

WE'VE GOT MAIL!

Parents share how they support various aspects of their children's holistic development.



I love bringing my children outdoors, where they can play and learn while soaking in the sights and sounds around them. Being outdoors improves their sensory experiences, promotes social interaction, and teaches them to care for Mother Nature. For example, at the playground, my older son has started taking the initiative to pick up rubbish and put it in the bin. He has also learned the importance of sanitising his hands to prevent the spread of germs. It is about teaching him to care for himself as well as the environment.



Outdoor play stimulates the senses and fosters core values

JENNIFER TEO, mother of two, aged 2 and 10 months



Building social-emotional competencies lays a foundation for strong relationships



Emotions are part of life and should be validated. When our daughters throw a tantrum over something that is seemingly no big deal, my husband and I always remind ourselves to first acknowledge their feelings before responding to them. For instance, our younger child knocked over something her elder sister had been building. Instead of reprimanding the latter for crying, we acknowledged her frustration. Then, we explained that it was an accident and encouraged her to try again. This way, our daughters understand that we empathise with them. I hope this will strengthen our relationship and build strong parent-child bonds.

CAROL TAN-FUJITA, mother of two, aged 4 and 2



We do regular check-ins to see whether our son is meeting his developmental milestones. We build on his interest in trains and buses, and use this strategy to further enhance his learning and skills. For instance, to develop his executive functioning skills, we plan a train route together from one place to another. To improve his numeracy and literacy skills, we count the number of stops and read the MRT station names. We work on his adaptive skills by teaching him how to navigate around an MRT station. Drawing out the train route also hones his fine motor skills.



Integrate children's interests into everyday learning experiences

SUE-LYNN TEO, mother of a boy, aged 4

LEARNING HOW CHILDREN LEARN

Parents, tell us how understanding your little one (e.g., temperament, interests) has influenced the way you communicate and support his or her learning and development. Share specific examples where you felt a sense of achievement in seeing your child develop. Attach a photo with your anecdote and your submission may appear in the next issue of *Beanstalk!*

Submit your story by 25 August 2023 at go.gov.sg/beanstalk-mailbag or scan this QR code.



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LEE AI NING, 4



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