

# WE'VE GOT MAIL!

Parents share different strategies to help children regulate their own learning and behaviour.

 Initially, our children used clothes pegs to secure their blankets to their beds and make an "army camp". However, this caused many pegs to break, so their dad banned them from using clothes pegs. Through trial and error, they eventually found new ways to secure their blankets successfully and continued enjoying their imaginary play. As parents, we discovered that by reasonably limiting their options and refraining from jumping in to solve their problems, it gives children the opportunity to unleash their creativity and develop problem-solving skills and perseverance.



Pretend play lets children exercise their creativity and learn problem-solving skills

**GEORGINA LEE**, mother of three, aged 7, 5 and 4

 Zekiel's teacher observed that he had difficulty completing tasks independently and recognising sight words. With the teacher's help, my wife and I intentionally, creatively and consistently engage Zekiel during shower and play times and on car rides. For example, we printed out the Chinese "family appellation" sheet which his preschool had provided, and inserted photos of our family members he is familiar with next to the corresponding Chinese characters. Within two weeks, Zekiel was able to recognise and read the characters on his own.


**WAN WEI CHUEN**, father of a son, aged 5



Finding creative ways to develop independent learners



Calm-down bottles help soothe and regulate emotions

 My four-year-old has been taught to regulate her emotions through a calm-down bottle. We have a small dedicated corner in my daughter's playroom to display the three calm-down bottles which I DIY-ed. Whenever she feels angry or upset, she would verbalise it to us and then proceed to take one of the bottles and observe the glitter and other items moving inside the bottle. This helps her to focus on deep breathing and relaxation after an emotional outburst, and it has a calming effect on her.

**ADILAH MOHD**, mother of a girl, aged 4

## SOCIAL AND EMOTIONAL DEVELOPMENT

Parents, share with us some useful strategies or activities you have used to nurture social-emotional skills in your child. Attach a photo with your anecdote and your submission may appear in the next issue of *Beanstalk!*

Send your story to [beanstalk@mediacorp.com.sg](mailto:beanstalk@mediacorp.com.sg) with your name and contact details.



## RINGS AND THINGS

We showed you how to make a clay jewellery dish in the Apr-Jun 2020 issue. Despite the challenges thrown up by the circuit breaker, some of you showed creativity in making your own jewellery dish using alternative materials. Bravo!



**KIRTHI SESHAN**, 4



**ASHER SEETOH**, 4



**KAIYAL KANNAPPAN**, 6



We have three **\$30 UNIQUIFT Supermarket vouchers** to give away to the best letters!