

P1 Parents' Breakfast Meeting 2012

Ms Michelle Ho
OLGC School Counsellor

5 Things OLGC Girls Want Their Parents To Know About Them

1. Mum & Dad, please... understand me

NON-JUDGEMENTAL REACTION

- ✓ "How & What" vs. "Why & Who"

ACTIVE LISTENING

- ✓ Reflecting on feelings - " You feel.."
- ✓ Paraphrasing - " You would like...."

2. Mum & Dad, please... help me

SOLUTIONS & SKILLS

- ✓ pacing the help given
- ✓ deciding who learns the problem-solving skill

3. Mum & Dad, please... accept me

STRENGTHS BEFORE WEAKNESSES

- ✓ making comparisons
- ✓ revealing our disappointments

4. Mum & Dad, please... don't say that in front of me

WHAT IS HER LEVEL OF EMOTIONAL MATURITY?

- ✓ quarrelling / fighting
- ✓ criticisms
- ✓ adult worries

5. Mum & Dad, please... guide me

SEEKING BALANCE

- ✓ Academic/Enrichment achievement vs. Social skills and life values
- ✓ Time with others vs. time with you

<http://www.youtube.com/watch?v=5t4hT20ktgk>



Skills needed to get along with others:

- Taking turns
- Praising others/saying kind things/encouraging others
- Sharing materials/ ideas/tasks
- Using quiet voices
- Participating equally
- Staying on task
- Saying kind things
- Using names
- Waiting patiently
- Resolving conflicts
- Following directions
- Staying with the group

- ✓ I must be everyone's friend. Everyone has to be my friend.

→ I can be polite to everyone but I choose my friends.

- ✓ Others know what I am thinking and feeling.

→ Nobody can read minds. You need to say how you feel if you want the other person to know.

→ 'I' sentences:

I feel..... when..... I wish/prefer.....

- ✓ Ignoring someone who does something or says something bad to me make me a weak person. The other person wins and I lose.

→ I decide how I want to feel. By ignoring the person, I do not allow her to control how I feel. I am stronger. I win because I am in control of my feelings & actions.

4. Mum & Dad, please... guide me

SEEKING BALANCE

- ✓ Academic/Enrichment achievement vs. Social skills and life values
- ✓ Time with others vs. time with you

[The Value of Time](#)



Thank you for listening!



ho_see_ngin_michelle@moe.edu.sg

Counselling Room: 6281 3347