

Boosting Your Child's Emotional Strength and Self-Management Skills

Support your child in emotion regulation, decision-making and problem-solving for effective self-management.

Tips and Resources



Build your child's emotional strength with these tips and examples.

<https://tinyurl.com/resil-boosters>



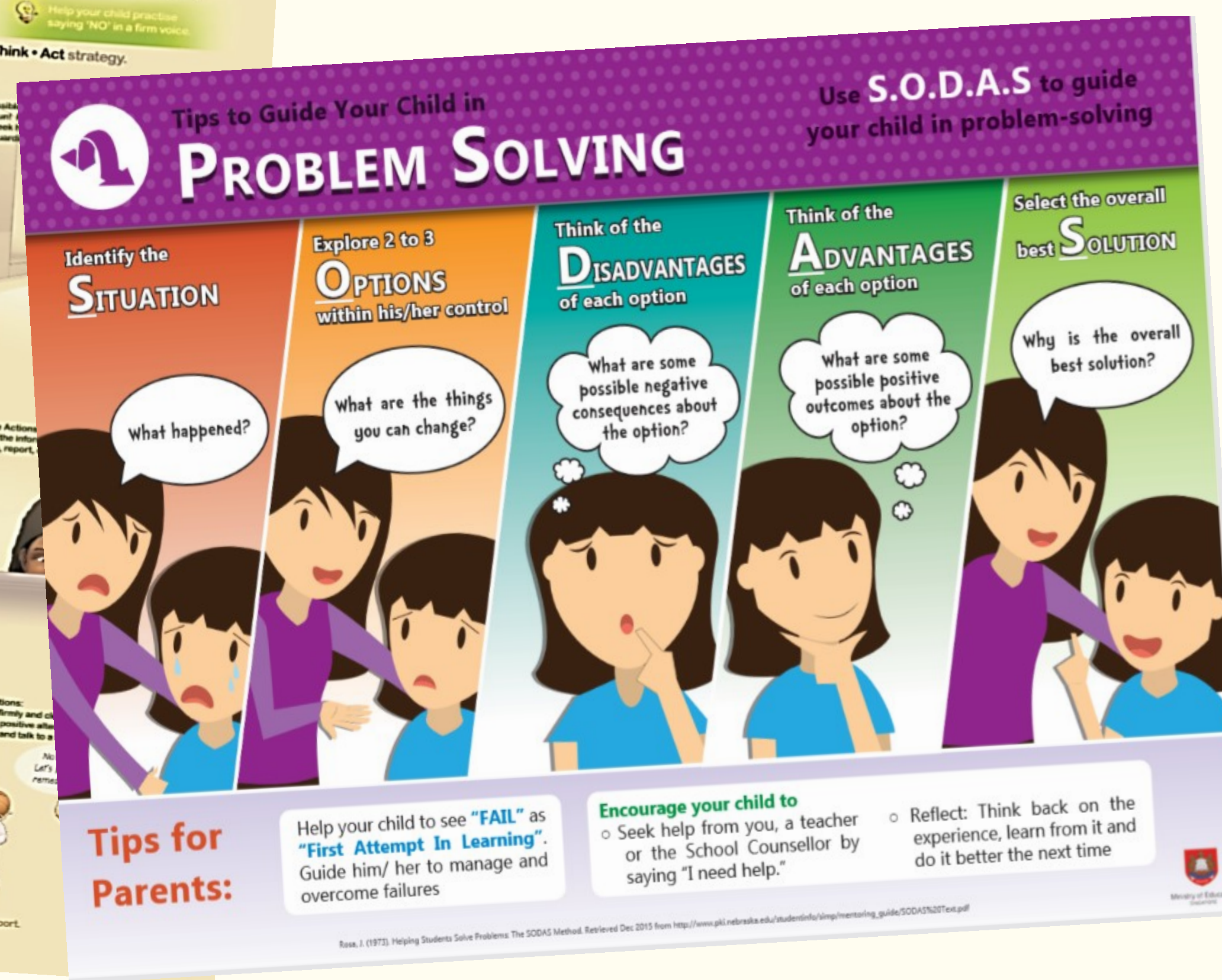
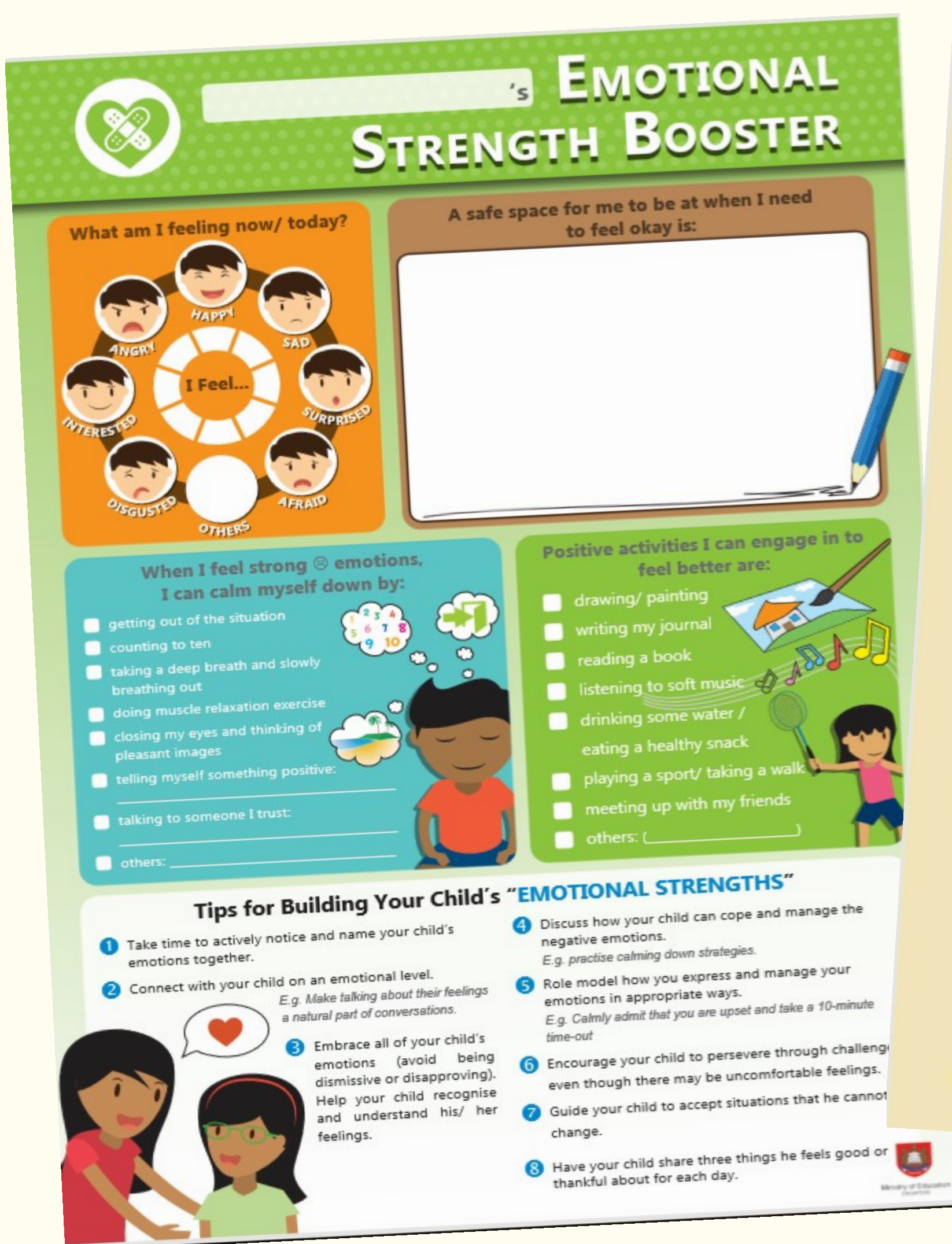
Guide your child to make wise, safe and responsible decisions using the Sense-Think-Act strategy.

<https://tinyurl.com/conf-children>



Guide your child to solve problems using the S.O.D.A.S strategy.

<https://tinyurl.com/resil-boosters>



Further Resources

Tips to help your child self-regulate and manage his emotions:

Source: Common Sense Media

<https://tinyurl.com/self-regulate>

Care for your child's emotional health and build your child's emotional resilience with these strategies:

Part 1: <https://tinyurl.com/pt-resil1> Part 2: <https://tinyurl.com/pt-resil2>

Ideas on toning down your child's strong language:

Source: Common Sense Media

<https://tinyurl.com/toningdown>

Try out this problem-solving approach to help your child become a self-directed learner:

<https://tinyurl.com/self-drted>

Ministry of Education
Student Development Curriculum Division

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