

Connecting with Parents Series

Nuggets of positive parenting tips to foster strong bonding with your child.

Term 1

In the 1st series, we would like to share with you tips to encourage good behaviour in children. We hope you will find the tips useful in building strong bonds with your child.



Tips to encourage Good Behaviour in Children

Take Time to actively listen

Active listening means paying close attention to what your child is saying, both with their words and their body language. This lets you tune in to your child's thoughts and feelings. And it shows your child that you care and are interested in them.

Set clear rules about behaviour

Family rules set clear expectations about behaviour. If you can, involve all family members in the discussions about rules. Try to keep the rules positive. For example, instead of saying 'Don't be disrespectful,' you could say, 'We treat each other with respect.'

Broken rules: follow-up calmly, firmly and consistently

You can do this by using a brief and fair consequence that you and your child have agreed on in advance. It helps if you link the consequence to the broken rule - for example, 'I am worried about your health when you spend too much time playing electronic games. Can we agree to playing for 30 minutes on school days and 1 hour on weekends.' This also helps you communicate your expectations about future behaviour.

Encourage self-reflection

It's good to encourage your child to reflect on what they could do to manage their screen time. For example, you could say something like, 'I am worried about your health when you spend too much time playing games in your room. Can we agree to playing for 30 min on school days and 1 hr on weekends and no playing of games before bedtime?' Follow up by asking your child to plan a schedule to balance screen time and digital technology use with other activities.

Try to be a positive role model

Children - even teenagers - do as you do, so being a role model for your child is a powerful and positive way to guide your child's behaviour. For example, when your child sees you following the family rules yourself, they get a powerful example.

Connecting with Parents Series
Xishan Primary School

Term 2

In this 2nd series, we would like to share with you several activities which you can engage your child so as to build a stronger bond with them.

Spending quality time with your child is fundamental to building a strong and happy parent-child relationship, so be sure to allocate time for your child no matter how old they are or how busy you are. Making time for your child should be a lifelong effort to show your love and appreciation for your family members.

Through this process, you will realise that parenthood is indeed a fruitful and enjoyable journey.

For more information on parent-child bonding, visit the following website:

https://www.healthhub.sg/live-healthy/485/happy_and_lasting_relationships



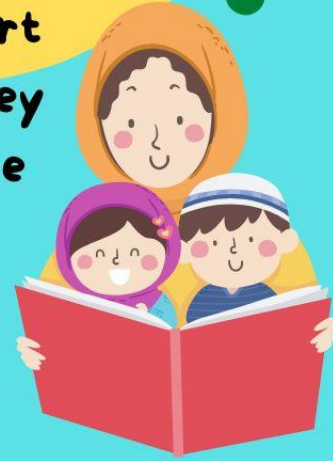
Parenting is a both a challenging and rewarding job. As you are juggling your role as a parent, teacher, mentor and friend, it is important to build a strong bond with your child. You can do so by participating in the following fun and educational parent-child bonding activities.



1. Making Decisions

Let your child decide which storybook to read, what outfit to wear, where to go during the weekends for family fun etc. Start with two options at a time. As they get older, you can give them more options.

Your child learns to be independent and will also be engaged in decision-making with the family.



2. Financial Literacy

Provide a fixed budget and a shopping list while your little one accompanies you to the store. Older children can be allowed to plan the list themselves.



You can teach your child to manage money independently and have fun shopping for items together.

3. Exercise together

Play games, like passing a ball, skipping or a sport like badminton. These physical activities are fun and they also help your child learn about teamwork.



By working together in a team or competing against each other, you can boost your child's self-confidence as well as encourage healthy outdoor fun that promotes family bonding activities.

4. Bake or Cook

Bake a cake or cook a meal together. A younger child can easily stir a cake mixture, while an older child could help you dice ingredients. It will be a fun-filled activity for both of you.

This builds your child's confidence as they learn to follow instructions, do things in sequence and see the results of their efforts.



5. Play Board Games

Board games, card games and puzzles allow you and your child to spend quality time together as these activities encourage family participation. and goes a long way in strengthening family ties.

Board games can be a good way to teach your child about taking turns, strategise, focusing on a game and dealing with success and failure. This can give you more insight into your child's behaviour when presented with different situations.



6. Grow a Plant together

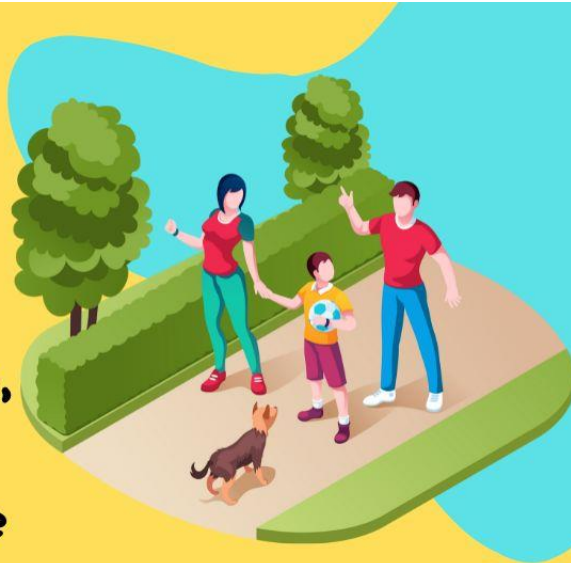
**Grow a plant with your child.
It will be an interesting
experience for your child to
nurture something
independently.**



**This will instil discipline
and responsibility in
your child when they
take care of plants.**

7. Take a stroll

Take a walk with your child to the park. Encourage them to observe the environment, people, plants and animals around you. Take this opportunity to teach your child about different species of plants and animals. Older children can be encouraged to explore nooks and crannies in parks by themselves.



This turns a simple activity into an entertaining and educational time for both parent and child. It also stimulates your child's curiosity and willingness to learn.

Making and Spending Time with Your Child is the Key

