

Supporting your child's transition through

Primary 1

Build a caring home environment to nurture the social and emotional skills of your child using these S.A.F.E. tips.

SUPPORT

- Commit some time every weekend to **play games** and **have fun** together.
- **Visit places** or take part in events that **both of you enjoy**.
- **Encourage** your child to make **new friends**.
- Try out **FTGP* Family Time** activities.

AFFIRM

- **Encourage** your child when he makes **observations**.
E.g. Say "That's interesting!" and ask why he/she said that.
- **Recognise small successes**. E.g. Say "You've made another new friend in class - well done!"

FAMILIARISE

- **Find out** what primary schools have in store for students these days.
- Do practical things to **ease** your child **into new routines**.
E.g. Plan daily routines together, teach your child new habits like packing his/her bag.

EMPATHISE

- **Teach** your child words that **describe feelings**.
- **Acknowledge** your child's **emotions**.
E.g. "It's okay to feel anxious about starting school."
- **Understand** your child's **needs**. E.g. Start bedtime early. Children need a lot of sleep.

*Form Teacher Guidance Period

Spend Time Chatting. Use T.A.D.

Talk

Talk about fond memories of your own school days.

E.g. What you did in Primary One; kind teachers and cheeky classmates you had.

Ask

Ask about his/her thoughts and feelings about the school.

E.g. FTGP* activities; when he/she felt happiest.

Discuss

Discuss together what can be done if he/she has worries at school.

E.g. Explore how people deal with conflicts.

QUICK TIPS

- **Listen without interrupting.**
- **Nod your head and ask questions** to show interest and affirmation.



Supporting your child's transition through

Primary 5/6

Build a caring home environment to nurture the social and emotional skills of your child using these S.A.F.E. tips.

SUPPORT

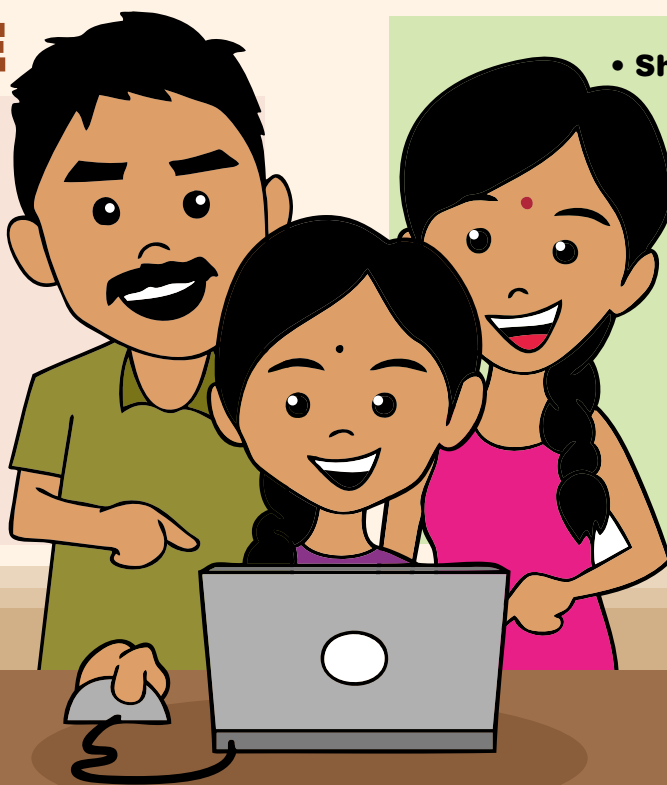
- **Encourage** your child to **talk to a trusted adult** for guidance.
E.g. Family members, school counsellors and teachers.
- **Help** your child **understand decisions made and actions** taken. **Share** the **reasons** for them.
- **Keep rules short and realistic.**
E.g. No handphones allowed during meal times.

AFFIRM

- **Recognise** his/her demonstration of **good values or social skills.**
E.g. Respect or good time-management.
- **Praise** your child's **efforts regularly.** Only scolding him/her without providing any justified praise at other times can be demoralizing.

FAMILIARISE

- **Find out** what Primary 5 and 6 is like for students these days. **Moderate your expectations** according to your **child's own strengths and development.**
- **Share information on** physical changes during **puberty**; include the range of emotions that may accompany it.



EMPATHISE

- **Show** that you **understand your child's concerns.** Be flexible in guiding your child when necessary.
E.g. Vary your voice tone when you talk to him/her at different times and circumstances.
- **Teach with less talk and more role-modelling.** Children learn a lot by simply watching.

**Spend Time Chatting.
Use T.A.D.**

Talk

Talk about things that friends might pressure him/her to do, which can be harmful.

E.g. risky dares; deciding to meet an 'online friend' in person; making online purchases

Ask

Ask your child about interests he/she would like to explore, and what he/she needs to do to develop them.

E.g. make time for practice, sign up for courses/lessons

Discuss

Discuss a variety of occupations that your child may be interested to explore.

E.g. chef, interior designer, housing agent.

QUICK TIPS

- **Listen without being distracted.** Put aside whatever you had been doing.
- **Be prepared to accept** your child's **views** even though you may not fully agree with them.



Supporting your child's transition through

Secondary School

Build a caring home environment to nurture the social and emotional skills of your child using these S.A.F.E. tips.

SUPPORT

- **Find out** how your **child's preferences** are changing. Show interest by **asking open-ended questions**.
- **Make a habit of chatting** at a fixed time each day.
E.g. At dinner time.

FAMILIARISE

- **Find out** what **secondary school life** is like for students these days.
- **Excite** him/her about **new experiences** secondary school students can have.
- **Encourage** him/her to **pick up a new hobby** or **hone skills** in outdoor sports.
- **Limit** his/her **time** spent on **digital devices**.

AFFIRM

- **Remember** your **child's strengths**. **Build his/her self-esteem** in those areas.
E.g. "You have the unique ability to get along well with people."
- **Praise and affirm efforts** in front of relatives and friends.
E.g. "She is very helpful towards her grandparents."

EMPATHISE

- **Acknowledge** your child's varying **emotions**.
E.g. "I understand you feel anxious about starting school without any of your old friends."
- **Encourage** your child to **share thoughts and feelings** about the new school.
- **Prioritise** sufficient **sleep**.



Spend Time Chatting. Use **T.A.D.**

Talk

Talk about the different realities faced by teens these days compared to the past.
E.g. How you communicated with friends without social media.

Ask

Ask about his/her thoughts and feelings on people and events around him/her or in the news.
E.g. What are some ways of having wholesome fun? How does he/she feel about the different types of jobs that adults do?

Discuss

Discuss some acceptable boundaries with regard to the use of electronic devices.
E.g. What are some rules for having a mobile phone (with or without a data plan)?

QUICK TIPS

- **Listen attentively** to understand what your child might be feeling and thinking.
- **Avoid providing advice immediately** when not asked.



These tips may be used with children of other ages too; it depends on each child's needs. Using these tips as your child journeys through the school years can help ease anxiety and worries, and build warmer and closer relationships at home.

Ministry of Education
SINGAPORE

Supporting your child's transition through

Upper Secondary

Build a caring home environment to nurture the social and emotional skills of your child using these S.A.F.E. tips.

SUPPORT

- **Let your teen be alone** if he/she does not feel like doing anything together with you; but **be available** when he/she needs you.
- **Have meals together regularly.** It offers a way to connect.
- **Be flexible.** Allow **more independence** as your teen demonstrates more responsibility.

AFFIRM

- **Describe what is done right and why it is helpful** whenever you praise your teen. Specific praise is more genuine and encouraging.
- **Be sensitive** to your teen's preferences.
E.g. Give praise in private if he/she tends to be easily embarrassed.

FAMILIARISE

- **Find out** what **post-secondary institutions** have in store for students these days. **Make informed decisions** together.
- **Highlight** how different institutions and industries can **match your teen's interests.**

EMPATHISE

- **Respond to** your teen's emotions **without judging.**
E.g. If he/she complains at the end of CCA training, say: "Sounds like you're tired after training hard."
- **Encourage** your teen to **share** with you why he/she **makes certain decisions.** Acknowledge his/her struggles and strengths.



Spend Time Chatting. Use T.A.D.

Talk

Talk about your teen's interests. Encourage him/her to share the *who, what, where, when, whys and hows* of that interest.

E.g. sports, the latest phone apps, fashion

Ask

Ask about his/her thoughts and feelings on the latest posts and discussions on social media.

E.g. issues on bullying

Discuss

Discuss new boundaries as your teen displays greater maturity.

E.g. Allow a later curfew - recognise that he/she can be trusted with more responsibilities

QUICK TIPS

- **Listen patiently;** allow your teen to draw his/her own conclusions if needed.
- **Provide a safe space** for your child to vent and talk.



These tips may be used with children of other ages too; it depends on each child's needs. Using these tips as your child journeys through the school years can help ease anxiety and worries, and build warmer and closer relationships at home.

Ministry of Education
SINGAPORE

Supporting your teen's transition through

POST-SECONDARY

Build a caring and supportive home environment to nurture the social and emotional skills of your teen using these S.A.F.E. tips.

SUPPORT

- **Seek to understand** your teen's preferences, needs and choices.
- **Be there to listen non-judgementally and avail yourself as a sounding board** as your teen explores and shares his/her own stand and views.
- **Spend quality, one-to-one time** with your teen.
E.g. Take advantage of regular opportunities to start a conversation, like at mealtimes, when commuting or running errands.

FAMILIARISE

- **Encourage** him/her to explore **new opportunities** or hone **new skills**.
E.g. Taking on new roles in class, CCA, school or the community.
- **Adjust boundaries** with your teen as you allow them to take **greater self-responsibility**.
E.g. Time spent with social groups, daily curfews and postings on social media.
- **Get to know** your teen's **social circles**.
E.g. Invite your teen's new friends over for a meal.
- **Develop** your teen's sense of **responsibility and ownership** by providing opportunities for him/her to **contribute** at home and in the community.



AFFIRM

- **Praise and affirm** your teen for well-considered choices and responsible decisions made.
E.g. "I am proud of how you are willing to support your peers in their time of need."
- **Cheer** your teen on and **celebrate** any successes together.
E.g. "I believe in you" and celebrate with his/her favourite food or drink.
- **Express gratitude** to your teen for helping at home.
E.g. "I appreciate you helping with the housework when I was tired from work."

EMPATHISE

- **Seek to know and understand** what **motivates** and gives him/her meaning in life.
- **Acknowledge** your teen's **views and feelings, strengths and struggles**.
E.g. "I understand you now have to manage working with many different people."
- **Assure** your teen that you are **there for him/her** even as he/she makes his/her **own decisions**.
E.g. "I am glad you shared your plans with me. How would you like me to support you?"
- **Share tips for and encourage healthy lifestyle habits** such as sufficient rest.

Spend time chatting. Use T.A.D.

TALK

Talk about your teen's new experiences and the people he/she has met.

E.g. Discuss how technology and jobs have changed, his/her future plans and social circles. Share your own experiences too.

ASK

Ask about his/her thoughts and feelings on issues.

E.g. Global and national issues, role-models, relationships with friends and the opposite gender.

DISCUSS

Discuss your teen's aspirations and possible plans to support them.

E.g. Skills and knowledge that your teen needs; factors that motivate him/her towards their goals; ways to overcome obstacles.

QUICK TIPS

- **Listen with an open mind.**
- **Provide a supportive environment** that allows your teen space to express his/her feelings and views.
- **Find a healthy balance** between setting limits and encouraging independence.

