

PARENTS CONNECT @ ADPS



JANUARY 2022 {1}

Dear Parents / Guardians,

The School Counselling Team would like to strengthen our efforts in helping our children develop social-emotional skills in building positive relationships and friendships. Through these skills, our children will develop confidence and independence. In school, we discuss these topics with our students during Form Teacher Guidance Period. To extend these practices, we would also like to share the ideas with our parents in the ADP family.

Look out for our termly newsletters. Have fun reading them with your children. These can become conversation starters at home. You can discuss with your children to see how you can learn and practice together some of the ideas shared in the newsletters. If you have tried any of the ideas, drop us a line at mohzina_mohamad_zakeria@moe.edu.sg to share your feedback and other suggestions that you may have.

Thank you.

Yours faithfully,

ADPS School Counselling Team

Scenario:-

My child is **not listening** to me. My child throws a tantrum when I say no. My child *ignores my instructions* or when I set limits to the use of devices. As a parent, what do I do?

You may tick (✓) more than one option.

Section A

- To punish my child for not listening to me.
- To cut down my child's screen time.
- To criticise my child and use words like 'stubborn', 'rude', 'disrespectful' etc.
- To not allow to let her play with her friends

Section B

- To sit with my child and say that I love him/her regardless of your behavior
- To find out what is troubling my child
- To affirm my child when they have done have done something right.

*Keep
Going*
REMASTER WHAT

Praise and Encouragement

It's no secret words have a significant impact on all human beings, but to our children, words of encouragement and praise can lead to achieving milestones and creating self-value. A compliment, a gesture, a facial expression, a simple hug, or a high-five can generate self-worth and pride in our children. As our children grow older, gaining approval from a parent or guardian becomes very important in their lives.

Here are the benefits for children if they receive praise and encouragement from their parents and caregivers:



- Children learn who they are and the things that they do are pleasing to their parents and caregivers.
- Children develop a personal sense of self-worth and self-esteem.
- Children who believe they have self-worth go on to treat themselves and others positively.
- Children with positive self-worth tend to make better grades in school, do not get discouraged easily, and have more productive lives overall.

There are two ways you can effectively praise your children. There is “Praise for Being” and “Praise for Doing.”

Adapted from an article in <https://familybuildersok.org/2020/05/the-benefits-of-praising-your-children/>

***How many of you ticked the options in Section B. These options would lead to healthy parent-child rapport and building bonds based on trust between both parties. Our children are more likely to approach us with their problems if they trust that we would honour them in times of need.**



To see a difference, these are some suggestions that you might want to work on.

Encouraging statements or sentences I can say to improve my communication with my child: -

- I know you are able to do your work...
- You have done well _____ (Area the child has done well) you have shown an improvement in _____.
- I love you very much
- You are a very kind person, it is your behavior that needs changes....
- I am so happy you are my daughter/son
- I know you understand _____ (mention the situation)
- I believe in you and your abilities.
- I trust you to make the right decision.
- How can we make this better for all? (Be willing to include them in decision making)
- I know you are able to do your work (can be any task, not necessarily academic) well
- I thank you for trusting me with _____ (state the decision)
- You have shown an improvement in _____ (mention the area). I think you can do _____ (give a suggestion) to be better.

If you would like to read further, you can click on the links below:-

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In the link below, the article "Why the Way You Talk to Your Child Matters" shows us how to assess, our manner of speech with our children and includes how to talk to our child. For example, why we should use a positive tone, and convince you by giving some important reasons why our tone of voice and the words we use can make our parent-child communication and interactions much more positive and rewarding.

Why the Way You Talk to Your Child Matters

<https://www.verywellfamily.com/how-do-you-talk-to-your-child-620058>

“As parents, the words we speak to kids are of utmost importance. The words we speak to them have a role in determining their confidence, abilities, happiness, and well-being.” Talking positively and saying encouraging words helps us to communicate and reach out to our children effectively. You can also read >

[How to speak positive words to kids \(70 encouraging words for kids\) >](#)

<https://messyyetlovely.com/list-encouraging- words-kids/>

*These posters are taken from SocialKit Tool Box

