



# PARENTS POST

*a newsletter from parents to parents*



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# EDITORS' NOTE

Dear Parents,

We survived the HBL and our hearts are filled with gratitude towards the dedicated teachers who stood by us and saw us through the challenging moments.

In this edition of the Parents Post, we are thankful to our parents for their sharings on how their P3 children have applied the 7 habits in their daily lives, from commemorating Earth Day to family bonding time.

We hope you will take delight in how our precious little ones showered their beloved mummies with love, as they celebrated Mother's Day, doing simple things together.

In this edition, Montfort Care has provided us with invaluable insights on how to strengthen our parent-child relationship. There is a parenting workshop which we can attend during this June holidays as well!

Let's look forward to brighter days as we stay home and stay safe.

Portia Tan  
Irene Koh  
Fong Ching Hwa



# EARTH DAY

## HABIT 2: BEGIN WITH THE END IN MIND

### HAVE A PLAN

I AM AN IMPORTANT PART OF MY ENVIRONMENT AND I CONTRIBUTE TO SAVING OUR EARTH. YOUR ACTIONS FORM THE ROOTS AND ONLY YOU CAN CHANGE THEM. ALL CHANGES START WITH YOU. IT'S AN INSIDE-OUT APPROACH.



"I love giving these bottles a new life"  
#recycle - Danielle Liew  
by Jenie Thong

Our P3 students, Danielle and Khush, plan and set goals to make a difference in their actions to restore our earth.

In recycling plastic bottles, Danielle is always looking for ways to reduce the plastic waste in the environment whilst Khush plays his part by reducing food waste. He turns banana peels into fertilizer to help reverse global warming, in his little way.

Our small, consistent actions can lead to great results. Together, we can prevent the coming disasters of climate change and environmental destruction.

DEFORESTATION, GLOBAL WARMING, AND ALL OTHER HUMAN-PRODUCED POLLUTION ARE CAUSING ALARMING CLIMATE CHANGE. IT IS OUR COLLECTIVE RESPONSIBILITY TO PROTECT THIS PLANET AND IT STARTS WITH US. INDIVIDUAL EFFORTS DEVELOP THE BASE FOR THE CHANGES THAT OCCUR IN OUR SOCIETY, AS WELL AS GLOBALLY.

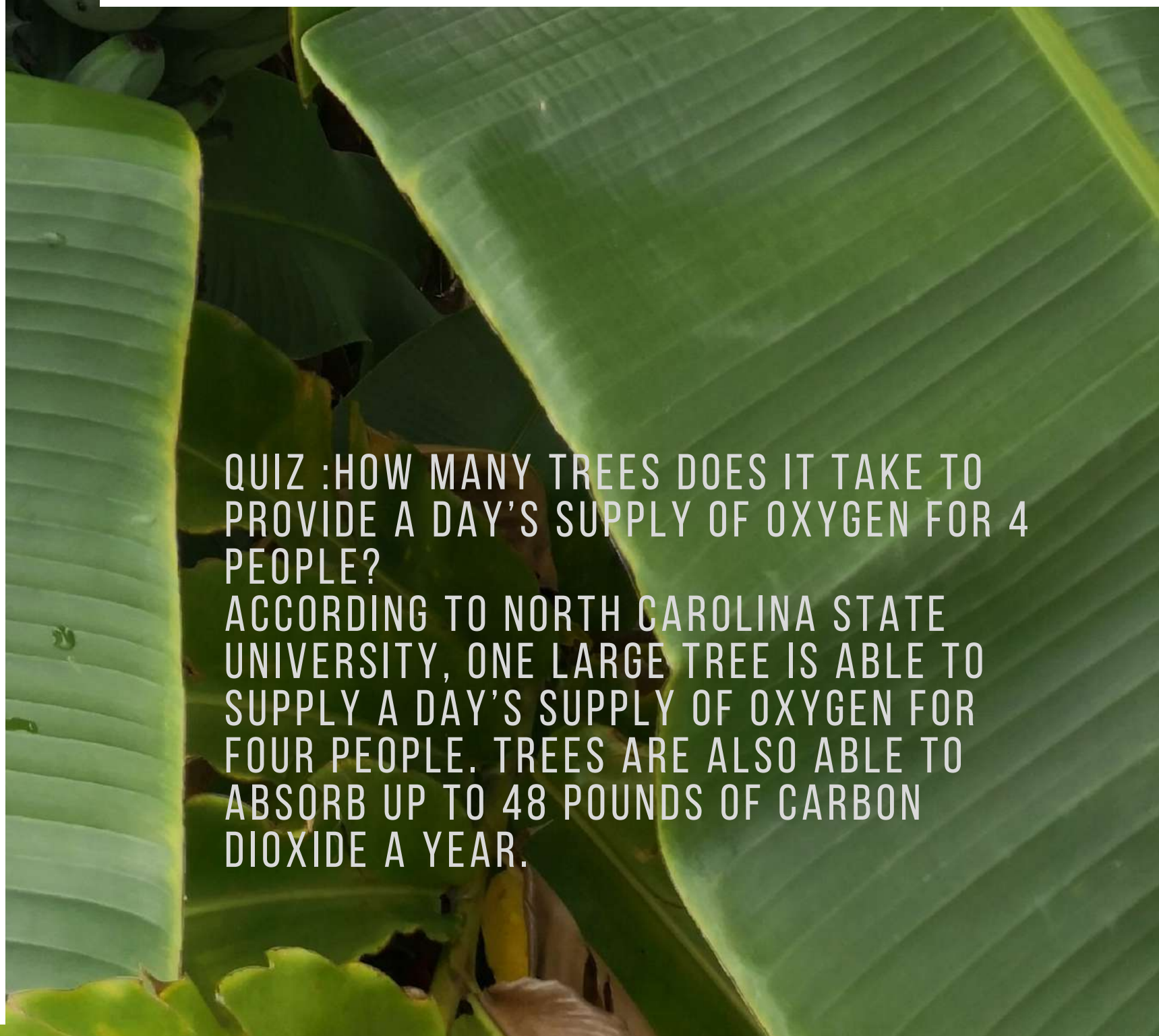




**Khush stores banana peels as fertilizer, so we have chemical-free plants growing.  
#reuse&recycle - Khush Pareek  
by Tripti Pareek**



**Khush holding his banana peel fertilizer.**



**QUIZ :HOW MANY TREES DOES IT TAKE TO PROVIDE A DAY'S SUPPLY OF OXYGEN FOR 4 PEOPLE?  
ACCORDING TO NORTH CAROLINA STATE UNIVERSITY, ONE LARGE TREE IS ABLE TO SUPPLY A DAY'S SUPPLY OF OXYGEN FOR FOUR PEOPLE. TREES ARE ALSO ABLE TO ABSORB UP TO 48 POUNDS OF CARBON DIOXIDE A YEAR.**



Ryan Ching-Fu Wu practised synergising with his teammates during a group challenge, in a holiday camp activity. - by Evelyn Wu

Ryan is humble and gets along well with others. He values his teammates' strengths and learns from them by seeking out their ideas to problem-solve. Ryan also recognises that every one is different and is aware that he can create better solutions by teaming up with others, rather than working alone.

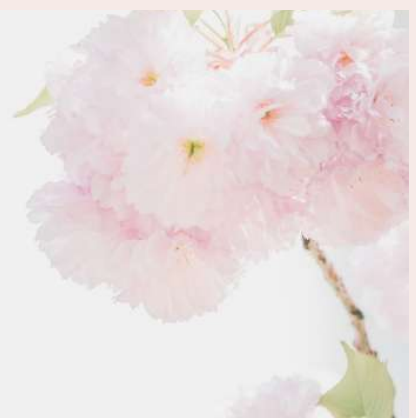
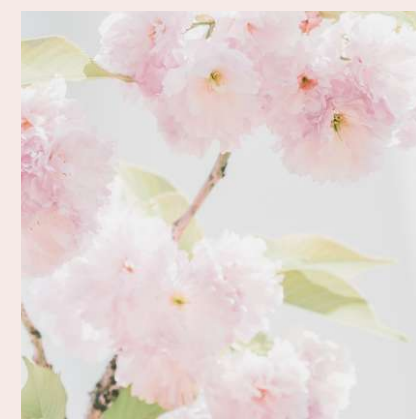
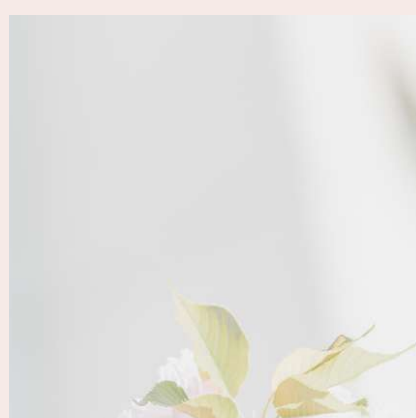


**HABIT 6: SYNERGISE**

**- TOGETHER IS BETTER**



# HAPPY MOTHER'S DAY



"THE INFLUENCE OF A MOTHER IN THE LIVES OF HER CHILDREN IS BEYOND CALCULATION."  
—JAMES E. FAUST



OUR MOMS ARE OUR SUPERHEROES AND BIGGEST SUPPORTERS. OUR BLANGAHNITES SHOW THEIR LOVE AND AFFECTION FOR THEIR MOTHERS ON THIS SPECIAL DAY HOW MUCH THEY ARE BEING APPRECIATED.



# 3-Time PSLE-Surviving Parent (2016, 2018, 2020)

by Alvina Chin, PSG Blangah Rise

The pressure was undeniably felt whether it came from the school, home, our children's peers, other parents or timely reminders every time I stepped into the Popular Bookstore. I made full use of my Popular privilege card and bought numerous assessment books – a “strategy” widely used by many parents.



**But, as a parent, how do we prepare ourselves for an exam we are not sitting for? How could we support our children through it?**

Over the years, through frustrations, disappointments and also victories, I have come to learn a few things that are not necessarily new revelations but what I consider reminders.



## 1 REMINDER 1: EVERY CHILD IS DIFFERENT.

Cliché, I know.

While I am the same person, each of my three children differs in their learning styles, their strengths and weaknesses. So, while it is convenient and natural for me to guide them with their revision MY way, I eventually accepted that MY way was not the ONLY way or the most effective way.

To be able to understand my child's frustrations, I took the time (as little as we may have) to speak with them - to ask about specific topics or types of questions that they struggled with and dedicated more time on those. I also paid attention to their attention span to decide how long they should work on some things and how often they should take breaks in between.

## 2 REMINDER 2: IT'S OKAY TO ASK FOR HELP.

When doing more (practice papers) did not produce better results, I asked for advice from my child's teachers. To get useful advice, I asked specific questions, which meant I had to actually look through my child's exam papers and not simply focus on the marks. With one of my children, I sought the help of a tutor for a subject she struggled with.

## 3 REMINDER 3: DONE IS DONE.

After an exam paper was done, I made it a point to hold my tongue and only asked my children how they felt about it – the answers were usually the same: ‘ok’, ‘soooo difficult’, ‘easier than expected’. Once, I had the heartbreaking experience of sitting silently as my child could only cry her heart out. As I do not own a time machine, I see no benefits in asking detailed questions about what came out in the exams and whether my child was able to answer them well.

## 4 REMINDER 4: CELEBRATE YOUR CHILD NOT THE RESULTS – WHATEVER THE OUTCOME.

The week leading up to the release of PSLE results can be quite intense. It is important to remind our children that we remain hopeful and we love them. As our actions speak louder than words, I would ask my children to choose a place for their celebratory lunch the night before. No matter the outcome, we should celebrate the courage and look forward to what's next. I hope that through this simple act, our children will sense that they are truly worth more than their scores and that there are other things beyond PSLE results.

I also refrain from asking about their friends' results. As wisely pointed out by Theodore Roosevelt, ‘comparison is the thief of joy’.



*When expectations are far from reality, and you're faced with this 1-week deadline to submit your 6 choices of secondary schools, what do we do?*

#### **5 REMINDER 5: GIVE THEM SPACE.**

I chose to give my child a few days to process their feelings. Any open discussions or mention of PSLE was banned for 3 days. Otherwise, the days went by as per usual. Meanwhile, with my husband, we began listing down options for our children. I then encouraged my child to go to the website of each of the schools listed and write down the things they liked about them as well as the CCAs that interest them. We would discuss further and then decide on the order of the schools.

A parent once commented that going through the PSLE year should be a breeze for me given my “experiences” with it, but I still got anxious each time. These reminders reflect the key experiences I have learnt from my journey with each of my children. They kept things in perspective for me. All the best to the supportive parents and caregivers out there who continue to be cheerleaders to their brave children.





# STRENGTHENING YOUR RELATIONSHIP

## with your child during the holidays

### BUILDING RELATIONSHIPS

Relationships with your children are likened to the foundation of the house. The foundation needs to be sturdy and stable so that the house stands strong despite whatever elements it is subjected to.

Likewise, your relationship with your child has to be strong, so that your child is more likely to listen to you, and more likely to adopt a positive behaviour without being rebellious.

We have listed down three very important ways that parents can maintain and build a secure parent-child relationship. Schools holidays are around the corner, and they are great opportunities to build a stronger relationship with your child.

#### 1) NOTICE YOUR CHILD'S GOOD BEHAVIOUR

How many times have you notice yourself nagging at your child, noticing the negative things and things that they failed to do instead of the positive things they did?

One very effective way to build your relationship with your child is to use descriptive praise. When we praise our child, we are telling our child that we are noticing your good behaviour.

Besides just saying, "Well done, good job!", we can be more specific in our praises to describe the behaviour that we are seeing in our child. For example, efforts he puts in or qualities you have seen in him: "Well done, Jayden! Thank you for your initiative in helping mummy with the dishes, I really appreciate it."

The quality that we are focusing on is his initiative.





## 2) ENGAGING YOUR CHILD MEANINGFULLY

Workload and family demands may affect us spending meaningful time with our children. With the school holidays, parents would be wondering how do they engage time meaningfully with their children as well.

According to Dr Gary Chapman, author of The Five Love Languages (touch, gifts, words of affirmation, acts of service and time), relationships grow better when we understand each other. Every one gives and receives love differently so it is important to give love according to how your child receives it best. Think of what your child prefers and engage your child in the right activity.

## TRY IT OUT!

What have you seen of your child?  
Notice his positive behaviour and praise him.

It could be his responsibility, his patience, his focus, his kindness etc. Let's write your praise statement below and praise him today!

"Well done/Excellent/Wonderful, (Name of child). You have (describe the positive behaviour)."

**WORDS** 

Write a note  
Praise!

**TOUCH** 

Hugs  
Holding hands

**GIFTS** 

Little gifts  
Making craft

**TIME** 

Playing with child  
Doing things together

**SERVICE** 

Cooking fav food  
Combing child's hair

 Your turn to try! How can you engage your child this holidays?

 Idea

## 2) MANAGING CONFLICTS

Conflicts are inevitable in the family. They happen when there are different expectations and different needs. We get upset with each other, and unwittingly, our words can sound like blame. Blame increases defensiveness and can worsen conflict.

**Using "I" statements** is a good way of speaking that will help dissolve blame directed towards others. A good "I" statement takes responsibility of one's own feelings, while tactfully describing a problem.

The formula for an "I" statement is: "I feel (EMOTION WORD) when (EXPLANATION).

**For example: Addressing late coming behaviour:**

- ✓ "I feel worried when you come home late. This makes it hard for me to sleep."
- ✗ "You can't keep come home late because it is so inconsiderate!"



## TRY IT OUT!

Write down a behaviour that your child exhibits that you are concerned about. Follow the formula and write an "I" statement for the behaviour.

Behaviour:

"I" statement: I feel (EMOTION WORD)  
when (EXPLANATION).



# 5 LOVE LANGUAGES

## A SUMMARY

Based on "The 5 Love Languages", a book by Gary Chapman.

## CONTACT US



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## SIGN UP HERE!



Join us for an exciting Parenting Weekend on 11 & 12 June!



### WORDS



### TOUCH



### GIFTS



### TIME



### SERVICE

## HOW?



Encourage, affirm, appreciate, empathize, compliment, Listen actively

Say I love you  
Write notes  
Praise them in front of others  
Be specific!

Non-constructive criticism, not recognizing or appreciating effort.

Non verbal - use body language and touch to emphasize love

Hold hands  
Hugs/ pat on the back  
Sitting close together

Physical neglect.  
Harsh physical punishment.

Gifts and gestures that show you are known, loved and cared for.

Thoughtful gifts  
Little tokens  
Expressing gratitude when receiving a gift.

Forgetting special occasions.  
Unenthusiastic gift receiving.

Uninterrupted, focused one-on-one time. Give undivided attention. Watch as they are playing

Create special moments together. Make eye contact. Pay attention to details. Eat together.

Distractions when spending time together. Long 'droughts' without one-on-one time.

Use action phrases like "I'll help..." they want to know you're with them and there to help.

Do chores together. Work on projects together. Pick them up on time.

Making requests of others a higher priority. Not following through on promises/ tasks.

The strategies explored in this article are from the Positive Parenting Programme (Triple P), an evidence-based parenting and family support strategy developed in Australia that equips parents with techniques to promote children's psychological, social and emotional competence.