

LET'S CONNECT!



Newsletter #1
2025 Term 1

Dear Parents,

Welcome to the first Let's Connect! Newsletter! In this newsletter, we will share useful and practical tips and strategies found in the Parenting for Wellness website.

These tips and strategies will empower you to create a safe and nurturing environment, build resilience in your children and for them to stay safe online.

Kindly share your feedback by scanning the QR code provided at the bottom of the newsletter. Feel free to reach out to the school if you have any questions. Let's connect to develop your child positively.



Module 1: Understanding Yourself as a Parent

How You Parent vs. How You Were Parented



As you embark on your journey to understand your parenting approach and learn ways to better support your child, one of your first steps is to reflect on the values and beliefs that you were raised with and hold dearly to. These values guide your parenting decisions and directly impact your relationship with your child.

ASK YOURSELF

- What were your parents' values when they were raising you?
- What values are important to you as a parent, and why do they matter?
- What are your spouse's values, and how are they similar to or different from yours?

HELPFUL TIPS

1. Share the values that matter to you.
2. Ask your child what they value and discuss how those values can guide family interactions.
3. Draw links between the behaviour you are hoping to teach and the values behind them that are important to you and your family.



Scan the QR code to read more.



We want to hear your feedback!



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