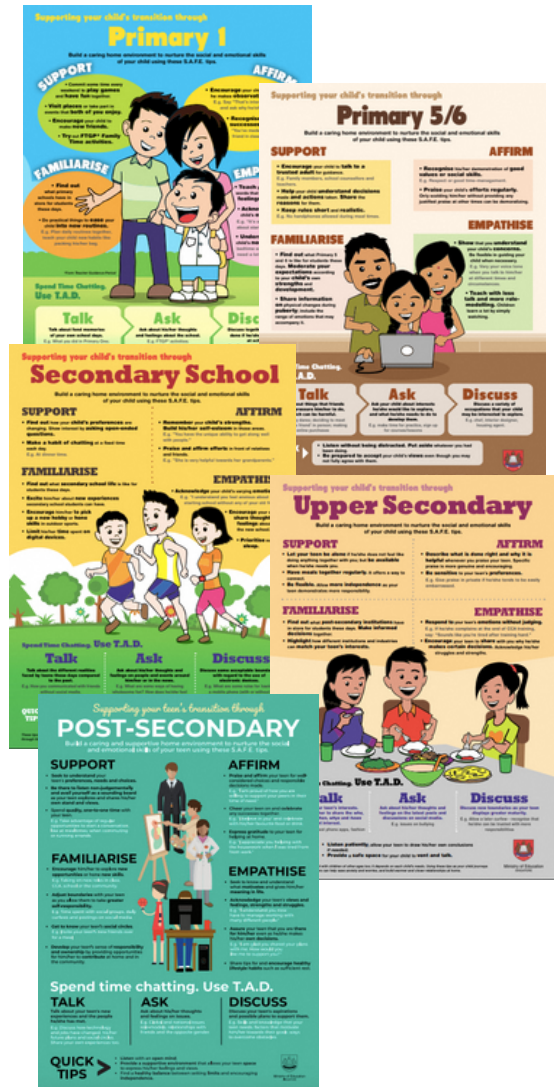


Starting a new phase in school can be daunting and stressful for our children. This set of resources offers tips on how you can offer the vital home support to help your child cope with transitions.



Supporting Your Child Through Transitions*

Education and Career Guidance

go.gov.sg/ecg-resources



Preparing for the future requires our children to explore education and career pathways and make informed decisions. Tap on the following resources to find out how you can help your child on his/her journey in education and career planning.



JOURNEYING WITH OUR CHILDREN, ACHIEVING THEIR ASPIRATIONS (PARENT GUIDE)*



WHAT'S NEXT BROCHURES



MYSKILLSFUTURE STUDENT PORTAL



THE NEXT STEP FORWARD E-BOOK



Schoolbag

Stay up-to-date with education news, school features and tips, at Schoolbag.sg.

Ministry of Education
Student Development Curriculum Division
Guidance Branch

PROVIDING SOCIAL AND EMOTIONAL SUPPORT FOR YOUR CHILD

A Collection of Resources for Parents



As parents, we want to see our children grow up to become confident and resilient individuals. The following resources will help you to provide social and emotional support for your children, so that they will learn to persevere and adapt positively to challenges.



go.gov.sg
/selresfor
parents

Praise, Gratitude & Social Skills

We are role models for our children and they are quick to learn positive behaviours from us. These resources provide some guidance on how to praise our children, express gratitude and build social skills.



PRAISE YOUR CHILD*



GRATITUDE*



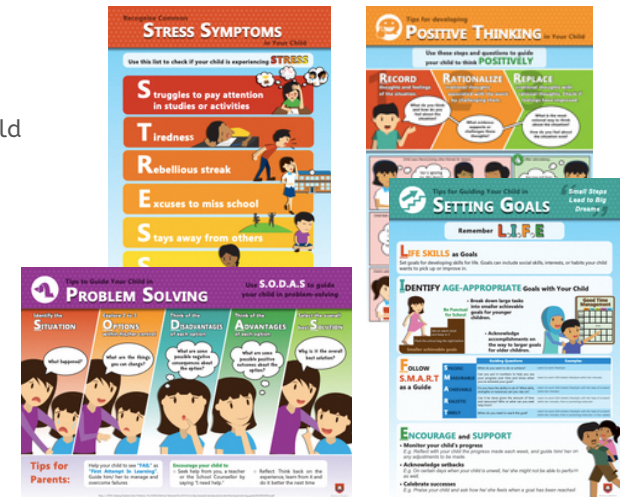
TEACH YOUR CHILD SOCIAL EMOTIONAL SKILLS

Building Resilience in Our Children*

In this set:

- Qualities of a Child who shows Resilience
- Resilience-Fostering Interactions
- Recognise Common Stress Symptoms in Your Child
- Sense of Purpose
- Tips for Guiding Your Child in Setting Goals
- Tips to Guide Your Child in Problem Solving
- Character Strengths
- Tips for Developing Positive Thinking in Your Child
- Tips for Building Positive Social Skills In Your Child
- Emotional Strength Booster

Resilience is the ability to adapt positively and persevere in the face of challenges. Here are some resources and activities you can engage in with your child to strengthen his/her resilience.



A sense of competence and belonging is essential for helping children develop self-confidence. These resources provide some suggestions on how we can guide our children to develop a growth mindset, make good decisions, and build positive relationships.

Raising Confident Children



In this set:

- Build Competence
- Develop a Sense of Belonging
- Promoting a Growth Mindset
- Building Positive Relationships
- Managing Challenging Situations Effectively
- Decision-Making

*Available in English, Chinese, Malay and Tamil.