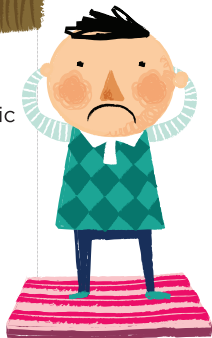


#1

YOUR CHILD IS FRUSTRATED AT NOT BEING ABLE TO READ A NEW WORD

"Affirm your child's achievements instead of focusing on what he cannot do. Point out specific words that he can already read, and paste these words onto a cut-out of a tree. Continue to add on new words and watch the tree 'grow'. Motivating and celebrating your child's efforts will boost his self-esteem, making him more confident to try out new experiences and persist in the face of challenges."

✂ Ms Yeo Ek Kian, Principal, Buttercups Kindergarten (Rochester)



#3

YOUR CHILD FALLS OUT WITH HIS BEST FRIEND

"Probe your child gently to help him think about the reasons for falling out. Listen to his perspective and ask questions to help him analyse the issue. You can also help him come up with possible solutions. Ask him, 'How about if you decide to...' or 'Do you think it would work?' This way, your child comes to understand how he can reason, analyse and find possible solutions."

✂ Ms Lim Siang Koon Doris, English Teacher, Cherie Hearts Kidz Kingdom Pte. Ltd

#4

YOUR CHILD SIMPLY NEEDS A LISTENING EAR

"Listen attentively to your child, and keep an open mind. It is important to withhold judgements and the need to impose solutions, so your child will feel safe to share his thoughts with you. Allow your child to talk things through in his own time. You can help him resolve any issues by encouraging him to make observations and suggesting alternatives or solutions. This will help you develop a trusting relationship with your child."

✂ Ms Ajarani Sreenath, Mentor Teacher, Sunshine Kids Care Centre Pte. Ltd



#2

YOUR CHILD RESISTS A DAILY ROUTINE SUCH AS GOING TO BED

"Routines can sometimes create a clash of wills between parent and child. To help your child ease into the routine, create some 'mini' routines leading up to bedtime. Ask your child, 'What shall we do before we get ready for your bedtime?' or 'How about choosing a story that you like?' Having a warm drink or listening to soothing music can also be part of the 'mini' routines."

✂ Ms Magdalene Ong, Teacher, MY World @ Tampines North



TIPPED for Success

Five pre-school educators share techniques that have worked for them when helping children cope with frustrations, disappointments and challenges.



YOUR CHILD DOESN'T GET CHOSEN FOR A PREFERRED ROLE IN A PERFORMANCE OR PLAY

#5

"Talk to your child about his feelings of not being selected for the role he has been looking forward to. Help him express his emotions verbally, for instance, 'I know you are feeling hurt and disappointed'. You can also share how you cope with disappointments. Most importantly, be a role model by expressing your own emotions in an appropriate way. You can also demonstrate healthy coping skills in everyday situations. Through this, you are equipping him with tools to manage his own challenges."

✂ Ms Iris Regina Samuel, Centre Manager, The Children's Campus