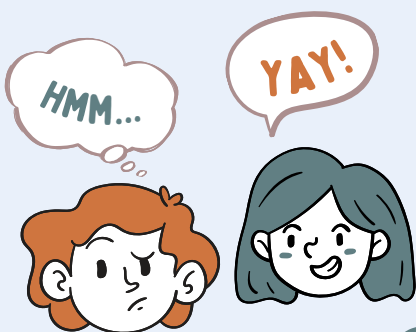


CAN'T STOP THE FEELINGS



Our children can experience BIG emotions. It is normal.
We can support them by being attuned to their emotions and supporting them through it.

Our understanding and empathy will support our children’s social-emotional well-being.
It will also strengthen our bonds with them.

How can we support our children’s well-being? We can start with these 2 steps: **#1 KNOW, #2 C.A.R.E.**

#1 KNOW

Just like adults, our children’s well-being can move along a continuum, depending on the experiences they are going through.

SOCIAL-EMOTIONAL WELL-BEING CONTINUUM

Knowing where our children are along the continuum is an important first step.

While the diagram below lists some signs to gauge our children’s well-being, let’s remember that every child is unique. Let’s observe our children across different contexts (e.g. home, school, social interactions) and check in with others (e.g. teachers, family or friends) to identify prolonged changes in behaviour and mood.

Thriving	Coping	Struggling	Unwell
<i>“I’ve got this! Yes, I can!”</i>	<i>“Most times, I’m ok! Sometimes, things don’t feel ok.”</i>	<i>“I can’t seem to do it, urgh.”</i>	<i>“I can’t do this, or I don’t even know why I feel like this. I give up.”</i>
<div>Can manage and express emotions effectively most of the time</div> <div>Able to develop/ maintain positive relationships with others</div> <div>Able to regulate use of devices</div> <div>Has a “can do” spirit</div> <div>Maintains a balanced lifestyle with physical activity and sufficient sleep</div> <div>Able to regulate mood and expressions of negative emotions</div>	<div>At times, finds it difficult to manage emotions but able to express these feelings</div> <div>With some help or reminders, uses strategies (e.g. Taking deep breaths, positive self-talk) to manage stressful moments</div> <div>Able to form some positive relationships</div> <div>With help or reminders, able to regulate use of devices</div> <div>Does not always sleep sufficiently, moodiness sets in when tired</div>	<div>Has meltdowns or becomes withdrawn when experiencing an overflow of emotions</div> <div>Is often irritable, sulky or struggles to hold a calm conversation with others due to impatience, frustration or tiredness</div> <div>Avoids social interactions and is reliant on device interactions instead</div> <div>Sends or posts moody and/or depressing messages on social media</div> <div>Often struggles to fall asleep, hence moody and weary</div>	<div>If you notice your child exhibiting signs of social-emotional struggles (see ‘Struggling’ column) and your efforts to reach out to provide support have been unsuccessful, it might be time to seek help for them.</div> <div>Support can come from a family friend, a counsellor or a healthcare professional.</div> <div>Help is available, you and your child are not alone. Start with speaking to the school.</div>

“Positivity and Guidance are the best gifts a parent can give their child. We can check in on their well-being regularly and offer our time to show them that we care about their growth.”

Siti Aishah, Mum of 2



#2 C.A.R.E



One way to support our children’s well-being is to develop their **social-emotional skills**. Let’s also practise C.A.R.E (Chat, Affirm, Role-Model, Empower).

For more information on social-emotional learning, [check out this video by MOE](#).

LET’S CHAT

Make time for **one-to-one conversations** - this shows our children that we value their thoughts and feelings, that they matter to us. They need us to be curious about why they are struggling. In conversations, try these:

1

Guide your children to recognise their feelings by encouraging them to share how they feel:

“I notice you look a little down. Can you share with me how you are feeling?”

“That’s a great big smile on your face! I’m curious to know why.”

Follow up by asking why they could be feeling a certain way:

“Why are you feeling this way?”

TIP

Sometimes our children struggle to find the words to express how and why they feel a certain way.

Visuals can be useful in such cases. Scroll down for a feelings tracker to discover how our children could be feeling.

CHECK OUT
PAGE 4

2

Be empathetic and encourage your children to do the same with others.

When interacting with others, get them to consider how others may feel and the reasons why:

“I hear you. Are there other points of view possible? How might others feel differently?”

3

FOR TEENS

Sometimes, just listening and giving space is enough. They may not always be ready to receive advice.

Before you begin a conversation, ask your teen for the role they would like you to play:

“For today, would you like me to listen only, or give advice?”



LET’S AFFIRM

1

Affirm and validate your children’s thoughts and feelings:

“I’m glad that you are telling me this. I believe you when you say that you feel this way. Tell me more.”

2

Tell them that you are proud of them when they make and act on responsible decisions:

“I’m proud that you had the courage to say this/do that.”

3

Encourage your children with handwritten notes at home or surprise them with notes in their bag.

*You’re doing great,
Daddy loves you! We all do.*

TIP

We all give and receive love differently. Show care through the 5 Love Languages.

Click [here](#) for some simple ideas to connect with your children.



4

FOR TEENS

- Send an encouraging text message to show your support if you know that a challenge is coming up.
- Share 1 picture of a happy or funny moment of yourself and ask your teen to share one too.
- Screenshot something that your teen will like and send it to show that you are looking out for their interests too.

Hi Chloe, good luck for your audition later! I believe in you! Xoxo

LET'S ROLE-MODEL

Show, not tell.
Our children learn best from watching our actions.
Let's behave in the way we want our children to behave.

1

Role-model positive ways of managing stress, disappointment or anger by taking deep breaths, staying calm in chaos, or choosing to walk away instead of reacting negatively.

2

Role-model social awareness. When you see others in need, demonstrate kindness and care.

3

Role-model positive digital habits by not using devices excessively, especially when it is family bonding or conversation time.

4

Role-model respect and gratitude by saying please and thank you to appreciate those who have helped or served you.

LET'S EMPOWER

1

Give our children choice.

Having choices help children have some form of control over the situation.

"I can tell that you are feeling angry now. Would you like some time alone or would you like to talk to someone about this?"

2

Hone their problem solving skills.

Allow them to suggest what can be done about the situation.

"What options do we have right now? Which do you want to try?"

3

FOR TEENS

Send them on an errand, allow them to decide what items to purchase within a given budget.

Show appreciation for their efforts after.

"As parents, reminding our children that they are enough just as they are, is very important.

Show your children that they are not alone and you will always stand by them and love them unconditionally."

Yasmin Abdeen, Mum of 4



Missed our last issue or want to see more?
[Click here](#)



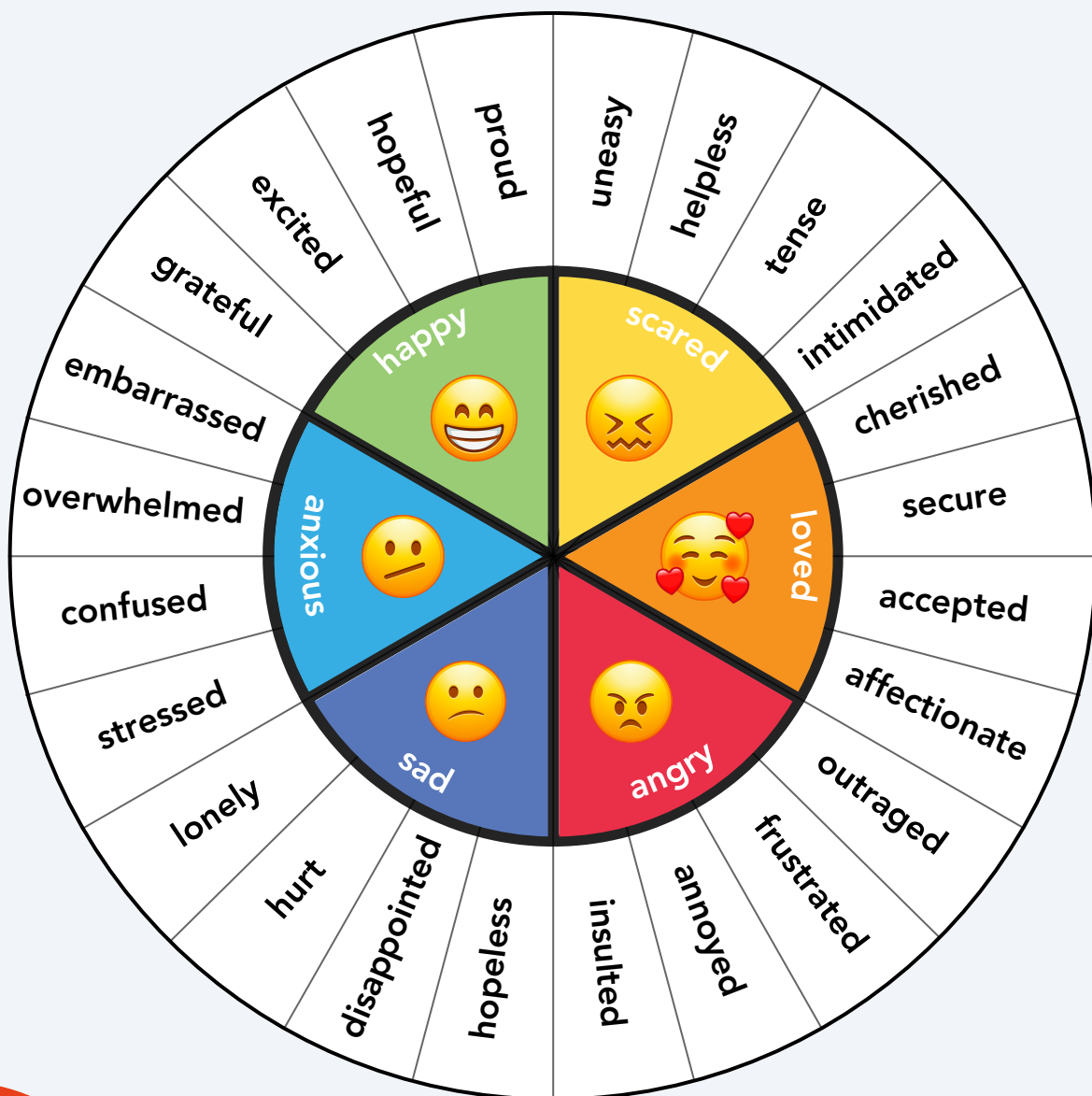
Check out our Instagram account for parents
[@parentingwith.moesg](#).



LET'S TRY THIS AS A FAMILY

FEELINGS TRACKER

Try using a feelings tracker to kickstart conversations on how each member of the family could be feeling. Younger ones can choose an emoticon while older ones can choose words that strike a chord with them.



Have a chat after:

1. What is causing you to feel this way?
2. It's okay to not be okay sometimes.
How can I/we help you?