Nurturing the Socially and Emotionally Competent Adolescent:

Tips to ease transition for our Sec 1 children
Transition to Secondary 1: How can parents / caregivers help?
Common Developmental Characteristics during Adolescence

- Learning about his/her own identity:
  - Who am I?
  - Where am I headed?
  - How do I fit into society?
- Seeking acceptance from peers
- Leaning on good relationship with parents and guidance from them
Socially and emotionally competent children...

- Are happier, more contented
- Have fewer behavioural problems
- Have increased school achievement
5 Social & Emotional Skills

- Self-Awareness
- Self-Management
- Social Awareness
- Relationship Management
- Responsible Decision-Making
TIPS TO HELP EASE TRANSITIONS

S A F E

Support  Affirm  Familiarise  Empathise

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TIPS TO HELP EASE TRANSITIONS

Support

- Find out how your child’s preferences are changing. Show interest by asking open-ended questions.

- Make a habit of chatting at a fixed time each day
  E.g. Dinner time
TIPS TO HELP EASE TRANSITIONS

A

Affirm

- Remember your child’s strengths. Build his/her self-esteem in those areas. E.g. “You have the unique ability to get along well with people.”

- Praise and affirm efforts in front of relatives and friends. E.g. “She is very helpful towards her grandparents.”
Familiarise

- Find out what secondary school life is like for students these days.
- Excite him/her about new experiences secondary school students can have.
- Encourage him/her to pick up a new hobby or hone skills in outdoor sports.
- Limit his/her time spent on digital devices.
E

Empathise

- Acknowledge your child’s emotions. E.g. “I understand you feel anxious about starting school without any of your old friends.”
- Encourage your child to share thoughts and feelings about the new school.
- Prioritise sufficient sleep.
TIPS TO HELP EASE TRANSITIONS

T A D
Talk  Ask  Discuss

CHAT WITH OUR CHILDREN
TIPS TO HELP EASE TRANSITIONS

Talk about the different realities faced by teens these days compared to the past.

E.g.
• How you communicated with friends without social media.
A
Ask about his/her thoughts and feelings on people and events around him/her or in the news.
E.g.
• What are some ways of having good, clean fun?
• How does he/she feel about the different types of jobs that adults do?
TIPS TO HELP EASE TRANSITIONS

Discuss what are **acceptable boundaries** with regard to the use of electronic devices.

Discuss

E.g.

• What are some rules for having a mobile phone (with or without a data plan)?
TIPS TO HELP EASE TRANSITIONS

• Listen attentively without interrupting.

• Avoid providing advice immediately when not asked.

LISTEN TO WHAT CHILDREN ARE SAYING
Summary

- Parents provide strong support to help their children transit to secondary schools.

- Parents can build strong relationships with their children by knowing and appreciating who they are.
Remember SAFE & TAD 😊

Support

Affirm

Familiarise

Empathise

Talk, Ask, Discuss
Thank You for Your Support!