



# PARENTS' GUIDE (YEAR 5)

*Tips to help your child deal with transition stress*

## Open communication is key

- ❖ Adolescence is a period of growth and discovery; independence, identity development and increased attachment to peer relationships are commonly associated with this phase in development. Seeking acceptance and the need for freedom to discover their identity are especially important during this developmental phase.
- ❖ Develop a trusting, open relationship where your child feels safe in sharing his/her views. Take the time to listen non-judgmentally to his/her opinions and ask about his/her feelings. Make it a point to spend one-on-one quality time together, to foster a strong parent-child bond that is built on open communication and trust.

## Monitor and set appropriate boundaries

- ❖ Take an active interest in your child's hobbies and activities, being mindful to do so without being nosy.
- ❖ Monitor his/her internet/social media usage and habits, and have an open discussion on appropriate boundaries for safe and healthy internet use. Set reasonable boundaries that still allow your adolescent child the space he/she needs for independence and freedom, to grow into the gentleman/lady that he/she can be.

## Moderate personal expectations

- ❖ Be aware of your own anxiety and expectations of your child, as well as possible contributing factors that may influence these expectations. Know that every child is special, and their experiences are unique to them. Moderating parental expectations –academic or otherwise– is valuable in helping your child successfully ease into their new environment.

## Focus on strengths

- ❖ Remember your child's strengths and build his/her self-esteem in those aspects. Be his/her biggest cheerleader; encourage and affirm his/her efforts, letting him/her know that you love him/her through successes and failures.

## Offer guidance, not solutions

- ❖ Setbacks are a common and normal part of a student's experience. For your child to learn how to navigate and rise above setbacks, it is important to take a step back and offer guidance, rather than simply solving the problem for them. Encourage, listen, empathise and offer guidance, and most importantly, accept that setbacks and disappointment are part and parcel of life and do not define your child's abilities.