

WE'VE GOT MAIL!

Parents share what has worked for them in helping their children overcome challenges.

 My four-year-old has just started kindergarten. When asked to write his name, he would initially groan in dismay and say it was very hard. A friend shared this wonderful, respectful parenting tip: Acknowledge the child's frustration and remind him of an earlier occasion when he overcame a difficulty. An example would be, "It feels so hard, right? It's so tough, you really don't want to do it. At the same time, you are someone who can do hard things. Remember when you did so-and-so?" That spurs him on. He has been practising and getting the hang of writing. I hope to encourage all parents: You can do hard things too. Strive on!



ANASTASIA LU, mother of four, aged 10, 8, 4 and 1



 Rayyan loves outdoor adventures. He used to ride a balance bike, and now he's graduated to a pedal bike. Moving on to the next level has helped him grow in confidence and strength, and overcome his fear of challenges. What's more amazing is that Rayyan seldom asks for his iPad anymore. To more new adventures ahead!

MUHAMMAD RIDWAN, father of two, aged 6 and 16 months

 Learning a new skill can be very challenging for young children. We want our daughter to enjoy the process of learning, but sometimes we witness breakdowns when she feels that it's "too hard". We will reassure her that we understand it can be difficult at first, but once she learns how to do it by herself, it can be so much fun. My trick is: Don't give up supporting your child the moment she complains. Your child will learn not to give up, too.

KELLY LIEW, mother of two, aged 1 and 3



SELF-REGULATION AND BEHAVIOUR MANAGEMENT

Parents, tell us about a recent instance where you taught your child the importance of regulating his or her own behaviour. How did you get the message across? Has it led to an improvement in your child's social-emotional development? 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.

FOLLOW YOUR HEART

Some of you were inspired to make the Valentine's Day craft in the Jan-Mar 2020 issue. We're sure your loved ones cherish your origami heart bookmarks!



JACEY GOH, 3
(posted on Facebook)



JOLENE AND KAYLENE BONG, 7 and 4



THASHAN DA NAIDU, 6



We have three **\$30 UNIQUIFF** Supermarket vouchers to give away to the best letters!