

# PARENT SUPPORT GROUP

RESOURCES

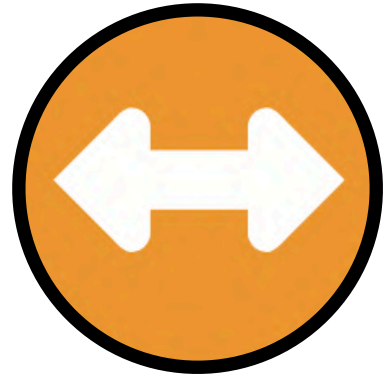


# ROLES OF PSGs



## **Partner in Education**

The PSG works hand-in-hand with the school by aligning with the school's objectives and supporting the school's programmes to guide our children's education journey.



## **Bridge Between Parents and School**

The PSG listens to parents' feedback on school practices or programmes, and provides them to the school. The PSG also facilitates the school's communication to parents.



## **Resource and Peer Supporter**

The PSG shares resources, connects parents to others with common experiences, and builds a community of support with them.

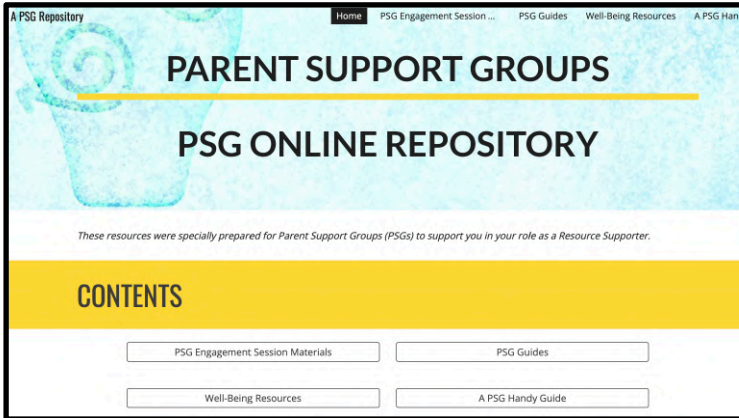


## **Magnet to Involve Other Parents**

The PSG can reach out to other parents and involve them to strengthen school-home partnership.

# RESOURCES

## For online resources



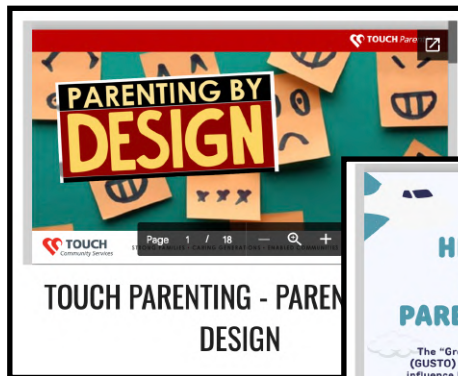
## PSG Online Repository

<https://go.gov.sg/psg-online-repository>

A one-stop-portal of resources, you can find materials shared during previous engagement sessions and from agencies like HPB and Families for Life.

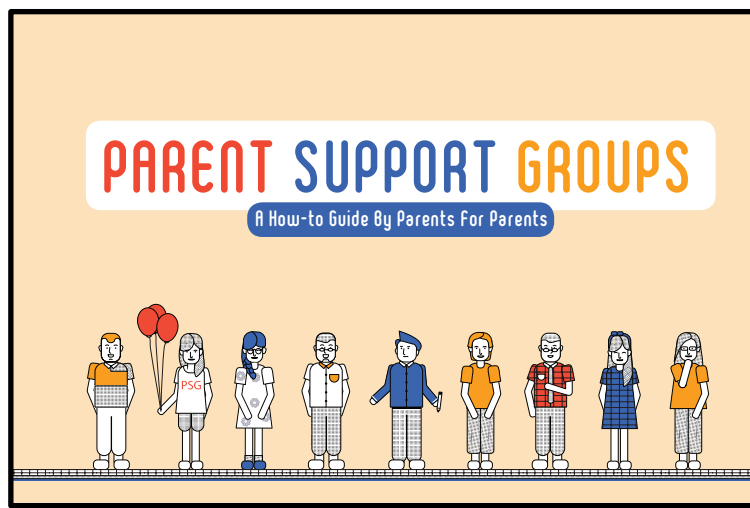


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# RESOURCES

## For tips and suggested guidelines



## A "How-To-Guide" for PSGs

<https://go.gov.sg/psg-online-guide>

Written by PSGs, this guide serves as a resource to provide tips on how to set up a PSG, sustain involvement, reach out and plan for succession for your PSGs.



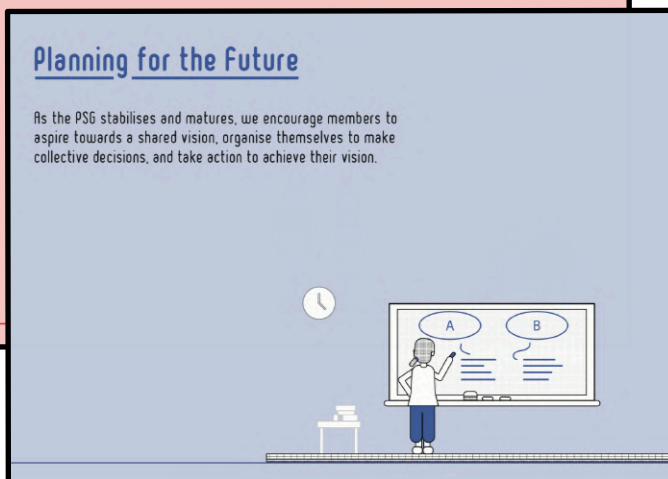
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## Sustaining Involvement

Once the PSG has been started, we can focus on sustaining the PSG by increasing the membership and building the relationships within the PSG.

## Planning for the Future

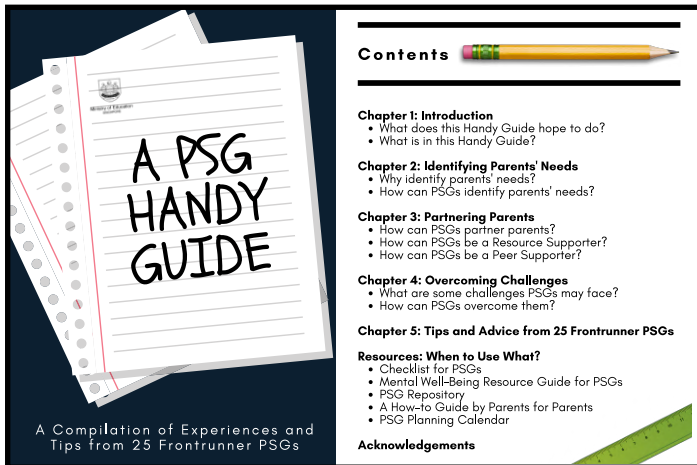
As the PSG stabilises and matures, we encourage members to aspire towards a shared vision, organise themselves to make collective decisions, and take action to achieve their vision.





# RESOURCES

## For school practices and ideas



## A PSG Handy Guide

<https://go.gov.sg/psghandyguide>

A compilation of 25 PSG stories, this guide documents the practices of these PSGs in building meaningful partnerships with their school and parent communities.



### Get inspired and learn tips from the experiences of 25 PSGs!

Planning parent-child bonding activities

Strengthening parent-school partnerships

Reducing stigma of mental well-being

Working on mental well-being

Establishing a buddy system for stakeholders

To act on it

### Checklist for PSGs

This checklist is for PSGs and schools to identify some of the existing good and practical practices from the 25 frontrunner PSGs and to consider various ways to support parents in strengthening their children's mental well-being.

**Identifying Parents' Needs:**

- ☐ Plan, manage and review means to gather feedback and concerns from parents (e.g. survey, focus group discussion, questions collected from workshops)
- ☐ Collate data to formulate useful and effective programmes and initiatives for parents

**Partnering and Engaging Parents Effectively:**

- ☐ Establish a simple and structured communication system to reach out to as many parents as possible (e.g. WhatsApp Broadcast)
- ☐ Update the parent mailing list or housekeep the group chats regularly
- ☐ Update the school website with latest information about recent and upcoming activities for parents
- ☐ Plan what to share and communicate with parents
- ☐ Identify and leverage existing school programmes, platforms and networks (e.g. alumni, partners, external organisations) for more resources and avenues to equip parents
- ☐ Identify befrienders to provide support for parents

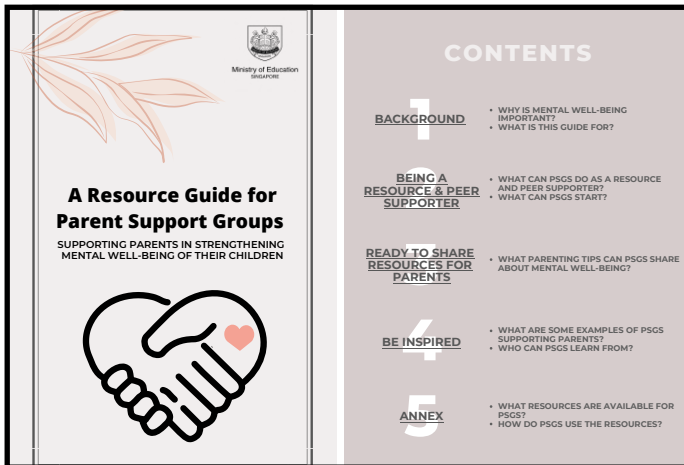
**Raising Mental Well-being Awareness:**

- ☐ Determine platforms (e.g. school talks) for PSG to share parenting experiences
- ☐ Integrate current issues like exam stress to create a platform for parents to speak about staying healthy, which would cover elements of mental well-being.

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# RESOURCES

For support in mental well-being



## PSG Resource Guide

<https://go.gov.sg/psg-mental-wellbeing-guide>

This resource aims to journey with you as you support parents who would like to find out how to identify signs of stress in their children and ways to guide them through.



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**Let's Share**

**WHEN PARENTS ASK...**

"How do I identify the signs?"

Share with them that in school, teachers and school counsellors are trained to identify signs of stress, monitor well-being, and provide guidance and support.

At home, parents too should look out for some of these signs. Here are some **signs you can share with parents to help them identify signs of stress** in their children:

- Struggles to pay attention in studies or activities
- Tiredness
- Rebellious streak
- Excuses to miss school
- Stays away from others
- Sulkiness

If these signs are presented in combination or in more extreme or long-lasting forms, it may be an indication that the child is feeling overwhelmed and may require help and support from professionals, the school, or their parents.

**Remember**

As a Resource and Peer Supporter, you should share the following tips and **and regularly** with parents. You should **and share the links** of the following resources when you engage parents.

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# RESOURCES

For parenting tips and resources



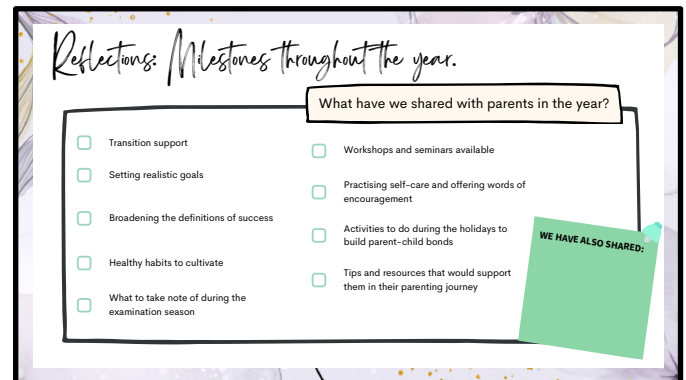
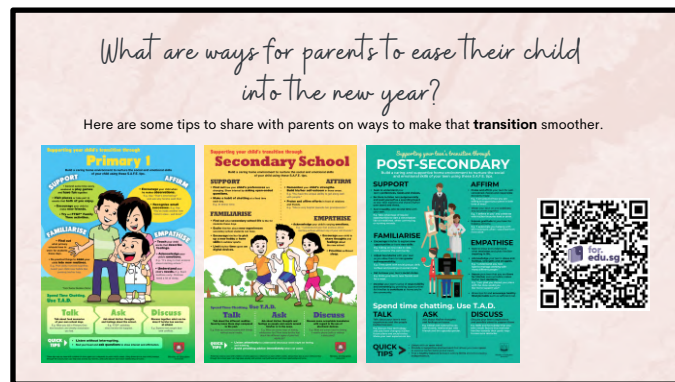
## PSG Planning Calendar

<https://go.gov.sg/psgplanner>

If you are looking for resources to share with parents based on what are on their minds throughout the year, this planner has got you covered.



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# RESOURCES

## For more parenting resources

### Parent Kit

<https://www.moe.gov.sg/parentkit>

Each Parent Kit issue contains bite-sized actionable tips with supporting resources to help you support your child.

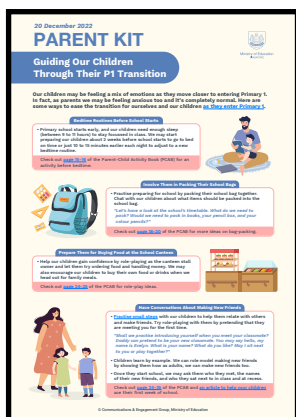
### Parenting With MOE Instagram

<https://www.instagram.com/parentingwith.moesg>

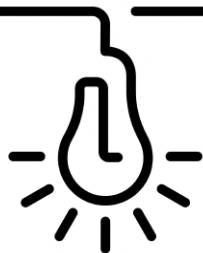
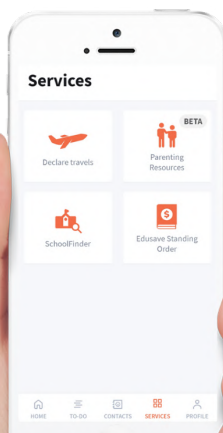
Find tips and resources as we celebrate the ups and downs of your parenting journey through shared experiences.



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Did you know? Some of our parenting resources can also be found on the **Parenting Resources repository**, accessible via **Parents Gateway!**





Ministry of Education  
SINGAPORE



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MOE PSG TEAM  
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