

PARENT KIT



Ministry of Education
SINGAPORE

Be A Present, Supportive, Loving and Encouraging Parent – A “How-To” Guide

Your child will be taking the Primary School Leaving Examination (PSLE) soon and shortlisting secondary schools for their next phase of education.

Your support means a lot to them. Be a **P**resent, **S**upportive, **L**oving and **E**ncouraging parent, and stand by them during their PSLE journey.

1. Support your child in the lead-up to the examinations

Be there to listen, reassure and encourage

- Check in with your child regularly to understand how they are feeling.
- Offer your help in areas that they need and acknowledge their feelings without judgement.
- Affirm their efforts at trying, and encourage them to reframe setbacks as opportunities.

[Click here](#) for further tips on supporting your child during the exam season.



Do you know your [child's love language](#)? Is it words, actions, or simply your company? Learning to speak your child's preferred love language can help you provide the support they need.



Be mindful of your own actions, reactions, and expectations

- As parents, we may sometimes focus on the grades our child attains and feel disappointed depending on their performance.
- Manage your expectations of your child, while being careful not to project your own expectations on them.
- Remember that the hard work, dedication and resilience that they are able to show now will also serve them well in life.



Signs of S.T.R.E.S.S.

Your child may be overwhelmed if they show a combination of the following:

- Struggles to pay attention to studies or activities
- Excuses to miss school/class
- Tiredness, loss of appetite and sleep
- Stays away from others
- Rebellious streak
- Sulking

2. Choose a suitable secondary school with your child

Step 1: Start with your child's strengths, interests, skills and abilities

If your child is interested in a particular area (e.g., technology-related, performing arts or sports), encourage them to consider secondary schools that have the relevant programmes to further develop their interests and skills.



Step 2: Discuss your child's needs

Your child's voice matters. Listen to them on what factors are important to them in choosing a secondary school. Factors such as CCAs, school culture, subjects and location could feature in their choices.



Help them think through and prioritise which considerations matter to them most.

Step 3: Shortlist schools together

Stay open and be flexible in exploring pathways with your child. Find out more about the possible school choices with your child to understand what each school can offer.



Remember to use all 6 secondary school options with a range of Cut-Off Points so that your child is more likely to get into a school of choice.

Empower your child by encouraging them to research on secondary schools and share their considerations with you.



Check out these useful websites/tools:

- [MOE S1 Posting Website](#),
- [PSLE Score Calculator](#),
- [SchoolFinder](#),
- [Open Houses Dates](#), and
- [MySkillsFuture](#) for more resources to help you shortlist schools.



Try these conversation starters to find out more about your child's strengths and interests, and factors that they are considering.

- "What subjects do you enjoy learning in school?"
[Look out for special programmes that can develop your child in the areas they are passionate about]
- "What skills would you like to pick up in secondary school?"
[Check out CCAs or developmental programmes that are aligned to their interests and skills]
- "What kind of school environment would you like?"
[Identify the key factors that matter to them, such as school culture, experience, values, and school location]



3. Celebrate your child's efforts

- Whether in the lead-up to or after the examinations, let your child know that you are proud of their hard work and effort. Applaud them for their resilience and growth mindset as they keep on learning while preparing for their examinations.
- Assure them that you are there for them regardless of the outcome and avoid making comparisons or labelling what makes a “good” or “bad” PSLE Score.
- Remind them regularly that education is a lifelong journey: good character, values and success in life are not measured through academic achievements only.



Simple gestures such as bringing them out for a meal, a family outing, or a meaningful gift/note of encouragement can mean a lot to them.

Your support is key as your child prepares for the PSLE and transits to secondary school education.

Guide them in their PSLE journey to create an experience for them which they can look back on fondly.

Check out how a mum stood by her daughter as she geared up to enter secondary school.

[Click Here](#)

JOIN OUR UPCOMING EVENT

**ON 23 JULY (SAT),
10-11.30AM**

Facebook Live ‘Ask Me Anything About... Preparing Your Child for Secondary School Education’

To learn more about the key considerations in choosing a secondary school and how to help your child transit smoothly.



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