

PARENTS AS ALLIES IN CHILDREN'S WELL-BEING

Team up with parents to support our students' well-being



Effective parent engagement brings about the following benefits in students:

- Affirmation of positive behaviour and correction of disruptive behaviour
- Better engagement and school attendance
- Higher motivation and self-efficacy
- Better overall well-being

and more...

Most parents work cooperatively alongside the teachers but some may hold different perspectives and exhibit behaviours that can cause some stress. As a teacher, you have an important role to play in promoting partnerships with parents.

Here are five guiding principles to better engage parents in ways that benefit the well-being of the child.

TRUST Framework for Effective Parent Engagement

Build trust by having a shared understanding of the roles and responsibilities of parents and teachers in the learning and well-being of the child. Interact with respect, integrity and personal regard for others.

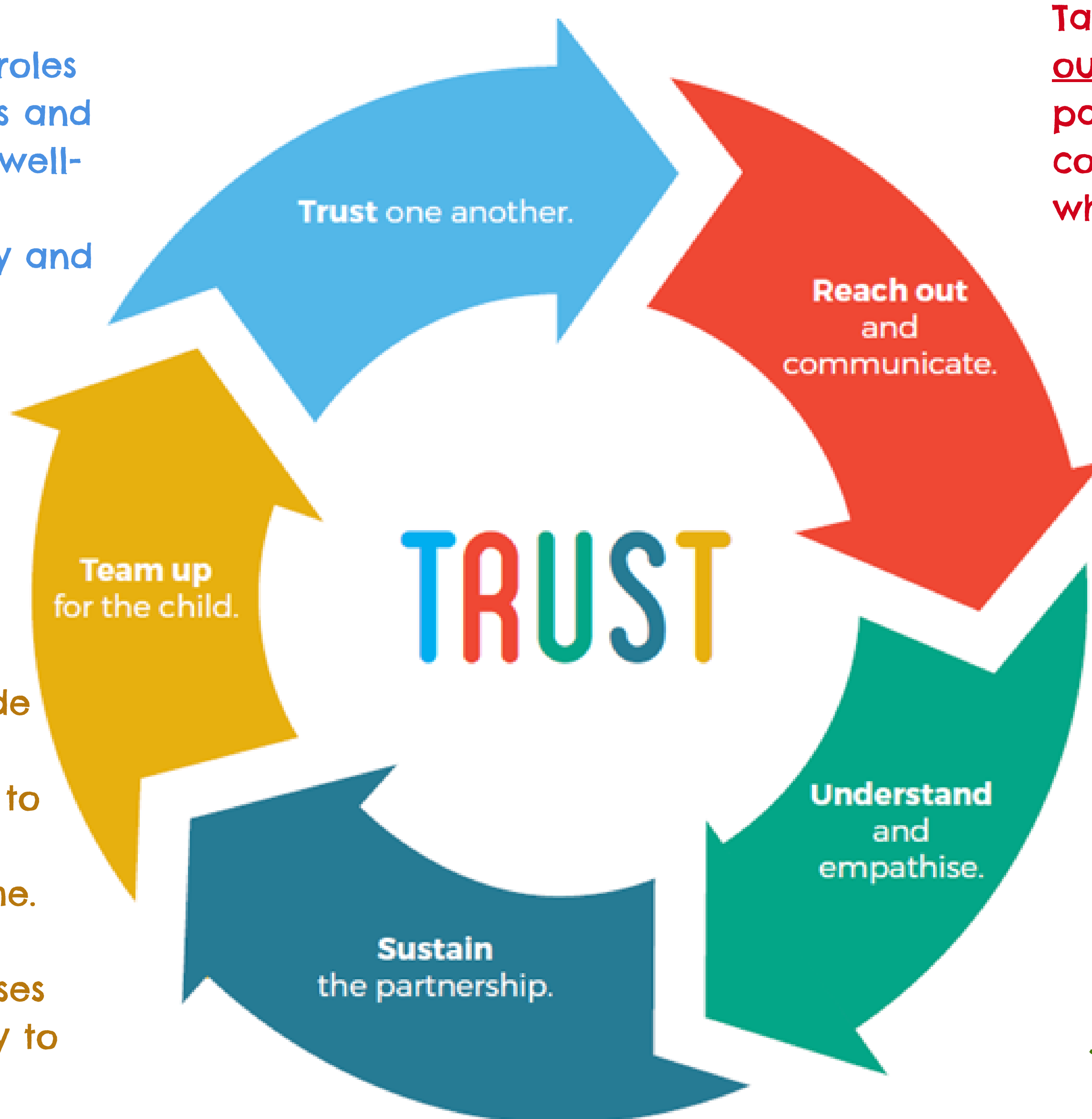
Team up with parents. Provide specific strategies and share resources with them on how to show support and build resilience in the child at home. This improves the level of support at home and increases the parents' sense of efficacy to contribute to their child's learning.

Put in place sound processes to sustain lasting and positive partnerships with parents.

Develop regular communication channels to familiarise parents with the school and share progress of the child.

Take proactive steps to reach out and initiate contact with parents. Create opportunities to connect and affirm the child when he/she is doing well.

Understand and empathise with the parents. Parents want the best for their child and want the school to help him/her succeed. Practise active listening and acknowledge the parents' perspective. Exercise judgement and sensitivity and be open to adapt to each parent and situation differently.



Have a go at the Parent Engagement BINGO individually or with your colleagues!

Check against the strategies which you have consistently used during parent engagement.

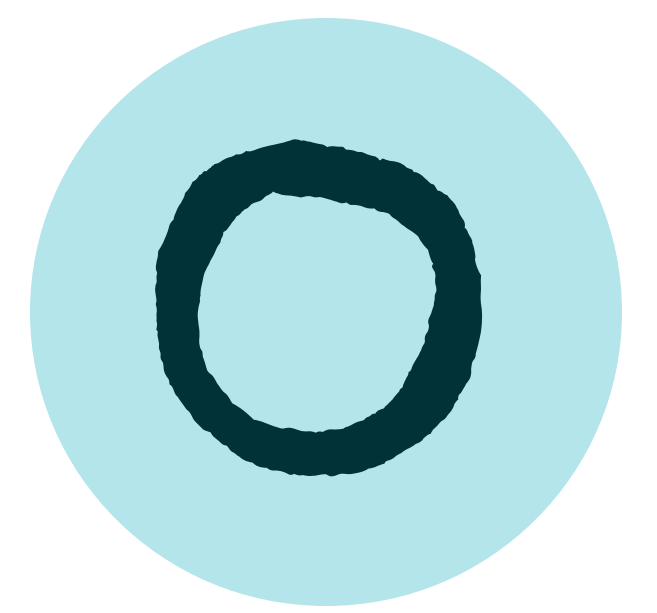
Checks in five consecutive boxes in the vertical, horizontal or diagonal row earns you the right to call BINGO!

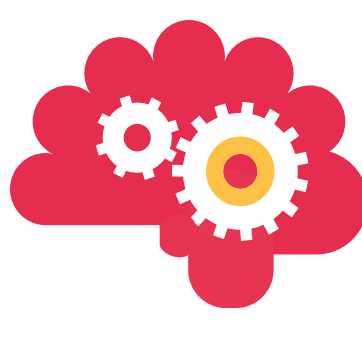
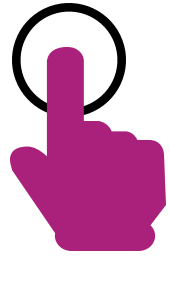
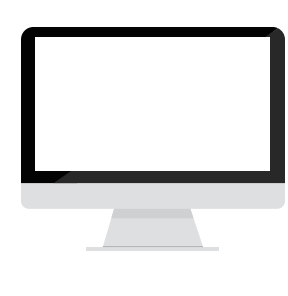
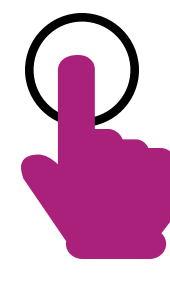

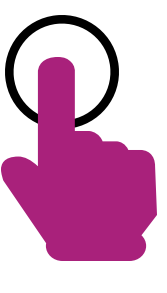




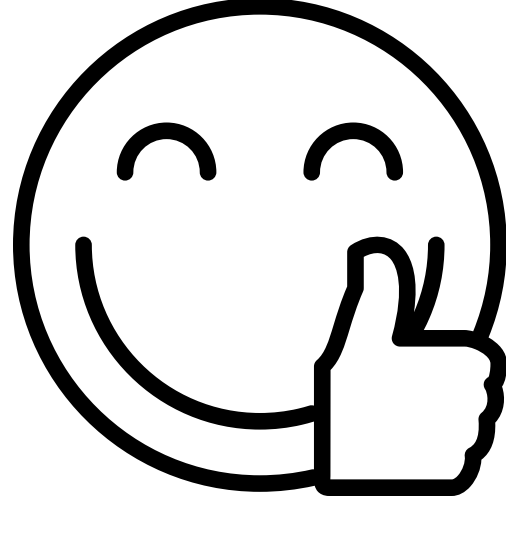




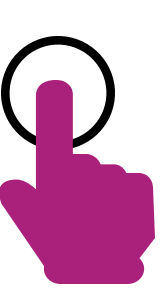




At the end of the activity, share some of your personal experiences with others.

It is helpful to learn from each other's experiences and build our repertoire of parent engagement skills.

Click on the boxes with  for more resources on parent engagement and mental health.

PARENT ENGAGEMENT



<p>View parents as your valued partner.</p> 	<p>Encourage parents to build bonds with their child & teach him/her to practise gratitude.</p> 	<p>Make appropriate use of technology e.g. email & apps to aid communication with parents.</p> 	<p>Encourage parents to learn more about their child on a regular basis by asking them how school has been for him/her.</p> 	<p>Share with parents the interests, aptitudes & key strengths of the child.</p> 
<p>Engage parents to look out for signs of stress at home.</p> 	<p>Manage own expectations on what the parents should do to support the well-being of the child.</p>	<p>Close the loop with parents when their concerns have been looked into or suggestions have been taken up.</p> 	<p>Engage the parents to help manage the stress of the child.</p> 	<p>Pay attention to the body language of the parents & are emotionally aware of their feelings.</p>
<p>Share ideas with parents on how to provide high levels of support for the child to achieve his/her goals.</p> 	<p>Listen actively to parents & what they have to share about the child and the hopes they have for the child.</p> 		<p>Share with parents how you can be contacted through official school channels.</p> 	<p>Ask parents questions about their child e.g. what are the child's interests? What is he/she like with friends or siblings? What has school been like for the child?</p>
<p>Connect with parents through school platforms, such as parent-teacher conferences.</p> 	<p>Encourage parents to model resiliency & emotional regulation. Children also learn from observing their parents' behaviour.</p>	<p>Encourage parents to set realistic expectations for achievement.</p> 	<p>Believe that parents want the best for their child & you can help the child succeed.</p> 	<p>Link parents to existing resources on how to build resilience & confidence in their child.</p> 
<p>Advise parents not to jump in to rescue their child from difficult situations. Instead teach him/her to problem-solve & use experiences of failure as opportunities for growth & learning.</p> 	<p>Maintain a professional stance & seek help to manage parents when they cross the boundaries e.g. parents who have unrealistic expectations or exhibit bullying behaviours.</p> 	<p>Share the need to foster holistic development of the child & discuss matters beyond academic grades during meetings.</p> 	<p>Establish common understanding with parents on communication about the child & engage them in a caring, empathetic & professional manner.</p> 	<p>Use the 'sandwich technique' during interaction. Start with strengths, move on to share on areas for improvement & conclude with a positive note by reiterating how the child can improve when teachers & parents team up.</p>

Links:

<https://www.schoolbag.sg/story/5-questions-to-ask-your-kids-over-dinner>

<https://www.schoolbag.sg/story/top-5-questions-teachers-wish-parents-would-ask-them>

<https://theconversation.com/protecting-your-kids-from-failure-isnt-helpful-heres-how-to-build-their-resilience-99021>

<https://www.schoolbag.sg/story/gratitude>

<https://www.schoolbag.sg/story/building-the-resilience-muscle>

<https://www.schoolbag.sg/story/four-tips-to-help-your-child-manage-stress>

<https://www.schoolbag.sg/story/signs-that-your-child-may-be-too-stressed>

https://library.opal.moe.edu.sg/library/slot/reslib/dc265/339e69159_264108.pdf

