How can I relate better with my child?

Have quality conversations



When your child feels listened to and respected, he/she will be more likely to open up to you. As parents, you can use these tips to relate better with your child.



What could I have

done better?



You can better

emotions by reflecting

on these questions.

regulate your

How can I relate better with my child?

Provide S.P.A.C.E



DECAGE

Spend quality time with your child.



Provide positive

I am glad that you have considered...

Show interest and be willing to listen.

I would like to hear your thoughts on...



When your child feels cared for and supported, he/she will be motivated to learn and develop well. As parents, you can provide S.P.A.C.E. to relate better with your child.



roblem

Work with your child to reflect on problems, issues and setbacks together.



Let's think about how we can...

Are there other ways that you think might work?

Empower your child to problem solve and face challenges independently by asking questions.

Explore alternative plans with your child.



iii.

Praise your child for the effort and qualities observed in the task.



You have packed your bag early. Well done!
You are all ready for school

tomorrow.

Affirm your child's effort before discussing what they can improve

on.



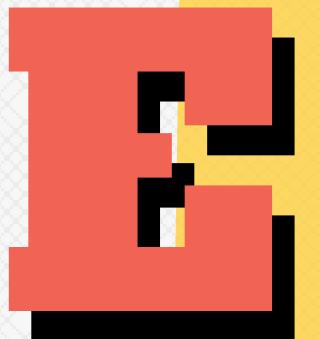
heer

Cheer your child on for renewed effort and share inspirational stories of resilience.



We are glad that you are giving this another go.

Cheer your child on in good times and bad times.



mpower

Give your child opportunities to explore new environments/ experiences and make new friends.



Involve your child in household responsibilities.



Empower your child to be independent instead of doing things for them.

