

Recognising and talking about stress



Children may feel uncertain or anxious over the changes that have been taking place.

Things to look out for

It is common for children to show physical signs if they are feeling stressed or anxious. Talk to your child if they suddenly experience these symptoms:



Stomachache



Headache



Sweaty palms



Heart beating very fast



Difficulty sleeping

They may also show uncharacteristic behaviour e.g. being withdrawn or disinterested in things they usually like.

What you can do

- Acknowledge your child's feelings and assure him or her that it is normal to feel this way sometimes
- Remind them of something they have done well recently
- Encourage them to think of something they would like to do or try next
- Share what you do to make yourself feel better. Let them know that they can find their own solutions to making themselves feel better, too.



4 Tips to check in with your child about school



Children may not always voice out their fears or anxieties on their own. Make it a point to have regular conversations about what's going on in school and in their life, and make sure it's not just about their grades!

This will make it easier for them to open up when they are facing difficulties, and for you to pick up on what's troubling them.

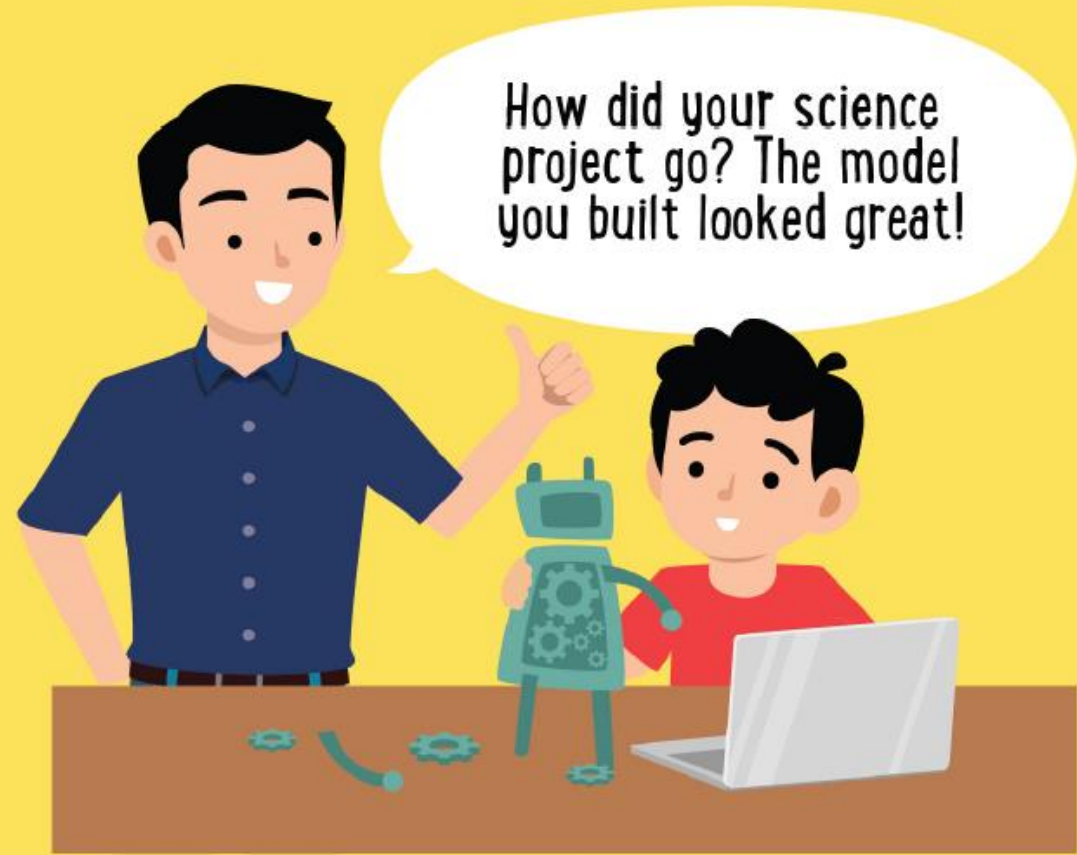
Tip 1: Ask open-ended questions

Compared to 'Yes or no' questions, these can encourage your child to share more. If they are quiet, offer options.



Tip 2: Follow your child's interest

Talk to them about things that get them excited or chat about a school activity they mentioned. This shows you are interested in what they care about.



Tip 3: Problem-solve together

It's tempting to offer solutions right away when your child shares his problems. Instead, listen and ask them to think about how they will address the situation and guide them towards their own solutions.



Tip 4: Be a role model

Share your own thoughts to show it's ok to talk about one's emotions and worries. Explain how you deal with your problems, and encourage your child to find ways that work for them.

