

KCS Parenting Webinar 2023

Connecting with Your Child in the Digital Age

by KCS Senior School Counsellor Anna Wong



AGENDA

1. The four parenting styles and how each style may impact your child.
2. Panel Discussion: What connection looks like in the digital age.
3. How to connect with your children.

Survey Results

Scenario:

Your child has been on the mobile phone, gaming for 2 hours. It is time for him/her to do his homework. You told him to stop but his/her eyes are still glued to the phone.

Do nothing

2%

UNINVOLVED

Let the child do as he/she wishes and help the child avoid the consequence.

6%

PERMISSIVE

Firmly reiterate house rules and intentionally ignore tantrums.

AUTHORITATIVE

83%

Reach out for his/her mobile phone and take it forcefully away.

8%

AUTHORITARIAN

The 4 Parenting Styles

Authoritarian

- Parent-driven
- Sets strict rules & punishment.
- One-way communication with no room for discussion.
- Little consideration for child's social-emotional needs.

Permissive

- Child-driven.
- Rarely gives or enforce rules.
- Overindulges in child to avoid conflicts.

Uninvolved

- Absent physically or/& emotionally.
- Provides little nurturance or guidance.
- Indifferent to child's social-emotional & behavioural needs.

Authoritative

- Solves problem together with child.
- Sets clear rules & expectations.
- Open communications & natural consequences.
- Focus on connection.

High responsiveness/warmth



Authoritative

Permissive



High/strict control

Low control

Authoritarian

Uninvolved



Low responsiveness/warmth

Parenting Style: Pros & Cons

Authoritarian

Pros

- Rules are followed immediately.
- Non-negotiables work well when safety is at stake.

Cons

- Rebellion (e.g. talk back)
- Lying
- Anger and aggression
- Low self-esteem and unfulfilled emotional needs as opinions are not heard.

Parenting Style: Pros & Cons

Permissive

Pros

- Nurturing & caring environment.
- Open communications between parent and child.

Cons

- Lack of boundaries.
- Child may not have the skills or maturity to make sound decisions.
- May impact social skills as child may be self-absorbed.

Parenting Style: Pros & Cons

Pros

- Healthy relationship with focus on connection.
- Confident children with sound social skills.

Cons

- Requires a lot of patience and consistency from parents.
- May be mistaken as permissiveness.

Authoritative

THE BRAIN A SOCIAL ORGAN

- The brain is wired for interpersonal integration.
- The brain is reshaped by experiences.
- Every discussion, argument, joke, or hug we share alters our brain and that of the other person.
- The kind of relationships our children experience with us will lay the groundwork for how they relate to the others.

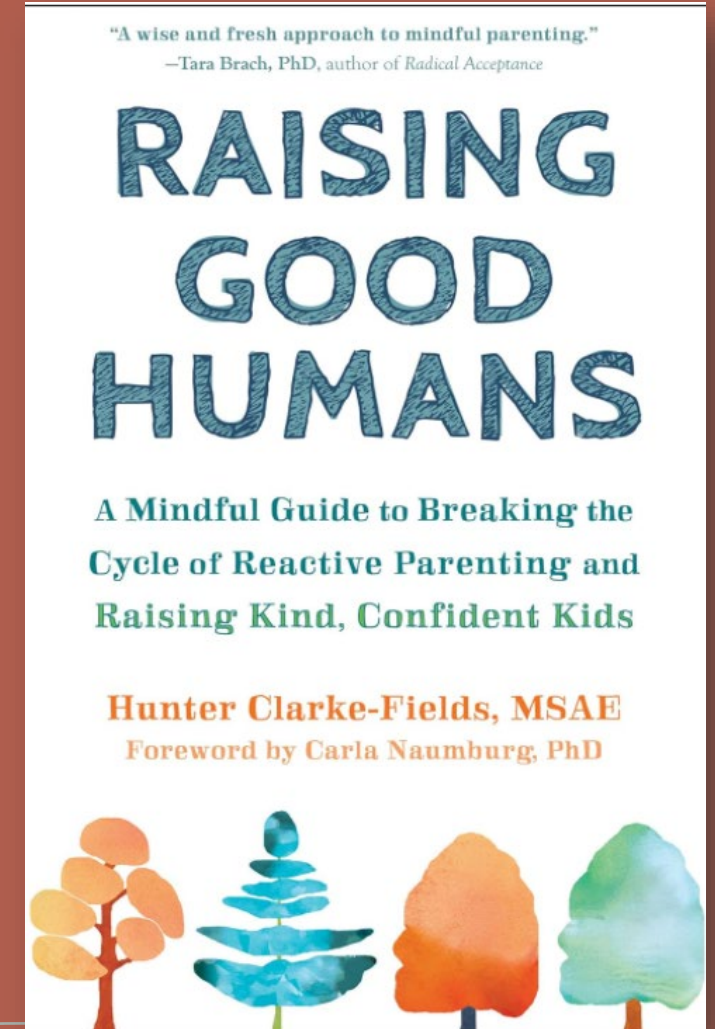


*Connecting with
your child ...*

Before we can
meaningfully connect with
anyone, we have to first
connect with ourselves.

Break the cycle of Reactivity

1. Learn self-regulation techniques.
2. Disarm your triggers.
3. Practice compassion to self & others.
4. Accept and manage difficult feelings.



6 SELF-CARE TIPS

Disconnect to
Reconnect

Exercise

Eat Healthy

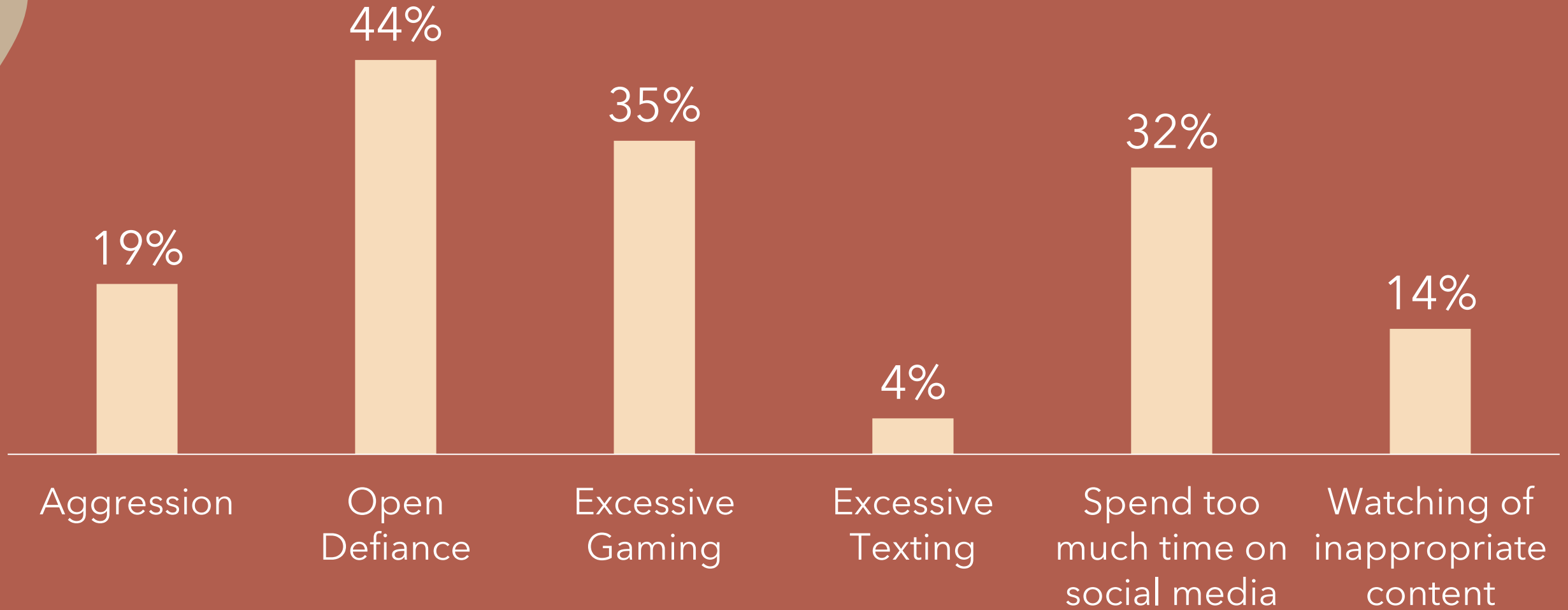
Have Enough Rest
or Sleep

Take Time to
Unwind

Connect with Others






How can we shift our perception of our
child's behaviour?

Top Challenges (data from registration)



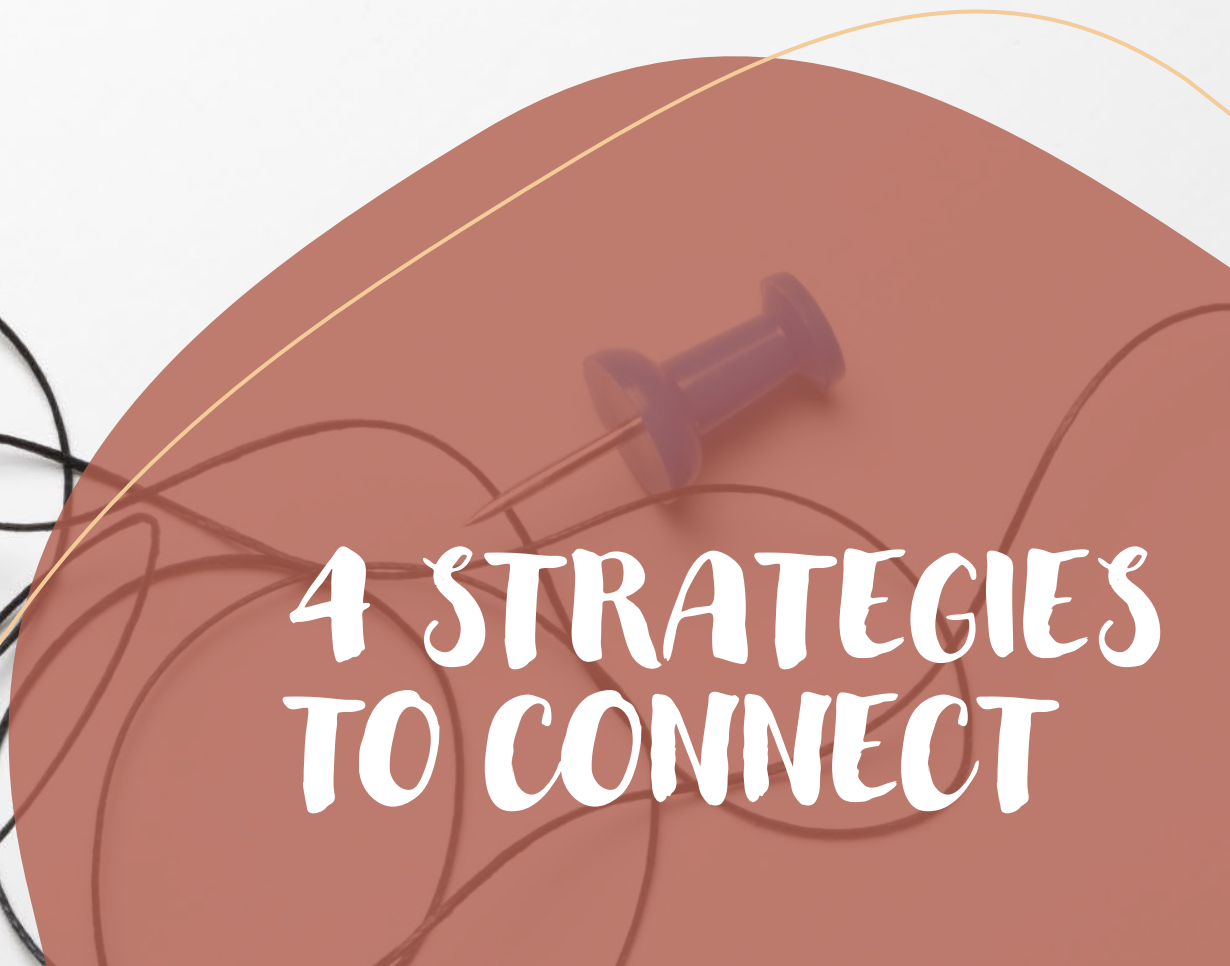
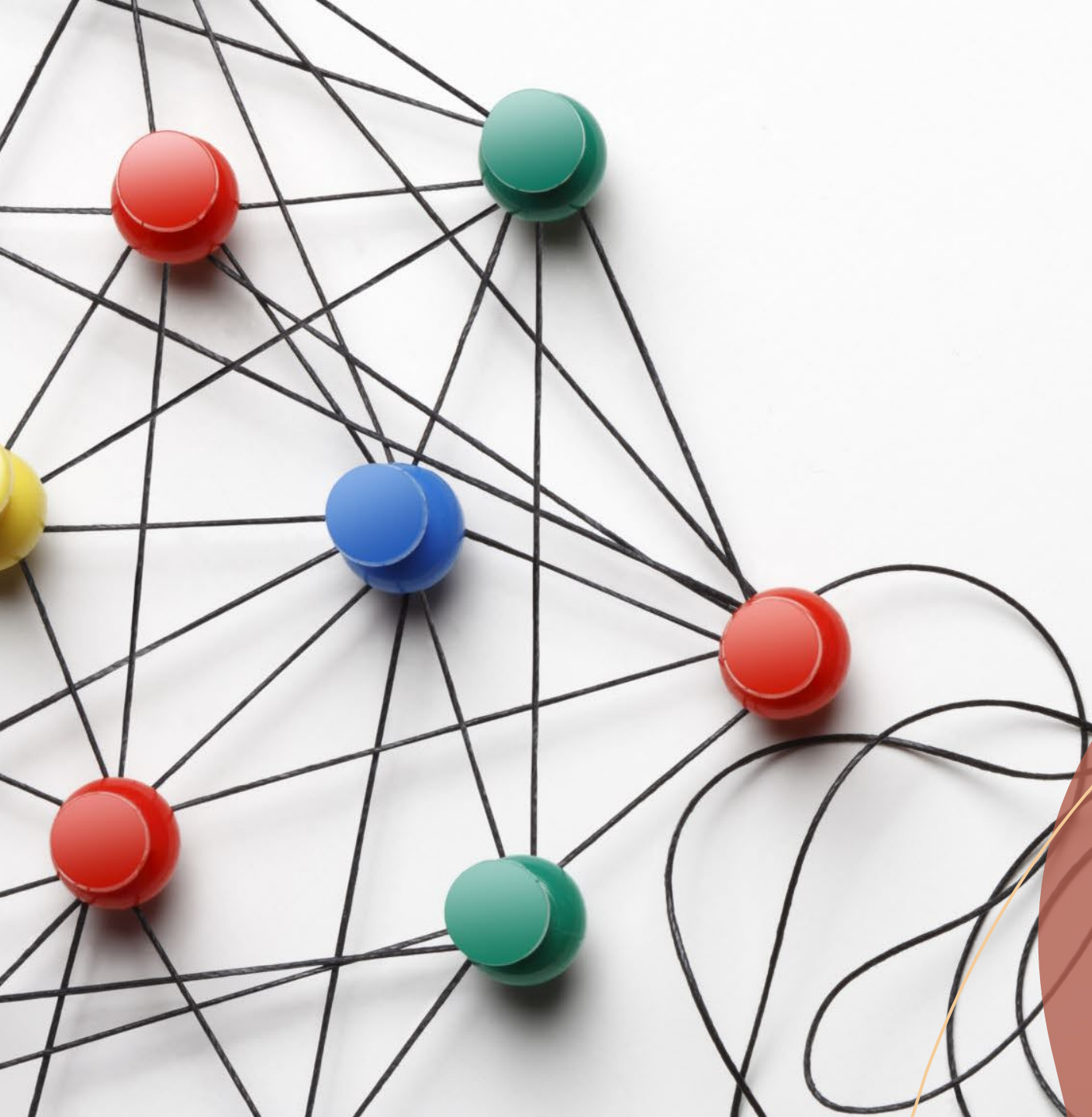
Shifting Perception of Child's Behaviour

Source: Rebecca Eanes, *Positive Parenting*

Behaviour	 Aggression	 Whining	 Tantrums	 Not listening	 Talking back
Triggering Thoughts	My child is violent.	My child is trying to manipulate me .	My child is a spoilt brat.	My child is rude and defiant.	My child does not respect me. My authority as parent is compromise.
Calming Thoughts	My child is in a fight mode for anxiety or frustration.	My child is just a small human trying to get his/her needs met.	My child's brain is not fully developed is unable to control his emotions yet.	My child needs connection and quality time from me.	My child is trying to voice his opinion/ has a need for autonomy.

Break the cycle of Reactivity: Practise the Pause

By creating a larger space in between the trigger and response, we can make helpful choices in that space when we parent our children during challenging times.



4 STRATEGIES TO CONNECT

ONE:

CONNECTION THROUGH POSITIVE COMMUNICATIONS

- Pay full attention to what is said verbally & non-verbally.
- Listen to the facts AND the underlying feelings.
- Reflect what you have heard.
- Label your child's emotion.
- Express empathy.
- Look for solution as a team.

What may cause a child to disengage?

- Ordering
- Threatening
- Blaming
- Judging | Sarcasm
- Dismissing

ONE:

CONNECTION THROUGH
POSITIVE COMMUNICATIONS

TWO: CONNECTION THROUGH BOUNDARIES SETTING

Healthy boundaries keep children safe and teach them self-discipline.

- Screen Time
- Physical
- Emotional
- Behavioral

THREE:

CONNECTION THROUGH CONFLICTS

3/11/2023

- Let your child know that it is normal in a closed relationship to have conflicts and it is ok to repair ruptured relationships during conflicts.
- Help child see from other's point of view instead of just apologizing blindly.

FOUR:

CONNECTION THROUGH LANGUAGES OF LOVE

- Understand your child's language of love and use them.
- Create positive emotions and memories as a family.
- Builds a foundation for trust and the safety net for conflicts.

“ Just because the mind is equipped and designed to connect with others doesn’t mean that a child is born with relationship skills.

Being born with muscles doesn’t make you an athlete ...”

Daniel Siegel & Tina Bryson, The Whole-Brain Child

What if despite all strategies, your child is still experiencing this.

- Poor relationships with others.
- Behavioural issues like open defiance and engaging in dangerous acts.

Talk to your child's Form Teacher or the School Counsellor.

You are not alone in this journey.

Appointed Parenting Support Provider (PSP) by MSF in the Toa Payoh and Jalan Besar region.



 <http://www.touch.org.sg/parenting>

 Blk 149, Toa Payoh Lorong 1, #01-943, S310149

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 6252 2861

Fully funded evidence-based programmes like the Positive Parenting Programme (Triple P), Signposts for Better Behaviour and so on.

MOE Parenting Resources

Qualities of a Child who shows RESILIENCE

A Child who is RESILIENT



- adapts positively despite setbacks
- perseveres in the face of challenges

BELIEFS

- Is open to setbacks and learns from them
- Believes that failure is not permanent
- Is hopeful

TIPS

onal
dle new or
develop ways to

<https://go.gov.sg/resilience>

Raising Confident Children

Building Positive Relationships

A supportive network of positive relationships helps our children feel safe and confident.

Perspective Taking

Consider what your friend might think and feel. When you empathise with others, they'll feel understood. They'll also be more considerate towards you.

I feel hurt - my best friend doesn't care about me!
She looks angry... It's making me nervous!
I should be open and try to understand her.

Also consider the reason behind a person's thoughts and feelings. This helps you to accept and value each other's differences.

Providing Help

He looks troubled.
Calm him down.
Hear him out.
Empathise with him.
Encourage him to seek help.
Refer him to a trusted adult.
C.H.E.E.R. others up. They may do the same for you when you feel upset.

Best by listening attentively



<https://go.gov.sg/praiseurchild>

Praise Your Child

DO IT RIGHT. DO IT WELL.

Praise the process, not the person. **Focus on the efforts, not the outcomes.** **Be specific. Avoid generic statements.**

Use simple statements. **Do not overpraise.** **Be genuine and sincere.**

Avoid comparisons. **Catch your child doing good.**

your child?

since Student Resilience and Learning Outcomes. ce can Undermine Children's Motivation and Performance. (1), 33-52.






<https://go.gov.sg/confidentkids>

3/11/2023

Additional Resources

- *The Whole-Brain Child : 12 Revolutionary Strategies to Nurture Your Child's Developing Mind* by Siegel, Daniel J & Bryson, Tina Payve
- *No Drama Discipline* by Siegel, Daniel J & Bryson, Tina Payve
- *Beyond Behaviours, using Brain Science and Compassion to Understand and Solve Children's Behavioural Challenges* by Mona Delahooke
- *Positive Parenting*, Rebecca Eanes
- *Raising Good Humans*, Hunter Clarke-Fields
- *The 5 Love Languages of Children: The Secret to Loving Children Effectively*, Gary Chapman · Ross Campbell

THANK YOU!

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