



Parent Kit

UNPACKING PARENT-CHILD QUALITY TIME

(PSST... THIS ISSUE INCLUDES PARENT SELF-CARE TIPS!)

As parents, we want to strike a balance between work and family responsibilities. We may wish we had more time to spend with our children.

But fret not! In this issue, we break down what quality time means with tips on how you can create quality time with your children.



Identify daily quality time

Reflect on which daily activity allows you and your child to talk about the day. It may be mealtimes or watering the plants. Make the activity a part of your daily routine.



Plan together and commit

Beyond daily quality time, schedule one-on-one time with your child. Ask your child to plan activities that they want to do such as a picnic or a sport. Do them together at least once a week.



Practise listening

Talk less, listen more. Listening attentively to your child allows you to understand more about their day, their interests, and challenges. This will help you to identify areas to support them in.



Give undivided attention

Focus on your child, especially during the planned activities. Put your devices away and be present in the moment with them.



Prioritise Self-Care

No one can pour from an empty cup. Take good care of yourself (do what works for you) so that you can care for your child.

Remember, it's about how you spend time with your children, not how much time you spend with them.

PARENT SELF-CARE COUPONS!

Tip: Ask your child to ensure that you use up all of these coupons!



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