


WE'VE GOT MAIL!

Parents share useful approaches to nurturing social-emotional skills in their children.



 Our middle child Matthew used to ball up his fists and cry when he felt wronged or left out, because he found it difficult to verbalise his thoughts and feelings. During his meltdowns, I made it a point to look into his eyes to let him know I was fully with him, and hugged him tightly to calm him down. Then I would try different ways to describe what was frustrating or upsetting him, until he nodded. In time, he learnt to repeat what I said and picked up ways to express his feelings.


CECILIA KANG, mother of three, aged 8, 6 and 3




Reduce meltdowns by helping your child find the words to express his feelings



Growing plants is a good lesson in not giving up

 During the Circuit Breaker, my daughter Anuradha and I grew green beans in a cup. The plants did not grow at the same rate, and Anu was disheartened at first. But she continued to water them and place them under the sunlight. After a few days, the shorter plants shot up. Anu was so happy! I told her that the plants never gave up but kept growing, slowly and steadily. So the lesson here is to keep trying when she faces a difficult task, and have patience and resilience to achieve her aims.

JEYALAKSHMI D/O RAMANATHAN, mother of a girl, aged 5

 My kids like to role-play at home. It lets them be imaginative and explore different emotions, depending on what they are dressed up as or who they are pretending to be. For example, in this picture, Ezra was feeling very brave and so he wanted to be a knight, while Ariana felt ferocious so she dressed up as a dragon! Sometimes I give them specific themes or scenarios, and they will make up their own plot. These interactions nurture their social development and help with character-building as well.

SHIRIN HUSHAIRI TAYLOR, mother of two, aged 5 and 4



Children explore a range of emotions through playing dress-up

A GIFT THAT GROWS

We showed you how to grow eggshell planters for Teachers' Day in the Jul-Sep 2020 issue. Here are the gifts some of you made!



SRIшти S RAHUL, 4



AYE CHAN SAN, 5



G. AARAN, 2½

IMAGE OF THE CHILD

Parents, share with us your beliefs and perceptions about your child. How do you see your child in terms of his or her strengths, abilities and understanding? 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 with your name and contact details.



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