



WE'VE GOT MAIL!

Parents share how they raise empathetic, compassionate children.


 As a child psychologist and a parent, I know that to teach empathy, children first need to be aware of their own feelings. I read books about feelings to my daughter Lexi to help her understand what they are. We talk about how the characters may feel in different situations. Once she is able to recognise and express her feelings, I move on to teaching her to observe other people's facial expressions and to identify their feelings. I also use everyday situations to share how I feel.

KELLY LEE, mother of a girl, aged 5



 We role-play with Evelyn every night. We ask her what happened in preschool and what she could do differently. She might say: "Hailey was sad because she didn't get the purple paper." Then we'd ask her how she could have made Hailey happy. She might then give ideas such as sharing with Hailey, or asking the teacher for more paper. She enjoys the role-playing so much that she now initiates it even for scenarios she sees on TV! We hope this enables her to be self-aware and develop empathy for others.

MANDY WEI, mother of a girl, aged 4

 Whenever our son Shane is upset about something, like a friend not sharing toys with him, my husband and I let him talk it out first. Then, we explain some ways to help him deal with his feelings. It is important to have ongoing conversations about how to handle emotions in a healthy way. Encouraging Shane to put himself in another person's shoes teaches him to be empathetic. Having empathy will in turn help him maintain positive relationships with others.

JAYNE ONG, mother of a boy, aged 5



INNOVATIVE WAYS TO LEARN

Parents, share with us how you use digital technology and non-digital tools to support your child's learning and play, and his/her response to this. Attach a photo with your anecdote and your submission may appear in the next issue of *Beanstalk!*

To share your story, go to go.gov.sg/beanstalk-mailbag or scan this QR code.



BREATHE EASY

We showed you how to create a blow painting in the Jan-Mar 2022 issue. Here are some of your artworks!



NUR HASYA BINTE MD ZULAZMIE, 3



INBA, 4



AAYUSH KATE, 3



We have three **Grab vouchers** to give away to the best letters!