



PARENTS POST

a newsletter from parents to parents



TAKE A PEEK!

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EDITORS' NOTE

Dear Parents,

It is our great pleasure to share with you our last issue of the Parents Post for 2021, we hope you have enjoyed and benefitted from the last few editions. 😊

How time has passed and we are just about 4 months away from the end of the year. Looking back, there are so many things that we could be thankful for and our hearts are filled with much gratefulness. We have gone through and survived with our nation in the midst of the pandemic. This year's NDP theme song *The Road Ahead*, the lyrics "It's always darkest just before the dawn" is a reminder to us that the road ahead will and can only get brighter, thus let's press on and encourage one another! #StrongerBetterTogether

We would like to thank LEGO® Singapore, for giving the LEGO polybags during the June holidays as part of LEGO's #BuildtoGive campaign to all Primary 1 to 2 students in Singapore.

In this last edition of our Parents Post, we would like to express our special appreciation to Mr Song who shared with us valuable education career guidance on entrepreneurship and Mrs Leong-Ho for her sharing on the growth mindset. We also look at how our Blangahnites continue to practise their 7-habits and virtues at home. Our MOE Kindergarten champions also sent in their wishes for our nation's 56th birthday.

We also have a very special segment featuring our collaboration with Montfort Care. You can find valuable information such as identifying stressors in children, ways to provide support to children, available resources, and helplines. Hope families find useful information to support and care for each other.

We want to also take this opportunity to share notes of encouragement to our Primary 6 champions who will be taking their PSLE. For all Primary 6 parents, we are with you, cheering you and your kids on!

It has been a great privilege being part of the Parents Post editorial team and we look forward to serving you next year! Till then, take care!

Portia Tan
Irene Koh
Fong Ching Hwa

HABIT 1: BE PROACTIVE



Home-based Learning (HBL) is uncharted territory for us having to juggle between our own job responsibilities as well as our children's learning.

YOU ARE IN CHARGE OF YOURSELF

by Sarah Lien



Luckily for us, our lovely children, Gail (P4) and Heidi (P2) have always been very proactive in finishing their assigned work on a daily basis.

During their free time, the children also bond together playing basketball or baking, etc. The girls also readily helped to pick up their little brother from his preschool.



GAIL LIEN ZHAO XIN, P4 WITH HER SISTER HEIDI LIEN ZHAO HUI, P2

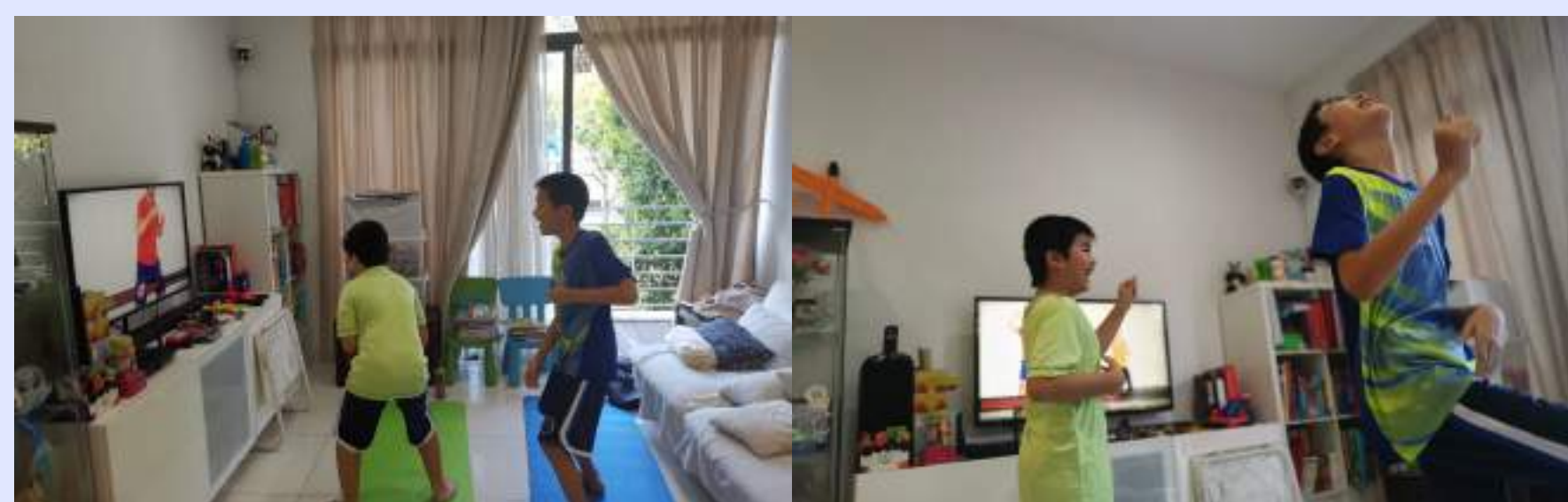
HABIT 2: BEGIN WITH THE END IN MIND



We started home-based workout sessions to compliment the period of HBL, which were mainly academic in nature, and extended till 31st July 2021. The children were to select any exercise programme from TeamBodyProject via its YouTube channel. Each session of exercise usually runs between 25 and 30 minutes.

HAVE A PLAN

by Liu Ji Yin

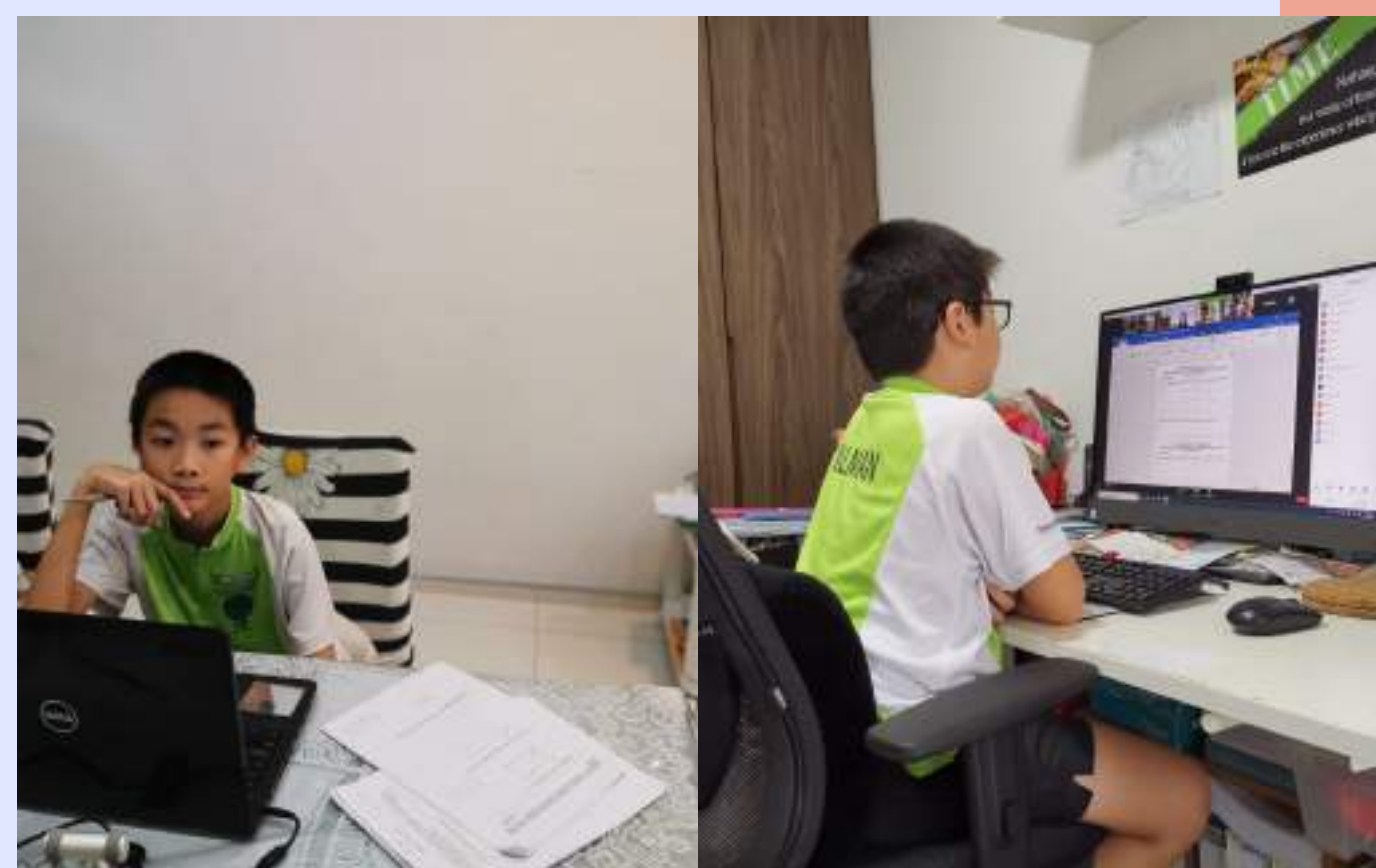


SIMPLE PLAN & CONSISTENT EXECUTION

1. Being prepared with exercise mat, water bottle, workout attire, and internet access to YouTube
2. Form a habit from exercising daily (either morning /evening) with reference to their own HBL schedules
3. Enjoy the process and be consistent during each workout session.

Why TeamBodyProject?

Besides being able to pace out on the exercise routines, the brothers feel the instructors are very encouraging. Having a timer to count down on workout helps to keep themselves in check, too.



CHUA YUAN XIANG, P4 WITH HIS BROTHER CHUA YU XIANG, P3

HABIT 4: THINK WIN-WIN



by Devaki



by Seema



by Mila



by Michael



by Gokki



by Fong

Our Blangahnites (left to right) Nirvein (P1), Faria (P2), Zheng Hong (P1), Ayden (P1), Aarya (P1), and Ghim Chiu (P1) built their LEGO helicopters. Thank you, LEGO® Singapore, for the LEGO polybags. We love building!

EVERYONE CAN WIN

Play gives children opportunities to make friends and have fun with their families. Shared play whether it is with friends, siblings, parents or other adults does not just benefit children's development, but has many additional socio-emotional benefits for parents and families. Play makes families. The more we play, the happier we become.



by Vincent John Miranda

DANIEL DARSHWIN, P4 HOLDING HIS
LEGO AIRSHIP

HABIT 6: SYNERGISE



Cycling has become a favourite family activity with more quality and fun time spent together. Khush makes sure no one is left out.

TOGETHER IS BETTER

by Tripti Pareek



KHUSH PAREEK, P3 WITH TRIPTI PAREEK

HABIT 7: SHARPEN THE SAW

(upmost right picture) Amelia unwinding and relaxing in a bathtub during a birthday staycation with her family.

by Parveen M K



RELAX LIKE A QUEEN

TAKE CARE OF YOURSELF

Stay connected with yourself
and the people dear to you

(Left) Huda (P1) and mummy, Nor Azriyana, on a girls' day out at McDonald's.

(Right) Hidayat (4S) with his sister, Huda (P1) and their younger sibling bonding at VivoCity.

by Nor Azriyana



Uthalia (P4) and Ulfah (P2) also spent quality time bonding together as a family at St. Regis during June holidays.

by Mohamad Suffian



GROWTH MINDSET

Mrs Leong-Ho Hil May, a mother of four, shares how she prepares her children to transit smoothly from kindergarten to primary school.

LEARNING THROUGH PLAY

by Mrs Leong-Ho Hil May

It wasn't too long ago when my eldest child entered primary school. Like any other Singaporean parent, I wondered if he would cope well in primary school. Would he be tired from the longer school hours? Could he be independent? How would he interact with other children? What about the learning?



Despite being an educator, I was not immune to feelings of anxiety whenever I heard of friends enrolling their children in enrichment classes to give them a head start. However, I recalled research findings on how giving children a strong foundation in social-emotional skills was more important than drilling them in academic skills in their early years. That helped me to decide what to focus on when helping my children to transit from preschool to primary school, which may be summarised as learning through play, learning through mistakes and learning for life.

by Mrs Leong-Ho Hil May

LEARNING THROUGH PLAY

Have you ever had to force a child to play? Play is intrinsically motivating. Play has been described as the child's lab and there is much children can learn through play. Play develops a child holistically and fires their imagination. When my children engage in make-believe play, for example, by going fishing and selling the fish at the market, they learn how to self-organise, assign roles, negotiate and resolve conflicts. They make use of whatever they can find at home to create fishing nets and baskets for transporting the fish. They engage in rich conversations and practise switching between languages (using the vernacular at the market). You might barely see the same amount of self-directed learning taking place in some enrichment classes!

I give my children plenty of time at the playground. They learn how to make friends with children who are different from them. There are many opportunities for them to practise regulating their emotions whenever they feel sad, angry or frustrated. Many weekends are spent outdoors at the park. All these play activities help them to develop social-emotional skills and active living habits from young. They also strengthen relationships within the family which will provide the critical support when our children go through challenges in life.

Let us give our children time to play!

by Mrs Leong-Ho Hil Mary

LEARNING THROUGH MISTAKES

In the process of learning, mistakes are inevitable. Nurturing a growth mindset in children is thus important. We see this most clearly in babies learning to walk—they lift themselves up again and again each time they fall. We must not shield our children from challenges and difficulty, because that takes away precious opportunities for them to learn. Instead, we need to help them understand that their brain is like a muscle that can grow whenever they accept challenges, work hard and learn from mistakes.

To encourage my children to have grit and resilience when learning something new, three years ago, I took up swimming lessons with them. Each week, we struggled together through our fear of water, seemingly insurmountable breathing techniques and working out our arms and legs. Despite learning at different paces, we spurred each other on to persevere and celebrated small steps together. Because I struggled, it helped me to role model a growth mindset. I was also better able to empathise with my children and be more understanding whenever they felt discouraged in the process of learning instead of criticising or nagging them.

I decided early on that if my child did not do a piece of homework or forgot to bring something to school, I would not step in and short-circuit the learning process for them. I would also not help them with their homework excessively just so they can get the “right” answers.

by Mrs Leong-Ho Hil May

LEARNING FOR LIFE

I have to constantly remind myself that there is time for my children to learn. PSLE preparation does not start from Primary One and learning certainly does not stop at the PSLE! If I rush the learning process, I will deny them of the chance to learn “deep”, learn “wide” and learn for life. I need to give them time to experiment, explore and discover their interests. I want to invite them to be curious by not providing answers to everything but encouraging them to find out things on their own. Day-to-day activities, such as going to the supermarket, doing household chores, preparing food in the kitchen, growing tau geh (bean sprout) (just for fun) and visiting grandparents are also rich learning experiences that should not be thought of as less important than academic work. We must let our children be immersed in books and help them develop a love of reading for life because books open their hearts and minds to the world around them!



One final tip — take time to enjoy our children’s growing up years and celebrate every small step they take in this transition. Every smile, hug, and reassurance will make all the difference.

WORDS OF ENCOURAGEMENT FOR OUR P6S

"PSLE is definitely a milestone for all our Primary School children, as it is their first major examination. As parents, we can only provide them with the support and encouragement that they need, but we should also be aware, not to unwittingly put extra pressure on them. I have faith in our teachers, that our children are constantly carefully guided to give their best. Here's wishing all P6 candidates this year the best of luck!"

- Maria Eddy

"My dear children of BRPS, wishing you all the best in your coming PSLE exams. Be positive and I know all of you can do it and pass with flying colours. We parents would like to wish all of you- The Best In Your Coming Exams. Be Positive !"

- Jennifer Kum

"All the best for the upcoming exams. Try your best and everything will be alright. Take good care of yourselves"

- Fajarah

"Courage and peace for parents and children. From a 3-time PSLE survivor, it can be nerve-racking but always remember to be kind and put things in perspective."

♥ Alvina

NATIONAL DAY

"TOGETHER AS ONE!"

Zafirah mummy of Zafran, K2 Courage



"THIS IS HOME TRULY.
HAPPY BIRTHDAY TO OUR
LOVELY LITTLE ISLAND."

Jasmine mummy of Xuan Lin, K2 Courage



"SINGAPORE WILL ALWAYS BE
MY HOME BECAUSE THIS
WHERE I BELONG."

Sanjay Ram, K1 Love

AN INTERVIEW WITH AN ENTREPRENEUR

1. WHAT MOTIVATED YOU TO BE IN YOUR PROFESSION?

I am attracted to automobiles.

2. WHAT'S A TYPICAL DAY LIKE?

Collecting payments, running errands for spare parts, checking on arrears payment and e.t.c..

It can be hectic at times especially when different customers are asking for different things concurrently.

3. HOW LONG HAVE YOU BEEN IN BUSINESS?

I have been in this industry for more than 10 years.

4. WHAT DO YOU ENJOY MOST ABOUT YOUR JOB?

When customers are satisfied with their purchases.

5. WHAT'S THE MOST CHALLENGING EXPERIENCE YOU'VE ENCOUNTERED?

Encountering customers with unreasonable demands and chasing after late payment.

6. HOW DO YOU MANAGE BETWEEN YOUR JOB AND FAMILY?

Separate family and work. Work hard in the office and spend time with family at home. Unless for urgent matters from work, but it is very seldom so up till now, it is still manageable.

7. HOW DOES YOUR FAMILY FEEL ABOUT YOUR JOB?

My family is very supportive of my job as I love what I am doing. It is a decent job and importantly, people get to ride safely and head home to their loved ones at the end of each day.

8. WHAT WOULD YOU SAY TO SOMEONE WHO ASPIRE TO BE AN ENTREPRENEUR?

Always begin with the end in mind as rewards will come in time. Be a risk-taker, adopt the mindset of continuous learning, and be an effective communicator. Also to stay focused and strategise to grow your business to help people and improve the economy.

Mr Peter Song



Supporting your child in their stressors

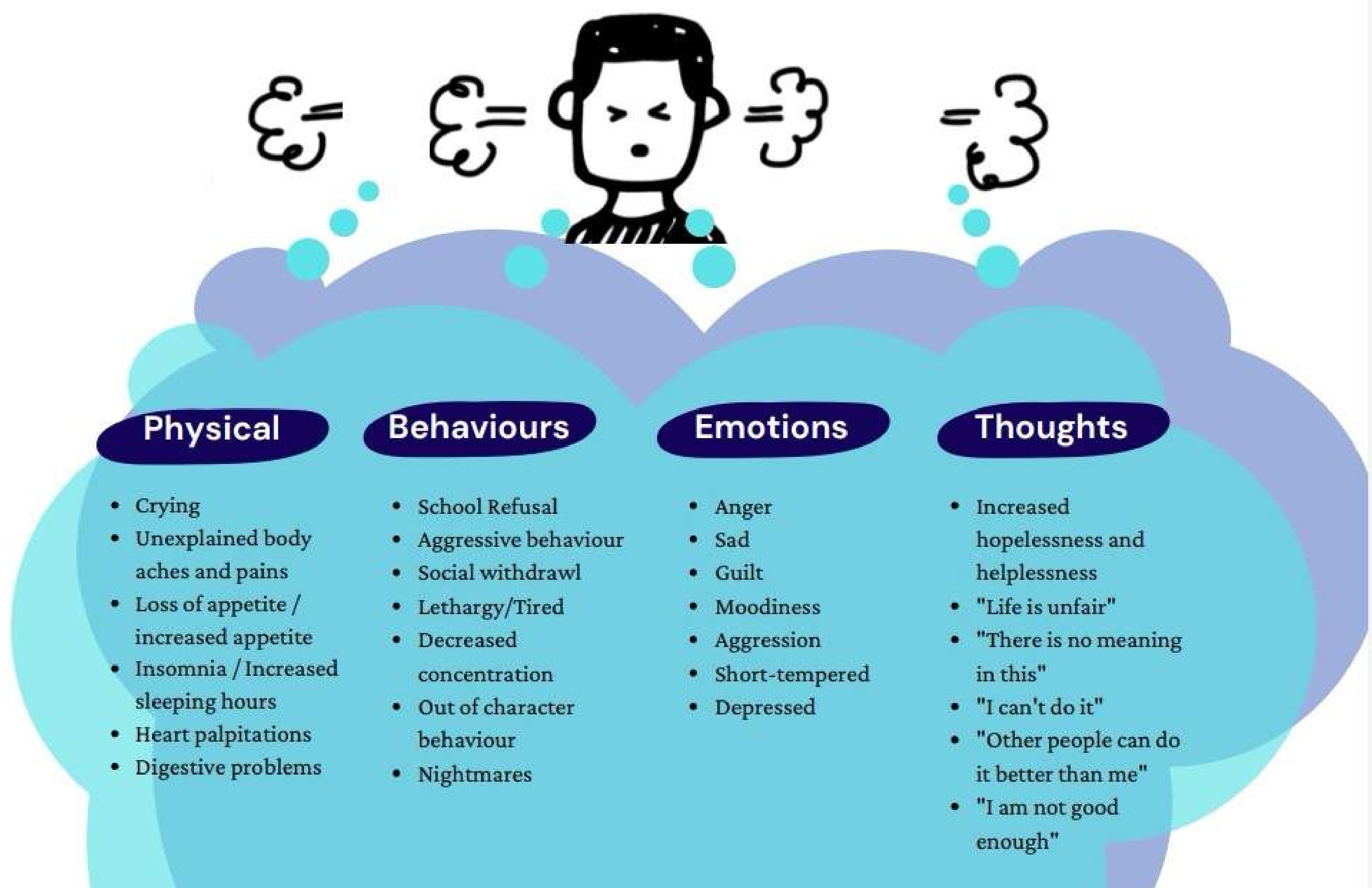
All parents want the best for their child - to do well in life and become a resilient adult that is able to manage the different seasons of life.

In the world that we are living right now, children are exposed to more and more situations that may make them feel stressed and fearful. As parents, we can't protect them from these situations, but we can teach them how to overcome it and be by their side when they need us.

Identifying stressors in children

Different things may cause stress to your child. It may be hard for some children to share and verbalise their thoughts and feelings to parents. However, as parents, we can learn to observe the signs and symptoms of stress so that we can be aware of what is happening to our children and provide the help that they need.

Below is a list of visible cues that may suggest that your child is experiencing stressed:



Providing your support to your child



1. Acknowledge their emotion

As parents, we are sometimes too quick to provide solutions in terms of their challenges, and might end up dismissing our children's feelings. We try to console them with words like, "Don't be stressed", "It's ok", "Don't think about it", "You are doing fine", not knowing that this might invalidate what they are experiencing.

What our children really need to hear are words that acknowledge how they are really feeling inside. For example, "I hear that you are feeling stressed right now because of your upcoming exams...", "You feel overwhelmed by the amount of work you have to do..."

Acknowledging their feelings will help your child feel connected and you will be in a better position to help them work through their challenges.

2. Talking them through their stressors

Hear them out. Find out what is making them stressed, what they are feeling, what are their thoughts towards their stressors. Resist telling them what to do prematurely without finding out what had really happened. Express your interest in hearing them out. Start the whole process by saying, "I noticed that you are feeling sad and down lately, what's happening?"

3. Sharing coping strategies with them

a. Reframing

Children need to learn what they can do to cope. When children seem trapped in their own world about what's happening, we can ask some questions that will help them to see things from a different perspective.

Example

- What are other ways you can look at this situation?
- What is the worst or best thing that can happen?
- What is the most likely thing that can happen?
- What can you do to help you solve the problem?

b. Calming Techniques

Children also need to be taught what they can do to relax when they are feeling stressed.

Relaxation strategies can include:

Slow, deep breaths



Relaxing muscles



Listen to relaxing/calming music



Quick Resource: The 5-4-3-2-1 Coping Technique

In the midst of our children's struggles with things that seem overwhelming for them, this technique is helpful to help our child to be present in their bodies and space:

The 5-4-3-2-1 Coping Technique



Try it out!

Have your child find, or describe:

- 5 objects they can see .
- 4 objects they can feel or touch.
- 3 things they can hear.
- 2 things they can smell.
- 1 thing they can taste.

Resources and Helplines

1. National Care Hotline: **1800-202-6868**
2. Fei Yue's Online Counselling Service: **eC2.sg**
3. Institute of Mental Health's Mental Health Helpline: **6389-2222**
4. Samaritans of Singapore: **1800-221-4444**
5. Silver Ribbon Singapore: **6385-3714**
6. Tinkle Friend: **1800-274-4788**
7. TOUCHline (Counselling): **1800-377-2252**
8. Care Corner Counselling Centre: **1800-353-5800**
9. CPH Online Counselling: **<https://www.cphonlinecounselling.sg/hc/en-us>**

For further support for your parenting concerns, you can also reach out to us at:

Montfort Care Parenting Support Programme

Phone: **6270 8327**

Email: **parenting@montfortcare.org.sg**

Website: **<https://mfcparenting.wixsite.com/mfcparenting/more-info>**