



Ministry of Education
SINGAPORE

PARENT KIT

**Re-connect and Re-charge
With Your Teen**



School's Out!

Now's the perfect opportunity to **re-connect**
with your teen and **re-charge together** with them.

Whether you choose to stay home or head outdoors,
we've compiled **some tips** and a **list of activities**
to help you spend that **much-needed quality time** with your teen.





Re-Connect With Your Teen by Getting to Know Their Interests

Make time to talk to your teen about their interests

While our teens may seek freedom and independence, they also require **family time** and **love**.

Arranging time with your teen and **reminding them about family time** will help you re-connect with them. Ask about their social interactions and latest interests.

This will show them that you are interested in their lives!



TIP!

It takes time to forge connections with your teen.

Start small with these conversation starters.

*Is there somewhere
you want to visit during
the holidays?*

*Who do you usually hang
out with these days?*

*Is there something
you enjoy doing
outside of school?*





Re-Connect With Your Teen by Exploring Their Interests Together

After getting to know your teen's interests, connect with them over some activities!

INDOORS

Cook together

For **foodies**, encourage family traditions by cooking a nutritious family meal!

Cooking together can enable you to form lasting relationships with your child.

For more kitchen ideas, check out some healthy recipes [here](#).



INDOORS

Bring nature into your home

For **nature lovers**, try [gardening](#) or beautifying the home with [DIY crafts](#)!

Check out National Parks Board's

[list of gardening activities](#)

for you and your teen.

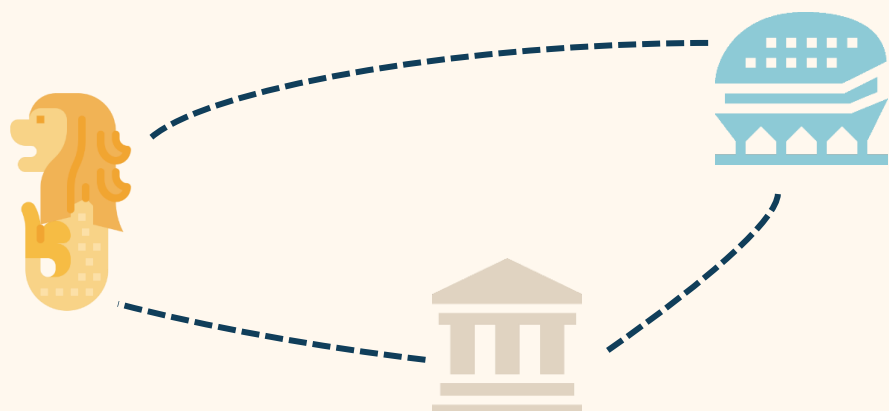


OUTDOORS

Get active together

For **adventure lovers**, explore nature and heritage sites on NPark's Tiong Bahru Trail, Jubilee Walk, or challenge the family on a Coast-to-Coast 36km Trail together.

Check out all the trails and attractions [here](#).



INDOORS

Be inspired by local youths

For **teens who enjoy championing social causes**, inspire them with [stories of local youths](#) who have made an impact to the world around them.



OUTDOORS

Visit museums together

For **lovers of the arts**, exchange stories of your teenage years with your teen and pay a visit to **National Museum of Singapore's** [Growing Up](#) exhibition!



Re-Charge With Your Teen by Participating in Fun and Meaningful Activities Together

STAY CONNECTED WITH OTHERS

COVID-19 may limit social interaction, but it is important for our teens to stay connected with others who care about them. [Maintaining these relationships](#) helps the family grow stronger together!

Encourage your teen to give grandparents or extended family members a video or phone call, or invite them to a virtual party.



Here are some [movie recommendations](#) and [online games](#) for the whole family.

GIVE BACK TO COMMUNITY

[Giving back to our community](#) gives us and our teens a chance to meet with people from all sorts of backgrounds. In helping others, [we learn to appreciate what we have](#) today.

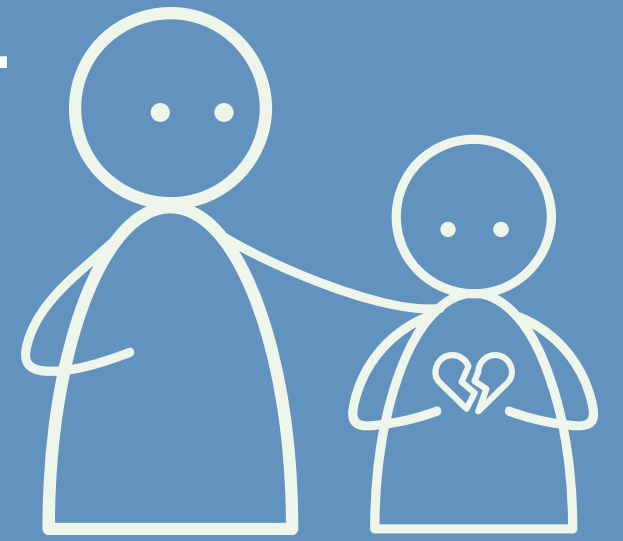
Whether you choose to donate, volunteer or fundraise, any small act goes a long way!





At the core of it all, when we make an effort to connect with our teens, they are more likely to open up to you.

Through their teenage years, seek to understand them and guide them to discover their strengths, interests, qualities and ideals.



What are ways to better understand and connect with our teens?



Pick up simple and practical strategies to strengthen your parent-child bonds by signing up for the evidence-based Positive Parenting Programme (Triple P) and Signpost programmes by the Ministry of Social and Family Development today!

Visit <https://go.gov.sg/ffl-parenting-programmes> or scan the QR code below to find out more and register for these programmes today. Do spread the word to your fellow parents and friends too!



Let's make time to **re-connect**
and **re-charge** with our teens,
especially during this holiday season.

Continue to do the same even when the
holidays end.

The quality time and effort you spend with your
teen will go a long way in **fostering a stronger
relationship** between you and your child.

Happy Holidays!



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