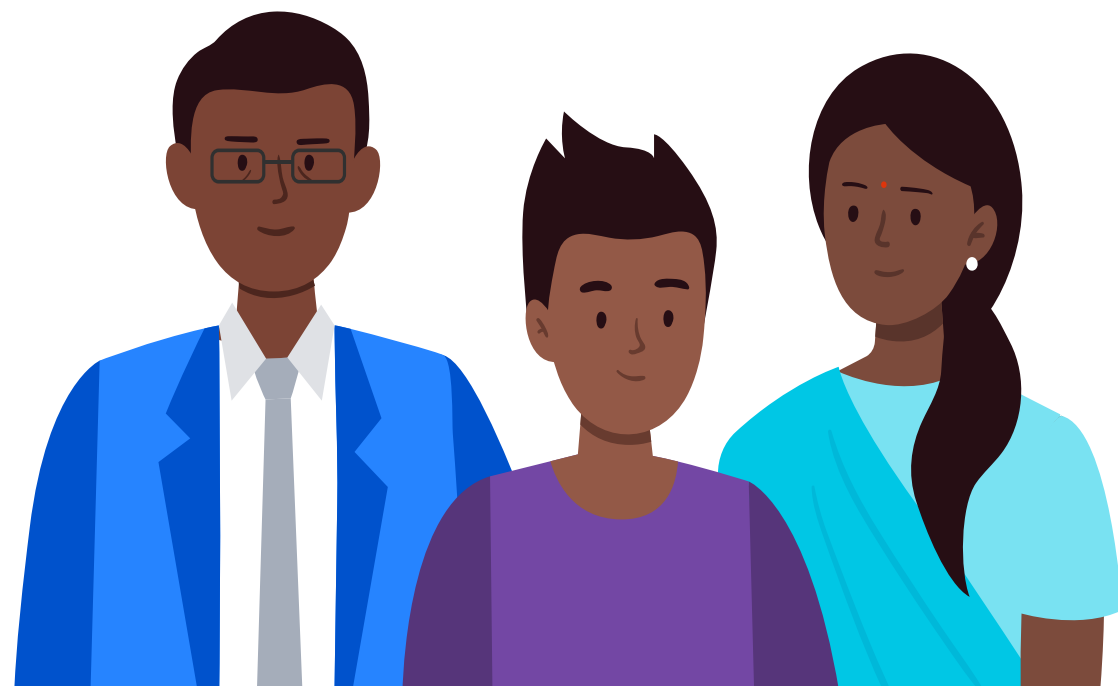


Do household chores such as folding clothes and preparing meals together with your children!



Let's turn the time we are spending at home together to strengthen our bonds with our children while participating in activities together and taking care of the household.

For weekly parenting tips, check out our Instagram account **@parentingwith.moesg!**



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