

Journey through the
Seasons of Life
with Love



1



Expressing Your Love and Acceptance





You can do this by showing appreciation and admiration for their unique traits.

That said, showing love and acceptance to your child does not mean accepting all of their behaviours.

When your child misbehaves, focus on addressing their behaviour without putting them down.



You can still show love and acceptance by validating their feelings.

This lets them know that you understand how they feel and why they behaved the way they did.



There's no one right way to show affection to your child, as long as they feel loved and cared for.

Adjust how you show affection as they grow, and as their preferences change.

“ I understand that you are angry, but we don't slam doors in this house. If you're angry and need space to calm down, let me know so we can find another time to talk about it. You know that I love you no matter what.

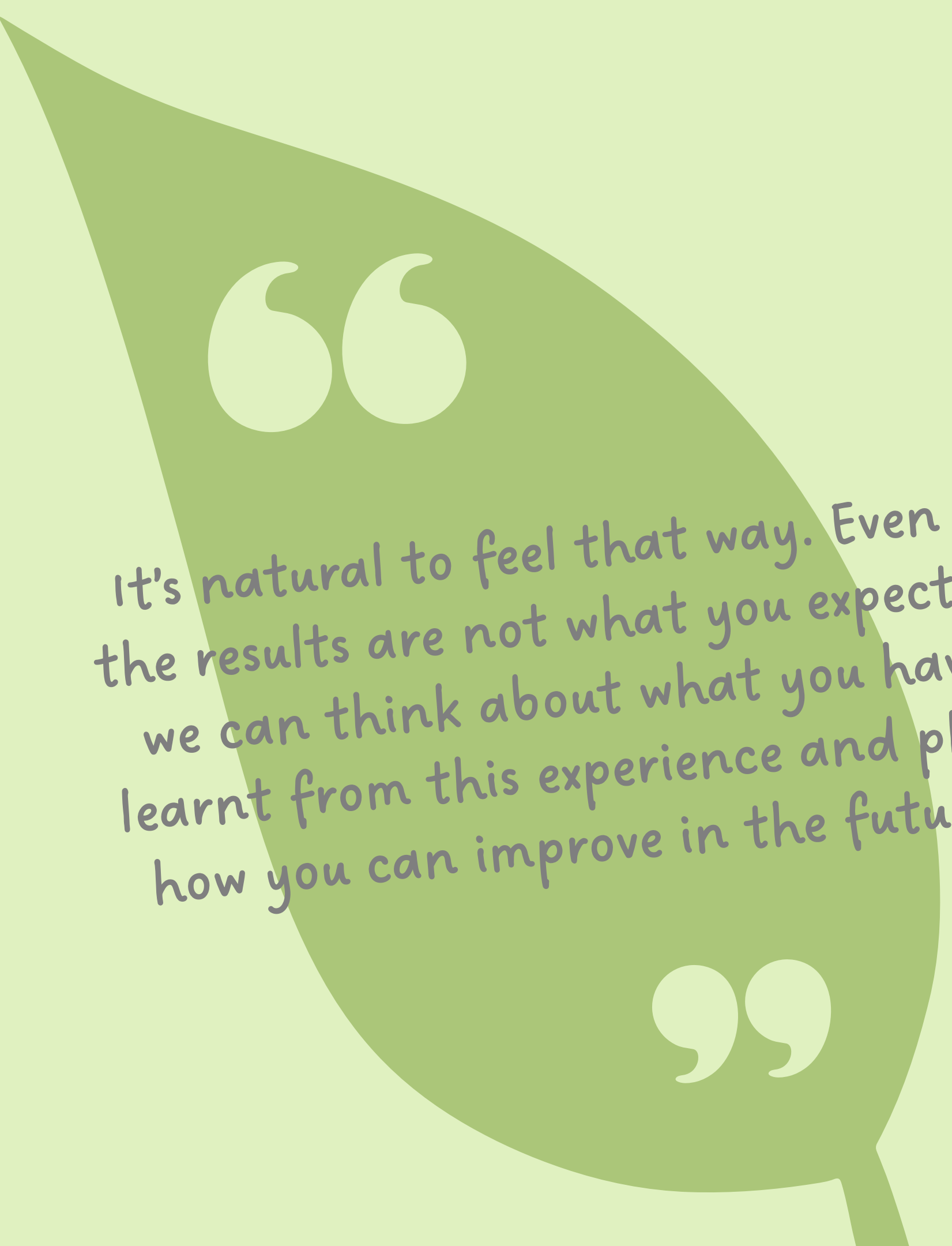
Tip 1

If you and your child are in a disagreement or if you have to discipline your child, let them know that you still love and accept them for who they are.

“
I understand that you are frustrated.
Mistakes are part of life and do not
reflect who you are as a person.
They are opportunities for us to learn
and grow. The next time you make a
mistake, try asking “What can I learn
from this?”
”

Tip 2

Help them understand that
It is okay to make mistakes.



It's natural to feel that way. Even if the results are not what you expected, we can think about what you have learnt from this experience and plan how you can improve in the future.

Tip 3

Offer words of encouragement at every opportunity, even if either you or your child is having a hard time.

“

I am here for you and want to help you through this. Would you prefer if I help you with your revision or if we go for a short break together?

”

Tip 4

Show affection in a variety of ways, such as smiles, high-fives, acts of service or spending quality time together.

“

I am still very proud of you. You have put so much effort in preparing for this exam, even when it was difficult.

”


Tip 5

Celebrate and affirm your child's efforts in overcoming difficulties.



2

Being Present and Showing Positive Attention





Your presence is the greatest present to your child.

When you show your child that you take interest in their life and are there for them, they are more likely to share any issues or challenges they may be facing.

The key purpose of providing positive attention is to show that you care, and not to monitor them.

For younger children

Tip 1

Ask about topics like school events, their favourite movies or subjects.

You went on a learning journey to the zoo with your classmates, right? What did you see there?



For younger children

Tip 2

Use follow-up questions or statements to find out more.

“

We saw so many animals, like monkeys, giraffes and sloths!

Oh, nice! What interesting facts did you learn?

”

For older children

Tip 1

Ask about topics like their social interactions.

How was school today?
You had a CCA leadership meeting, right?

For older children

Tip 2

Pace conversations based on their receptiveness and responses. Avoid pressuring them to respond.

“

It was okay...

*What were some interesting things that happened?
...nothing much. I don't really want to talk about it.
It seems like you've had a long day.*

”

For older children

Tip 3

Let them know that you are asking because you love them and are curious about their interests.

I know your CCA is important to you, and I want to support you.

For older children

Tip 4

Let them know you will listen
whenever they are ready
to share.

“
Let me know when you
want to talk about it
later.”

A stylized illustration of a tree branch with several leaves. The branch is light brown and curves across the top of the image. There are four leaves: one on the left, one on the right, and one at the bottom right. A large, solid brown circle containing the white number '3' is positioned at the top center of the branch.

3

Providing a
Safe Space for
Conversations

It can be challenging to grapple with uncomfortable feelings and negative thoughts.

Children may hesitate to share their true thoughts and feelings with their parents, as they may fear being judged or misunderstood.



Things You Can Do

Listen attentively.

Maintain eye contact
and put away your devices
to show that you are
paying attention.

Ensure that the environment is
conducive and comfortable for
your child.

E.g. recreate an environment
where your child had previously
opened up to you, and have the
conversation in a place where your
child feels they have privacy.

Things You Can Do




Listen to understand,
instead of
listening in order to
give advice and
offer solutions.



Take a step back to
calm down if things get
heated, and return to
the conversation after
calming down.


Things You Can Do



Check that your child is comfortable with you sharing what they have told you with other people.

If you have to do so out of concern for their safety, explain to your child why it is necessary.


Things you can say



*How did that make
you feel?*

Use open ended questions to find out more about your child's perspectives and feelings.

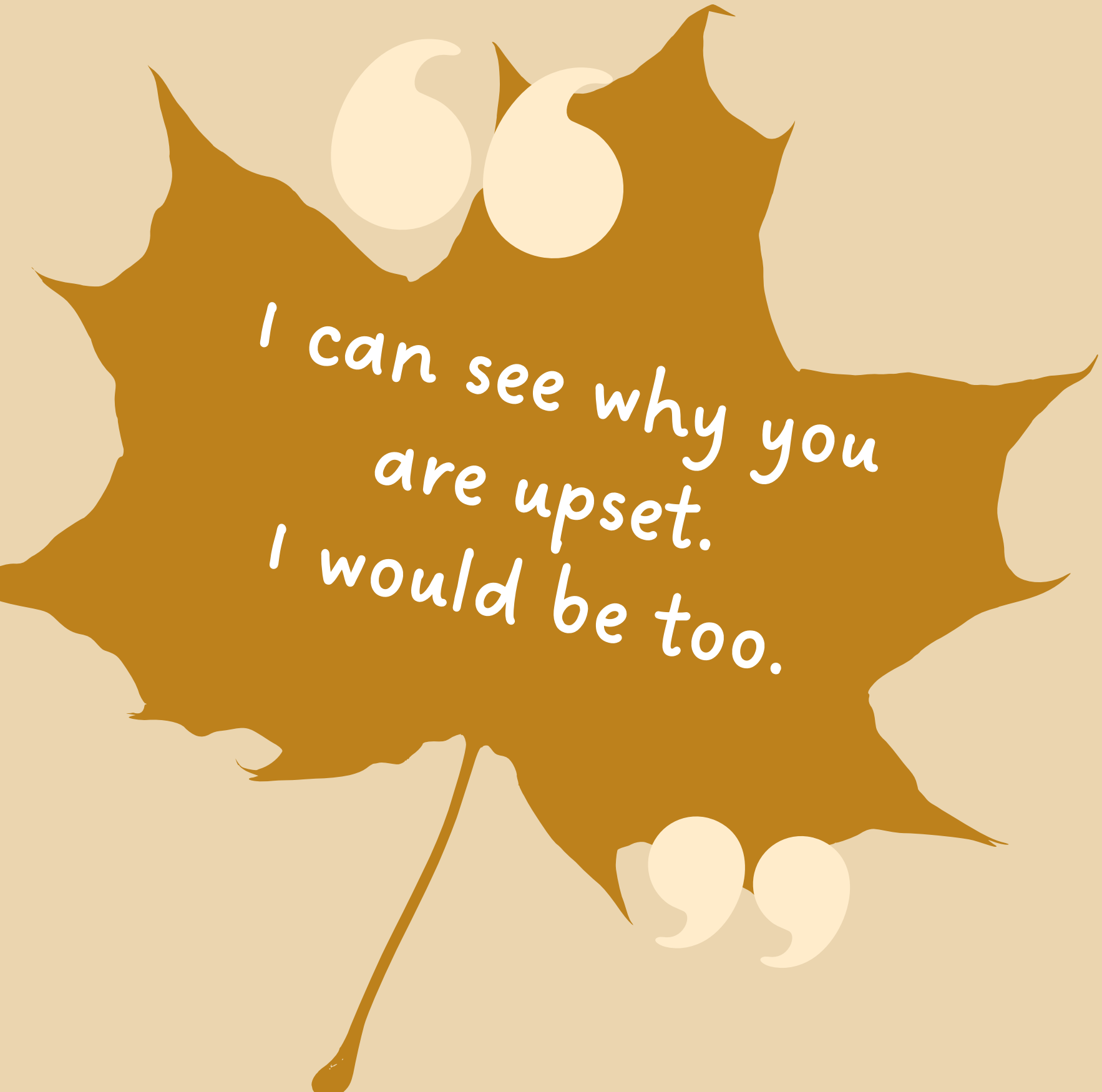
Things you can say



*I hear that you are
feeling frustrated.*

Acknowledge that your child's opinions and feelings are valid, even if you disagree with them or do not fully understand them.


Things you can say



*I can see why you
are upset.
I would be too.*

Let your child know that it is natural to experience these feelings, and that you experience them too.

Things you can say



How can I help?
What support
do you need from me?

If you are not sure what else to do, you can let your child know you are concerned for them, and offer support or a listening ear.

4

Helping Your Child Build Healthy Relationships





Healthy relationships and supportive networks contribute to your child's overall well-being, and allow them to experience a sense of community and belonging.



Things you can do

For younger children, create opportunities for them to interact with other children of similar ages (e.g. attend school camps).

For older children, encourage them to make friends with peers who have similar interests.




Expose your child to a range of social situations.

Things you can do

Foster healthy relationships with supportive extended family members.


Encourage your child to stay in touch with their friends and trusted adults (e.g. meet up with former classmates, visit former teachers on Teachers' Day).



Encourage your child to strengthen existing relationships.

Things you can say

Talk to your child about the qualities that make a good friend (e.g. empathy, being respectful), and how to exhibit these qualities.

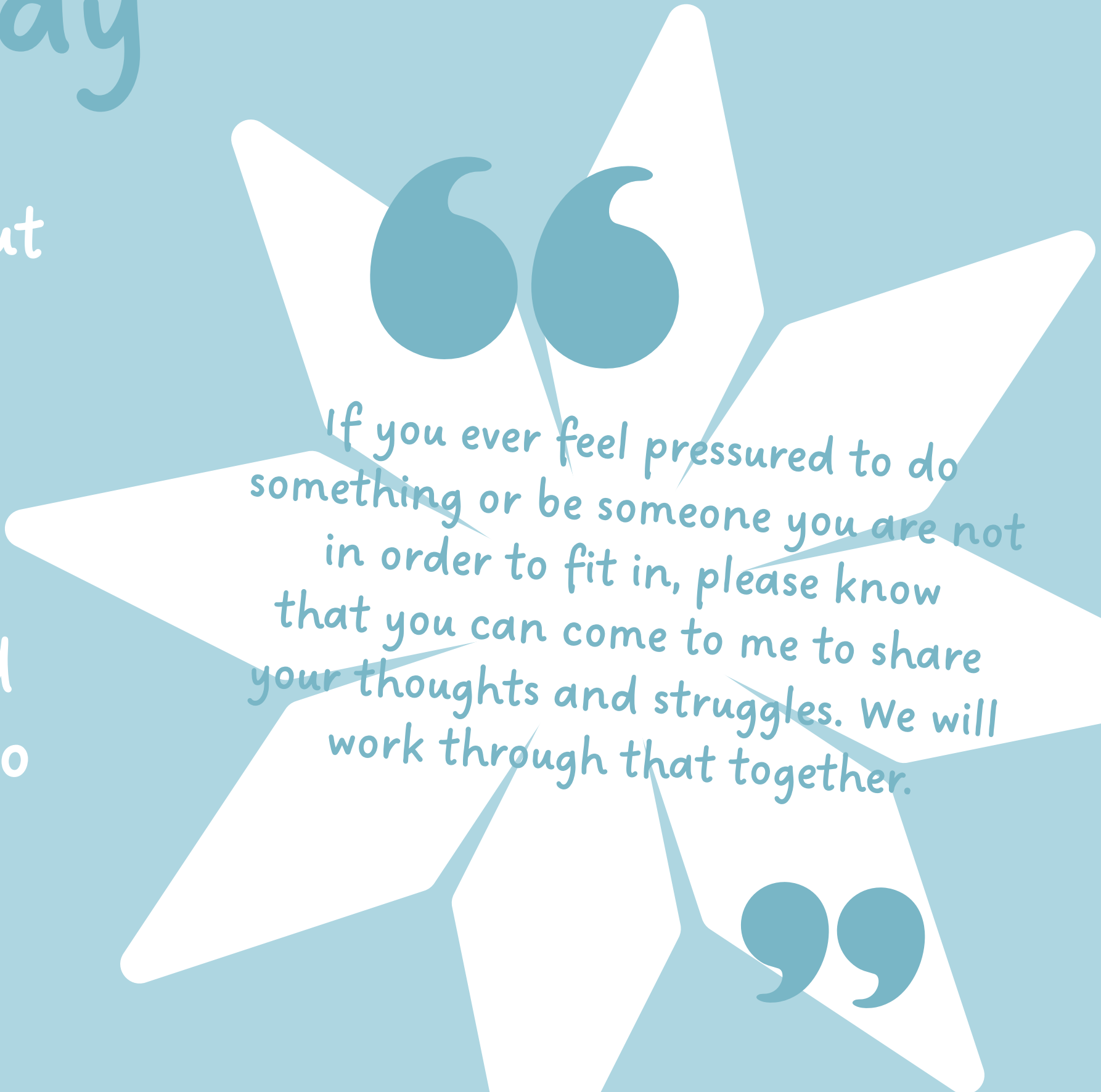


When you see your friend struggling, put yourself in their shoes. How would you want a friend to support you?

Things you can say

Older children are often figuring out the balance between being themselves and fitting in with others.

Stay connected with your child and let them know that they can talk to you if they feel pressured to act in ways that they are uncomfortable with.



If you ever feel pressured to do something or be someone you are not in order to fit in, please know that you can come to me to share your thoughts and struggles. We will work through that together.

Things you can say

Listen to your child's problems and ask probing questions to help them find ways to resolve their friendship issues.



How has this affected you or your friend?

What are your expectations of a good friend?

How can you make things better?

Five love languages in action: How five parents show love for their school-going children

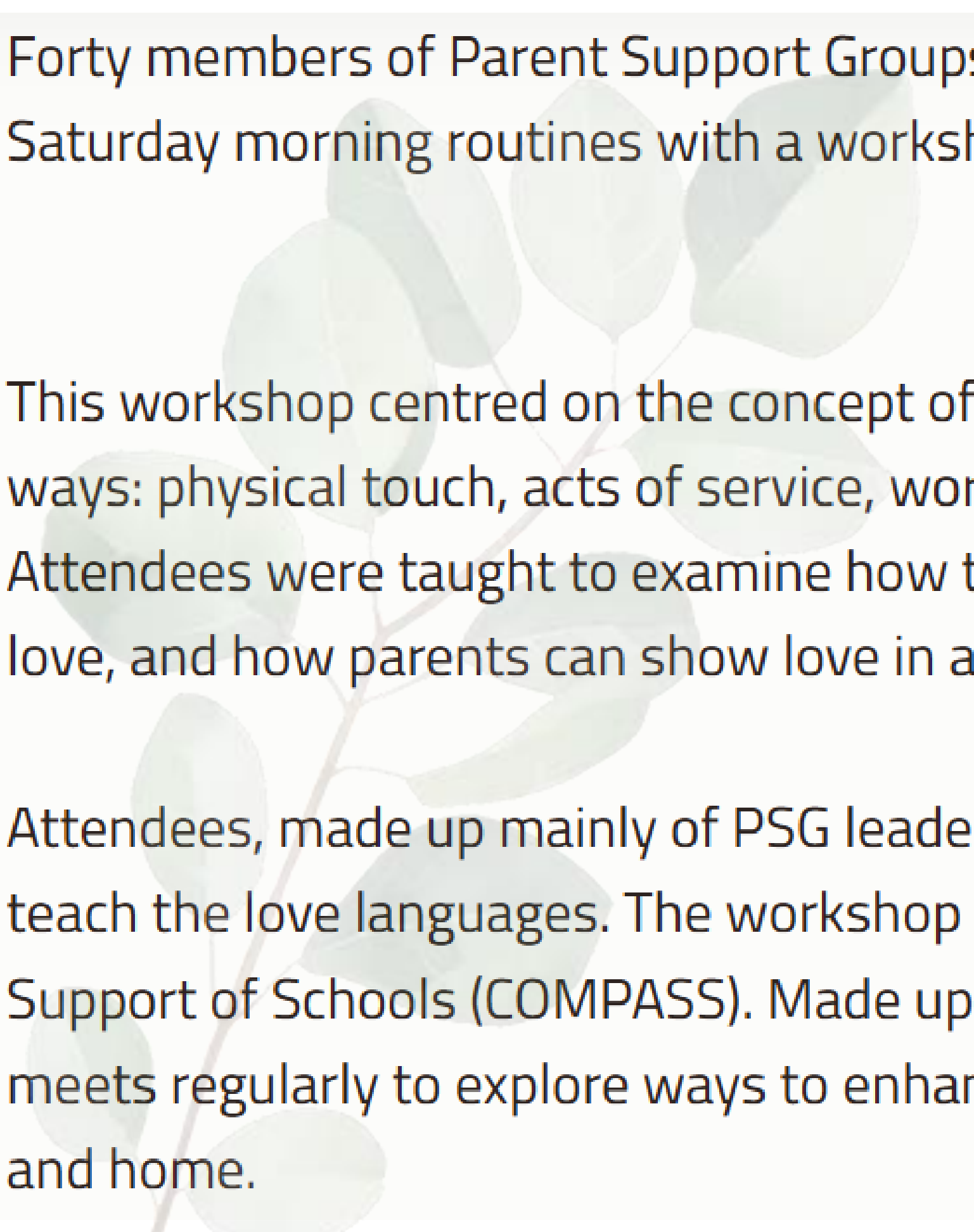
Five Parent Support Group members share insights after a Five Love Languages workshop. They discuss tailoring expressions of love to their children's preferences, from writing encouraging notes to engaging in shared activities. These diverse approaches offer practical ideas for connecting with children.

By Sabrina Lee 7 March, 2024

Facilitators' Training 2024

4 February 2024

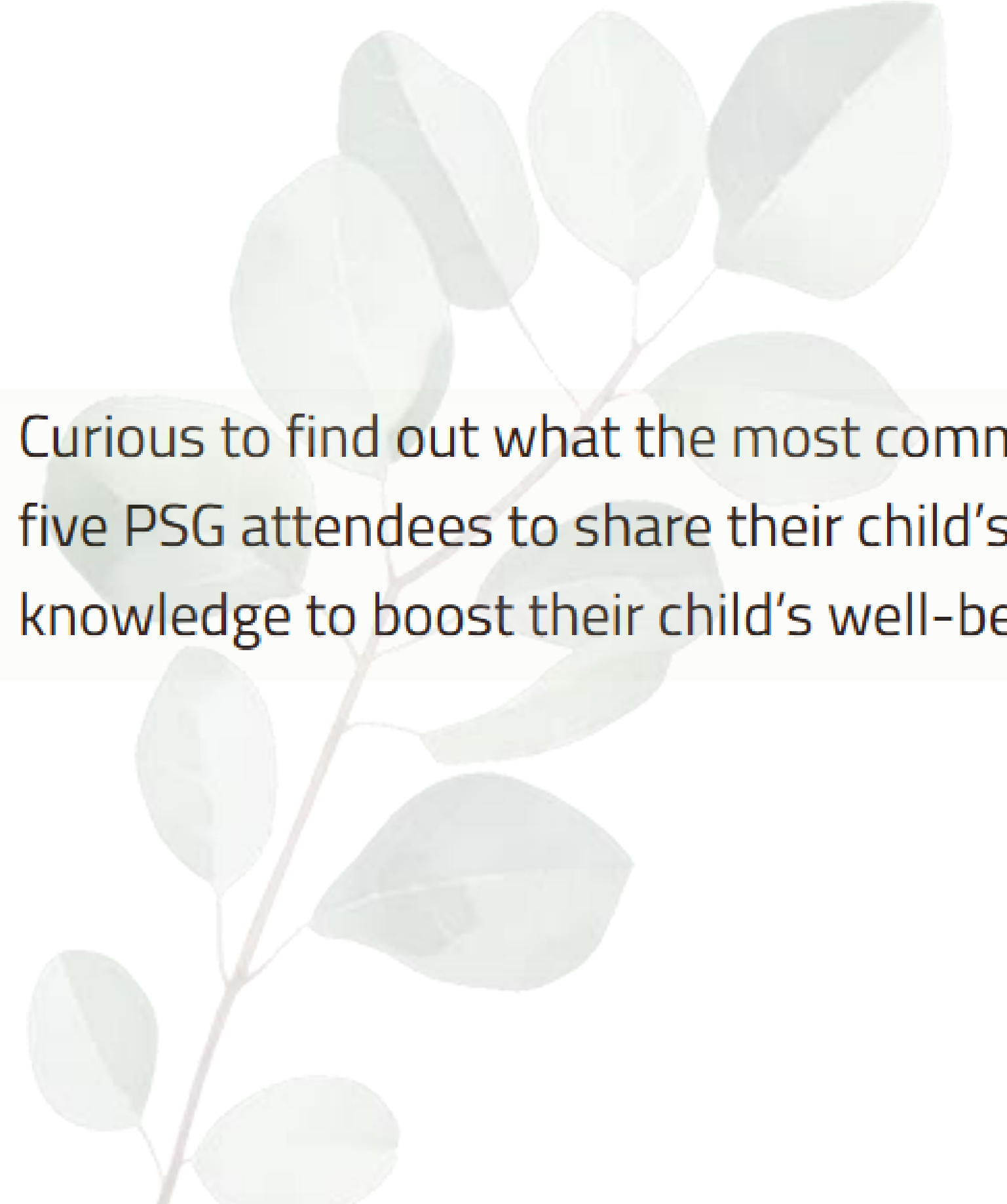




Forty members of Parent Support Groups (PSGs) from various schools replaced their usual Saturday morning routines with a workshop on the Five Love Languages.

This workshop centred on the concept of how signs of love are generally expressed in five ways: physical touch, acts of service, words of affirmation, quality time and receiving gifts. Attendees were taught to examine how their children may prefer to express and perceive love, and how parents can show love in a way that the child understands best.

Attendees, made up mainly of PSG leaders, also learnt how to facilitate workshops that teach the love languages. The workshop was organised by the Community and Parents in Support of Schools (COMPASS). Made up of PSG leaders, educators, and others, COMPASS meets regularly to explore ways to enhance children's learning and growth both at school and home.



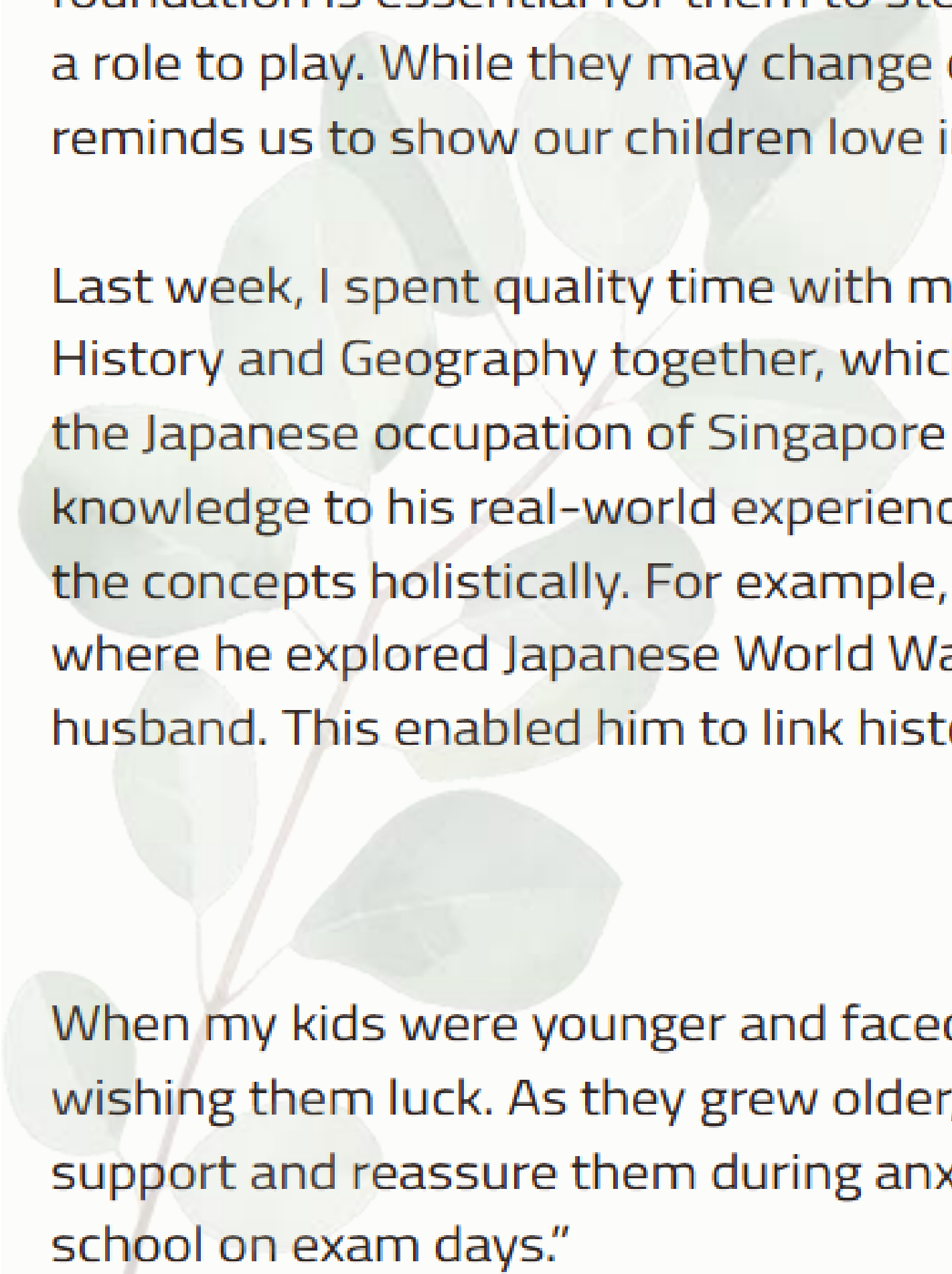
Curious to find out what the most common love languages are among children? We asked five PSG attendees to share their child's primary love language and how they apply this knowledge to boost their child's well-being and school experience.

*We talk about our holidays and how they relate
back to what he is learning*

Ms Leonie Nagarajan, mother of two children, ages 11 and 14

Love languages: Quality time, acts of service





“We need to boost our children’s self-esteem by ensuring they feel loved. That foundation is essential for them to step into the world confidently. Love languages have a role to play. While they may change over time, going through the five love languages reminds us to show our children love in the way they best understand.

Last week, I spent quality time with my son as part of his learning journey. We read History and Geography together, which aren’t his forte. He is currently learning about the Japanese occupation of Singapore and the region. I helped him connect textbook knowledge to his real-world experiences – which was important for him to appreciate the concepts holistically. For example, we discussed our recent trip to the Philippines, where he explored Japanese World War 2 shipwrecks while scuba diving with my husband. This enabled him to link historical events to what he reads in his textbooks.

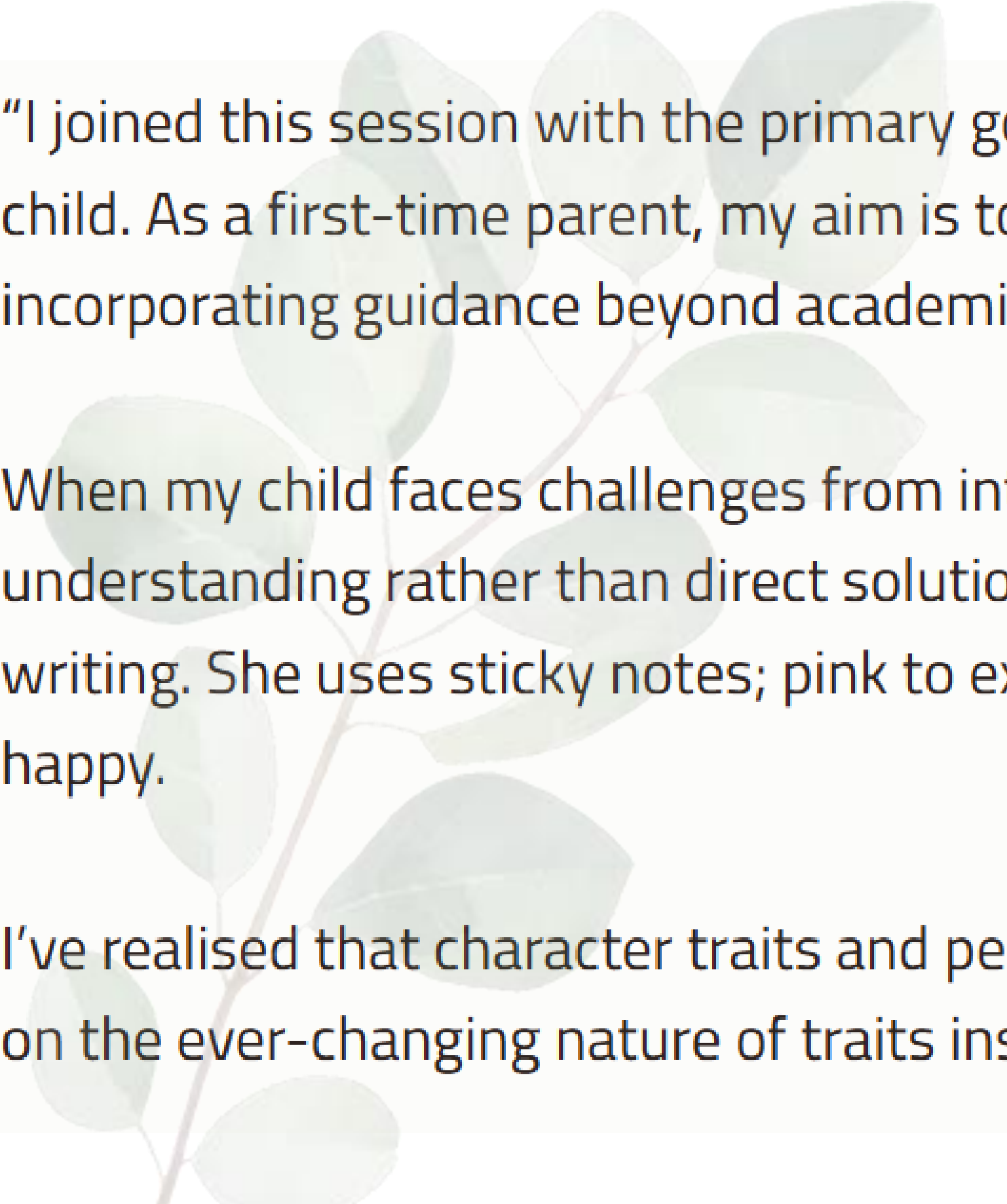
When my kids were younger and faced their first assessments, I wrote little notes wishing them luck. As they grew older, I adapted my expressions of love, finding ways to support and reassure them during anxious moments, such as accompanying them to school on exam days.”

*I want to understand her challenges better rather
than give direct solutions*

Mr Tang Hong Sing, father of a 10-year-old

Love language: Quality time





“I joined this session with the primary goal of gaining a fresh perspective on parenting my child. As a first-time parent, my aim is to strengthen the parent-child relationship by incorporating guidance beyond academics.

When my child faces challenges from interactions with friends, I’ve learnt that she seeks understanding rather than direct solutions. My child loves to express herself through writing. She uses sticky notes; pink to express when she’s upset and green when she’s happy.

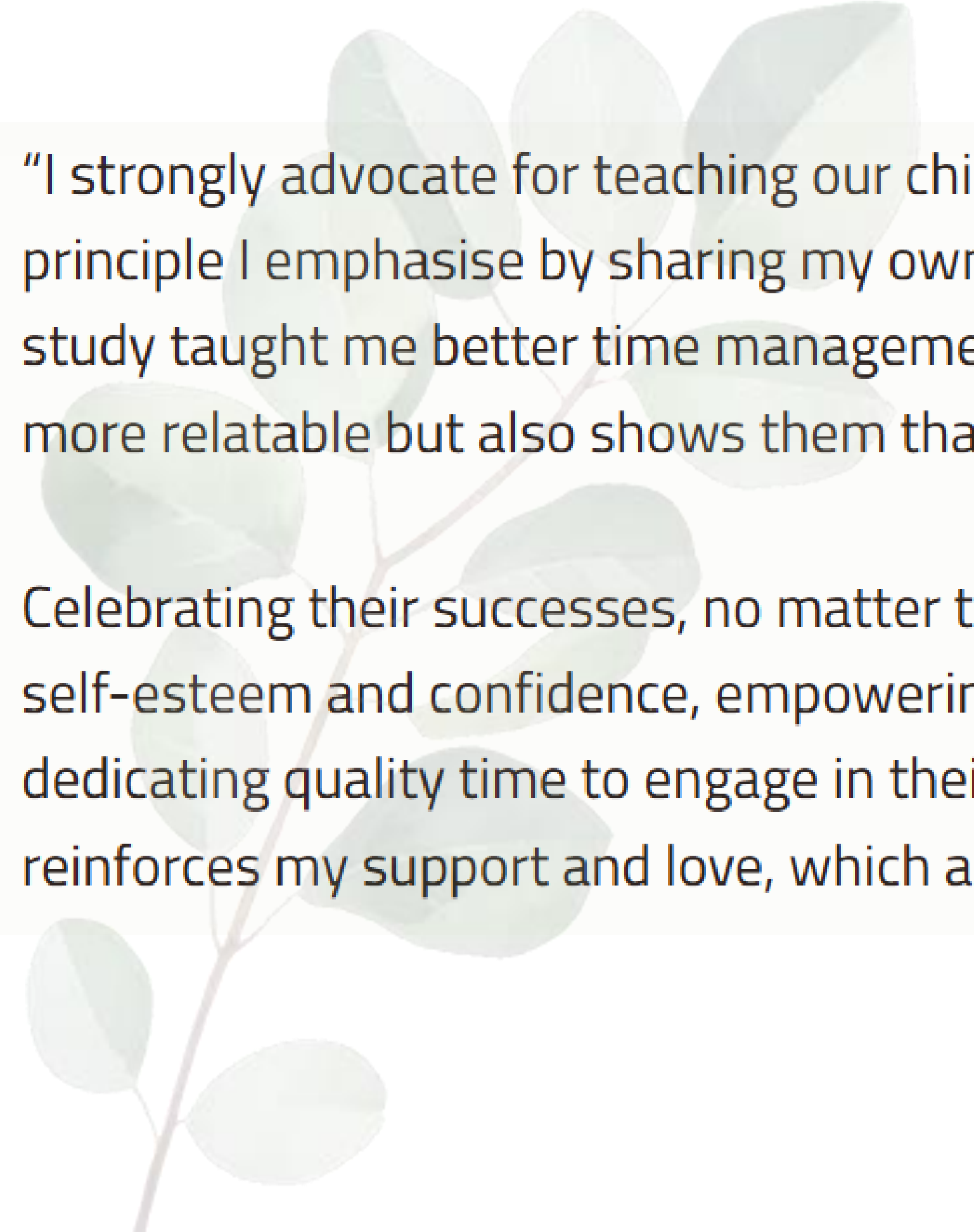
I’ve realised that character traits and personality tests can lead to stereotyping, so I focus on the ever-changing nature of traits instead of fixed labels.”

*I share my own experiences, and tell them it's okay
to make mistakes*

Mr Jasper Liow, father of two children, ages 18 and 20

Love languages: Quality time, words of affirmation





"I strongly advocate for teaching our children the value of learning from their mistakes, a principle I emphasise by sharing my own experiences, like how failing a test because I didn't study taught me better time management and study habits. This not only makes the lesson more relatable but also shows them that mistakes are an essential part of growth.

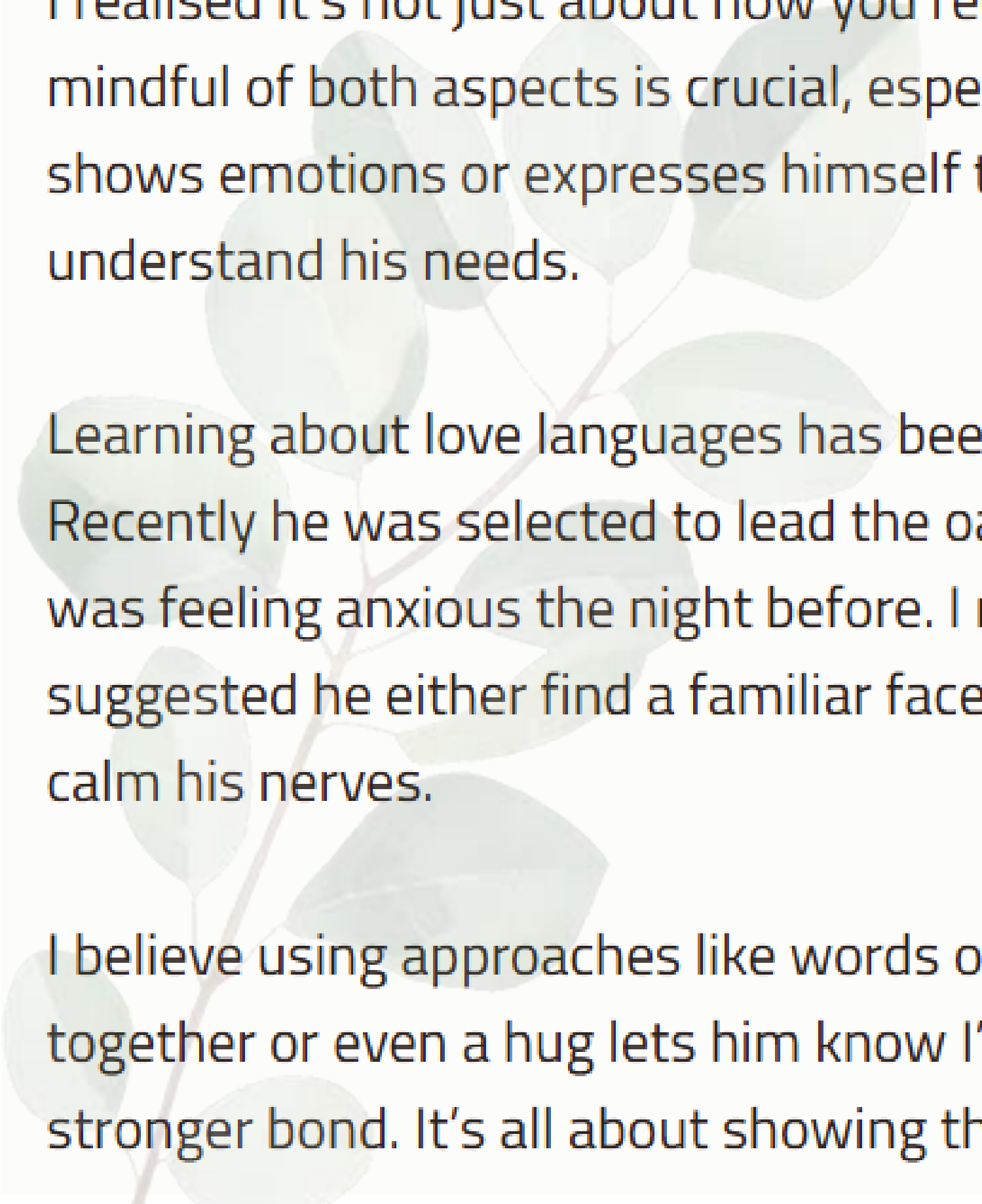
Celebrating their successes, no matter the scale, also plays a critical role in building their self-esteem and confidence, empowering them to take on new challenges. Moreover, dedicating quality time to engage in their favourite activities or just being there for them reinforces my support and love, which are crucial for their growth and sense of security."

*From playing football to hugs, anything that helps
him open up*

Ms Aparna Hattikudur, mother of an 11 year-old

Love languages: Physical touch, quality time, words of affirmation





I realised it's not just about how you receive love, but also how you express it. Being mindful of both aspects is crucial, especially since my child is reserved. He seldom shows emotions or expresses himself through words, making it challenging to understand his needs.

Learning about love languages has been beneficial for trying to help him open up more. Recently he was selected to lead the oath-taking ceremony at school, I could sense he was feeling anxious the night before. I reassured him that his feelings were natural and suggested he either find a familiar face in the audience or focus on an empty spot to calm his nerves.

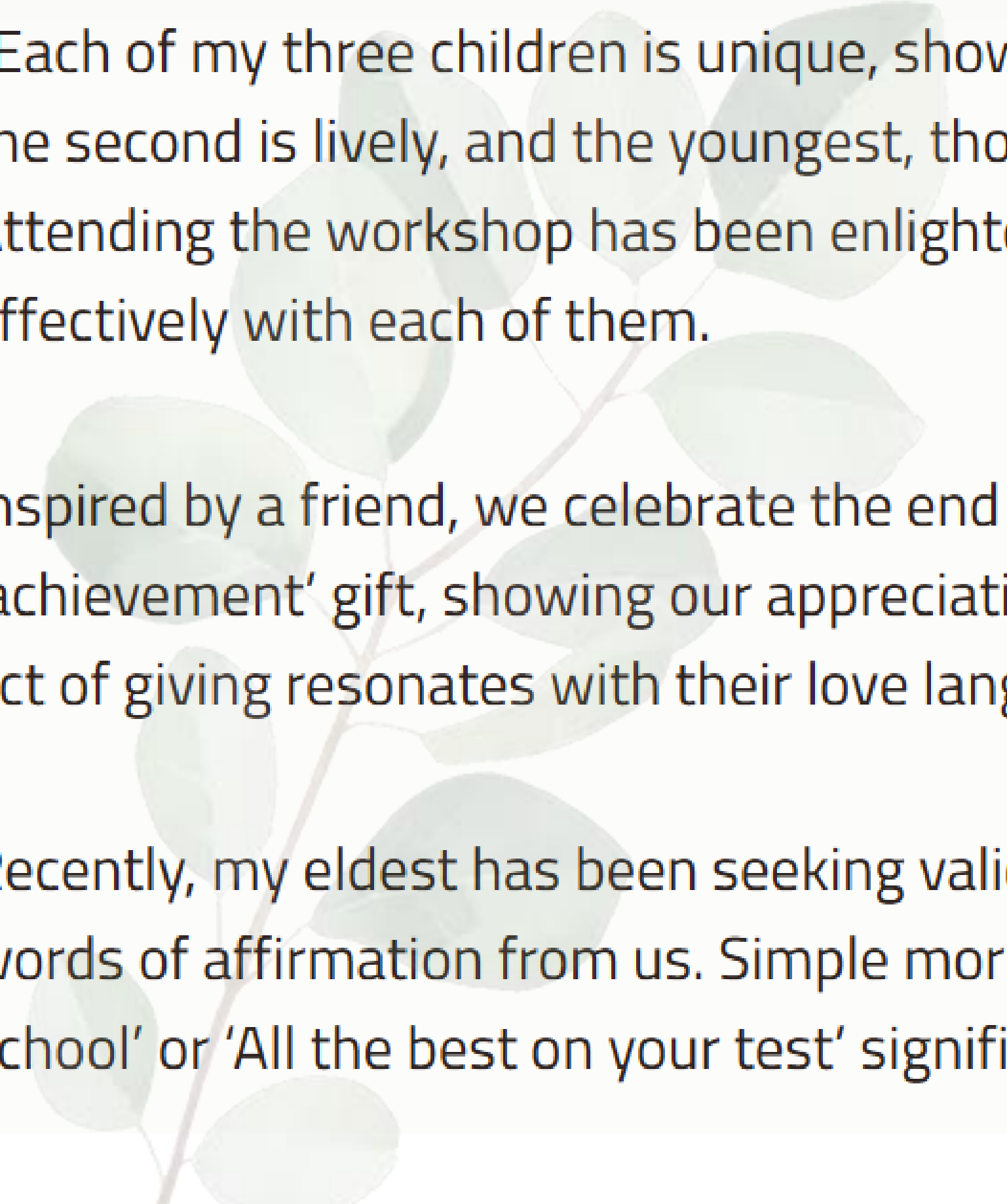
I believe using approaches like words of encouragement, playing his favourite sport together or even a hug lets him know I'm right there for him and helps building a stronger bond. It's all about showing them, in ways they get, that we're there, always."

*Not every child is the same, show love in a way
that the child understands best*

*Mdm Joyce Low, mother of three children, ages four, eight, and
11*

Love languages: Words of affirmation, receiving gifts





“Each of my three children is unique, showing distinct needs as they grow. The eldest is shy, the second is lively, and the youngest, though still small, has clear likes and dislikes. Attending the workshop has been enlightening, helping me to communicate more effectively with each of them.

Inspired by a friend, we celebrate the end of exams with a special meal or a pre-result ‘achievement’ gift, showing our appreciation for their hard work throughout the year. This act of giving resonates with their love language and makes them feel valued.

Recently, my eldest has been seeking validation for her tasks, highlighting a need for more words of affirmation from us. Simple morning encouragements like ‘Have a nice day at school’ or ‘All the best on your test’ significantly brighten her day.

Words

Love
Languages

Time

Gifts

Acts

Touch

References

- Parenting for Wellness Toolbox for Parents by MOE, HPB and MSF
- MOE Schoolbag Article



Thank You

LOWER PRIMARY (P2) YEAR HEAD BRIEFING

Meeting ID: 489 184 751 761

Passcode: Yr3Af7nD

MIDDLE PRIMARY (P3 & P4) YEAR HEAD BRIEFING

Meeting ID: 460 793 369 69

Passcode: WJ9T8wF2