



*Supporting Your  
Child's Well-being*

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The background is a light teal color with various abstract shapes and floral illustrations. On the left, there is a branch with several flowers and leaves. On the right, there is a branch with leaves and small dark berries. The top right corner features a large, flowing teal shape. The bottom left corner has a teal shape with small dark circles scattered on it.

# Overview

- **Challenges and Impact**
- **Sec 3 Talk: Handles to Manage these Challenges**
- **How to Support Your Child: Building a Secure Relationship**

# Change and Impact



## School Responsibilities

Planning and leadership  
High self-expectations



Achievement stress

## Social Media Impact

Comparison culture  
Callous communication



Pessimistic view of r/s  
Mental health

## Adolescent Changes

Identity-formation  
Individuation



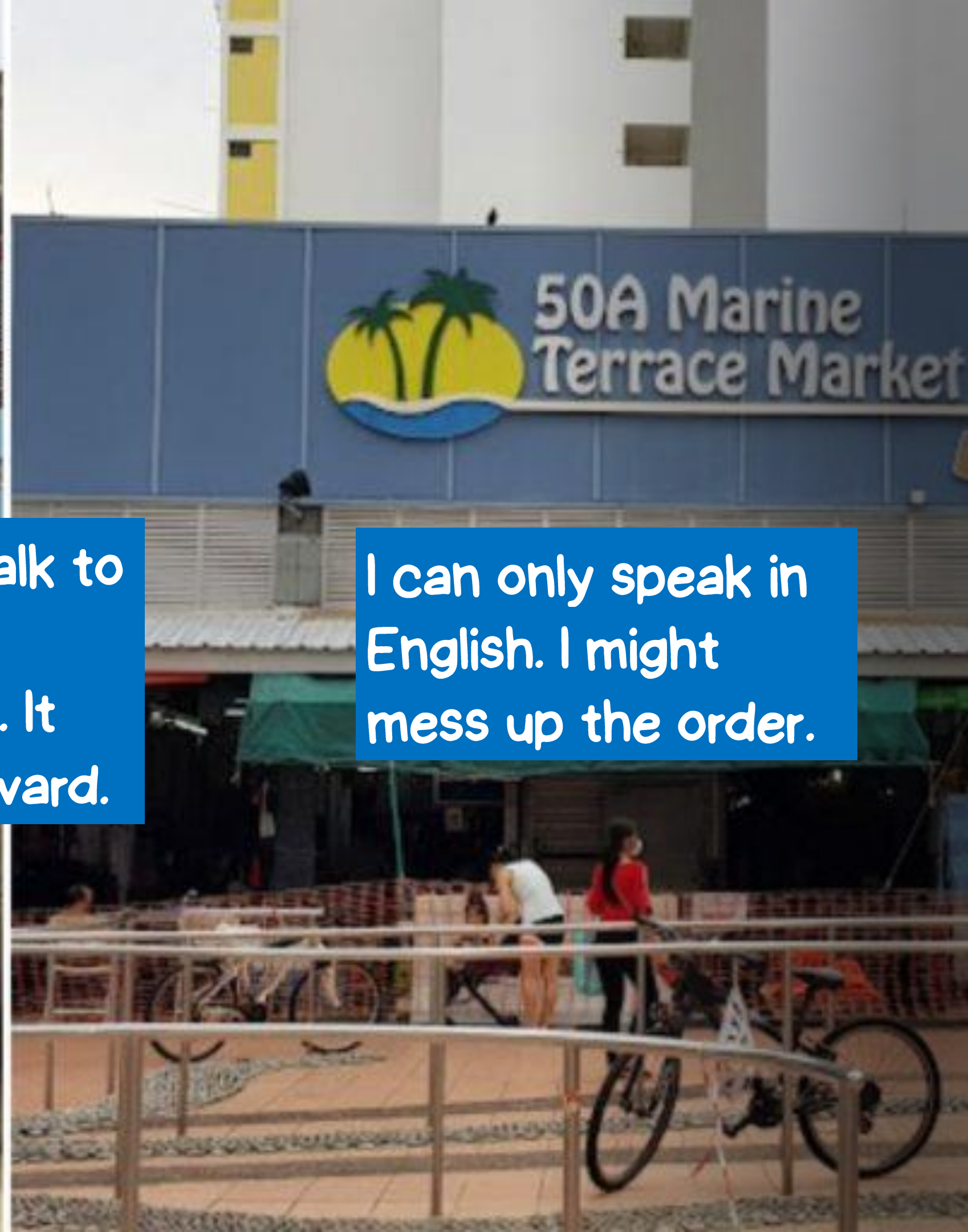
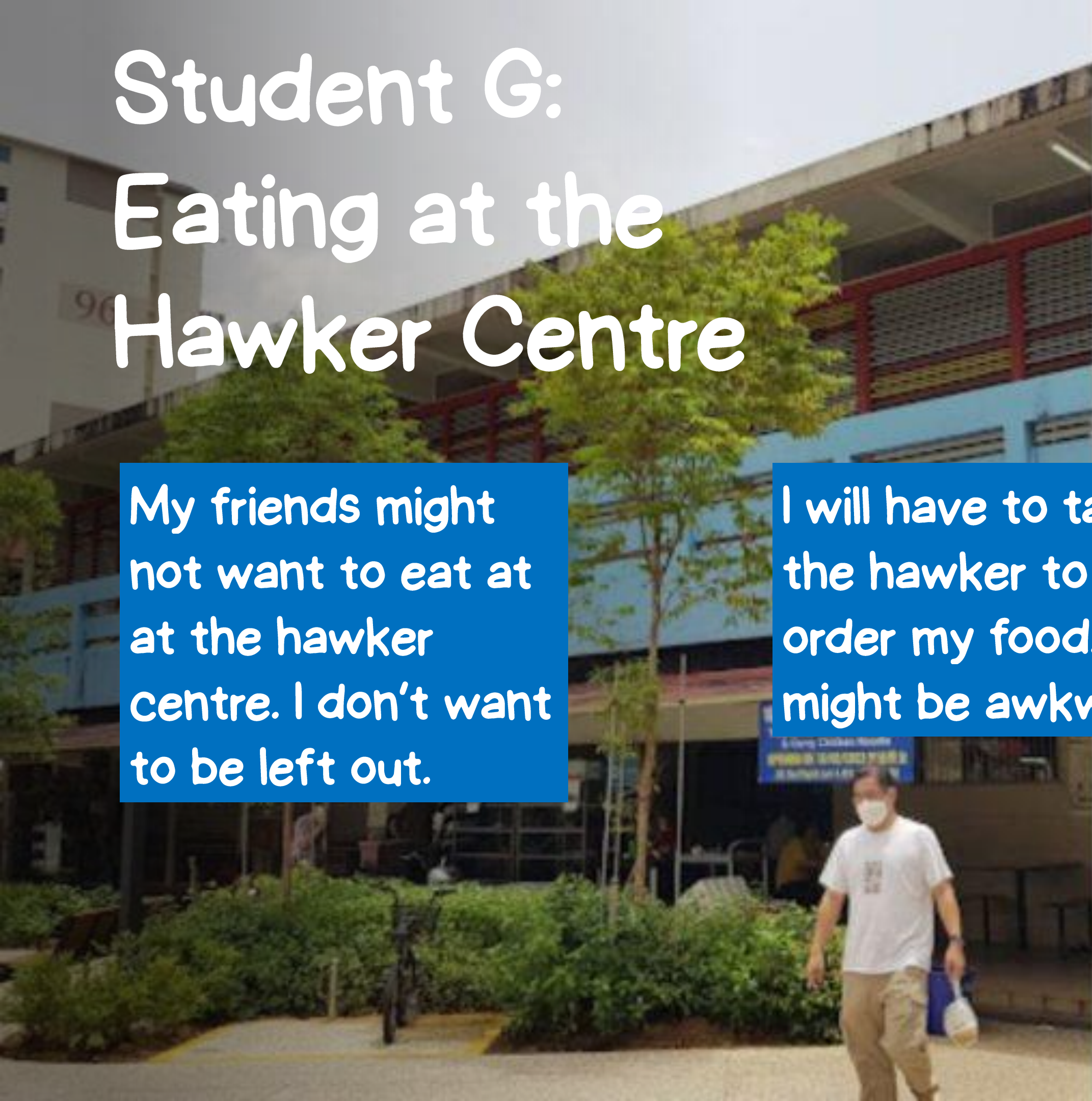
Emotional vulnerability

# Student G: Eating at the Hawker Centre

My friends might not want to eat at at the hawker centre. I don't want to be left out.

I will have to talk to the hawker to order my food. It might be awkward.

I can only speak in English. I might mess up the order.



# +ve VS -ve Expectations

Unhealthy

Healthy

The need to be perfect  
Comparing self to others  
Overcommitting &  
burning out

Giving your best effort  
Striving for personal growth  
Knowing your limits

**Expressing  
own  
thoughts and  
feelings  
instead of  
gossiping  
about others**

Trustworthiness

**Accept and  
work through  
differences.  
Handle  
conflicts with  
care**

Respect

**Communicate  
and clarify  
instead of  
making  
assumptions**

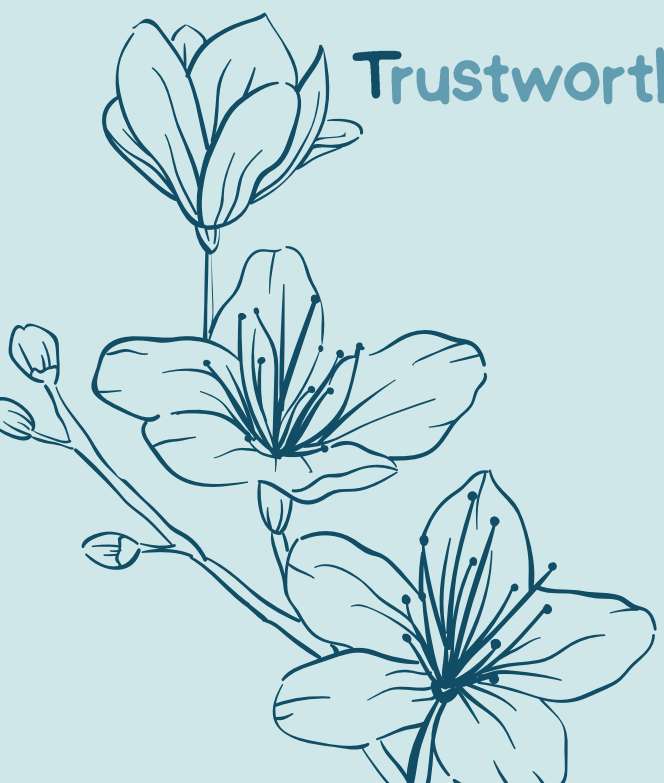
Understanding

**Be there for  
friends,  
support  
comes in  
different ways**

Supportiveness

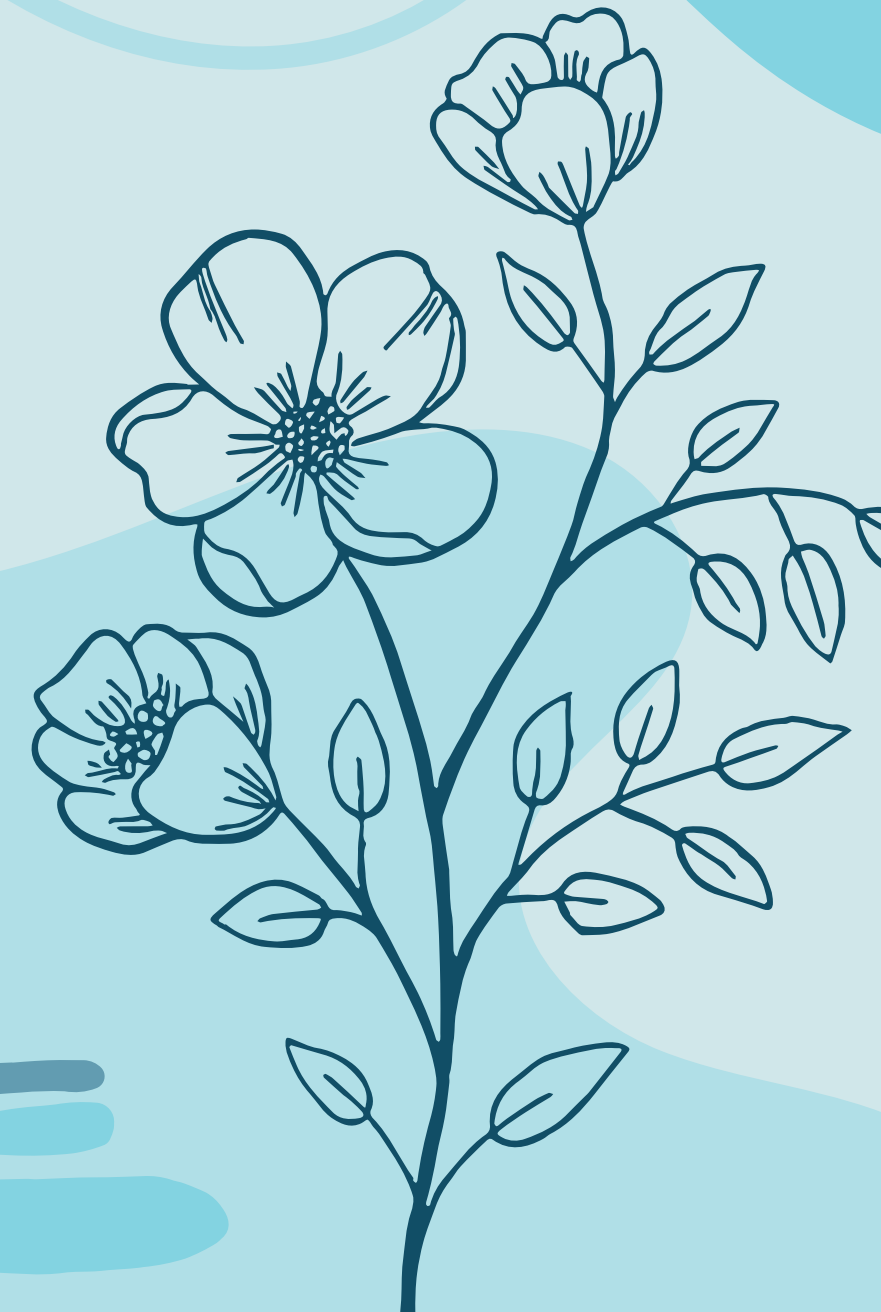
**Proactively  
express  
thanks and  
appreciation**

Thankfulness



*Building T.R.U.S.T*

*How can I build a  
secure relationship  
with my child?*



# Embrace Openness

**Be Approachable:** Reassure her she can talk to you about anything without fear of ridicule, judgment or harsh punishment

**Listen actively:** Be fully present when she is sharing; do not rush into problem-solving

**Validate:** Acknowledge her thoughts and feelings, although you might disagree with them



# Teach and Empower

**Give space:** Respect her need for privacy while ensuring her you will be there if she needs you

**Provide autonomy:** Involve her in age-appropriate decisions e.g. planning her time; allow her to express opinions on school or ECG-related matters

**Discuss important topics:** Self-esteem, body image, managing stress, conflict resolution, peer & romantic relationships

# Patience in Mistakes

**Self-preparation:** Check in on your own emotions, focus on the real purpose of the conversation: guiding her and teaching her, encouraging self-reflection, finding solutions

**Provide a safe environment:** Avoid blaming/accusation (Use 'I-statements'), acknowledge her possible fears, clarify the purpose of the conversation

'I can imagine you might be feeling fearful right now but I would like to talk about what happened so that we can resolve this issue together.'

# Patience in Mistakes

**Empathise and understand:** Give her the chance to explain herself  
'I am concerned about <insert situation>, could you help me to understand what's going on?'

'I would like to find out more so that I can help. What led you to <insert situation>?'

'I know <your friends, your phone> means a lot to you but can we talk about...?'

**Set limits with empathy:** Co-construct limits, rules and consequences; emphasise the rationale for such limits,



**The parent-child connection is  
the most powerful mental health  
intervention known to mankind.**

Bessel van der Kolk