



Nurturing Parent-Child Communication



Support your child socially and emotionally by creating time and space for meaningful conversations.

Tips and Resources



Conversations with your child can be made more meaningful and nurturing with S.P.A.C.E.
<https://tinyurl.com/space-card>



Nurture your child's perseverance and love of learning through positive messages.
<https://tinyurl.com/conf-children>

Building S.P.A.C.E. into our Conversations

More of this...	Less of this...
S upport acknowledge, "Tell me more..." "Your thoughts matter."	not discount "There is no reason for you to feel this way."
P roblem solve with, "What have you done before that worked?" "Let's think of what we can learn from this..."	not for "This is how you should do it." "I told you before, why didn't you listen to me?"
A ffirm specific, "Good effort! How did you do it?" "I see you are good at..."	not general "Good job!" "You are so smart!"
C heer inspire hope, "Thanks for..., it really made a big difference."	not fear "If you don't..., you won't get..."
E mpower build up, "We can try your suggestion." "How would you like me to support you?"	not take over "It'll be faster if you do it my way." "Let me do it for you."

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Raising Confident Children

Promoting a Growth Mindset¹

Our children need to believe that their abilities can be developed through hard work and perseverance. With a growth mindset, they can develop a love of learning and mental resilience. This would help them view challenges and failures as opportunities to improve.

Use positive, uplifting messages.
 "Dad, look! If I can cycle, I can join my friends in such activities!"
 "This is way tougher than I thought!"
 "I'm trying my best!"
 "Go on, you can do it! You were very enthusiastic about learning to cycle."

Encourage your child to persist in completing an activity despite the difficulties.
 "I tried! I told you I can't!"
 "No, you made good progress. You stayed on longer this time. I'm happy to see you putting in effort to improve."
 "Hey, it's OK to fail. What's important is that we learn from our mistakes and not give up. You did go further today!"

Help your child to discover new strategies to improve her skills.
 "You're doing great! Now, look up and pedal harder."
 "Yes, Dad!"

Praise your child for her mental strength and perseverance.
 "Yes! Well done. Your determination and effort have paid off!"
 "Look, Dad! I did it. I can cycle!"

¹ The concept of a 'growth mindset' was developed by psychologist Carol Dweck.



Further Resources

Ideas for family bonding activities

<https://www.familiesforlife.sg>

'Love Them, Talk About Sex' - A guide to help parents communicate with their children on sexuality issues

<https://tinyurl.com/MOE-SEdguide>

Conversation starters

<https://tinyurl.com/convstarters>

Dealing with peer pressure and the media influence

<https://tinyurl.com/HealthHub-peers>

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