

KAMPUNG KONVERSATION KEY TAKEAWAYS

SESSION #2: 14.05.20



Children's Centre for Creativity

**MUMMY & DADDY,
I HAVE SOMETHING
TO TELL YOU!**

This session looked at post-HBL life and the school holidays that were pushed forward. With things going into a new normal, we shared a little more about the experiences we've had with our children so far and how we can have more time to listen to what our children are thinking & feeling.

THEY CAME. THEY SHARED.

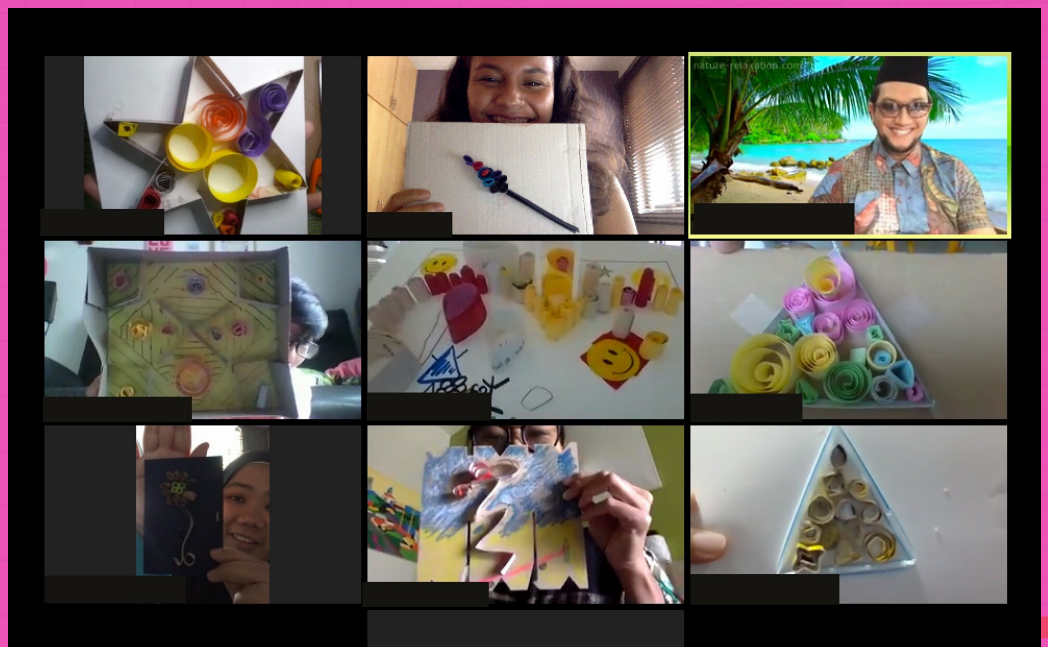
"I'm trying to balance out between telling my child to pick up his mess and also being a fun mum!"

"At the end of the day, our children really are constantly hanging on to us to get our attention.. but how do we find our me-time?"

"When we do homework together with them, we have the tendency as an adult to correct them. But we should give them more ownership of it."

THEY CRAFTED.

While chatting, we got into some therapeutic art-making: quill crafting.



THEY CO-CREATED TIPS TO HELP EACH OTHER AS PARENTS.



1 Routines help!

Circuit breaker life has brought along a lot of changes in a short period of time. We're juggling many roles from our own homes - a parent, a teacher, a tech support assistant (HBL parents will understand this!) and more.

Tip: Setting a routine helps give a little bit more structure and stability in the midst of our transition to the "new normal". Set a schedule that your child can follow; allow a balance of structured activities and you-can-do-anything time.

2 Let expectations go

Elsa was right - let it go! Things are different and it's important to acknowledge that sometimes it can feel like a whole lot. Let go of expectations you might have; the new normal calls for different ways of responding.

Tip: We often hold expectations of our children's performance or even towards our own as a parent, worker, tutor, house wife/husband etc. Letting go of expectations we are accustomed to lifts a load. Now's a chance for our children to learn differently - about cooking, cleaning, folding clothes, the future and the list goes on. Not all centers around their academic progress. The same applies to us within our own roles.

3 Let your children take charge

It's natural for us to want to have a control over things, especially with the current situation. It's easy to forget what our children are capable of doing in the process. Try letting your child take charge and see what happens.

Tip: Have a go at letting your child take charge of something in their day - their homework, their communication with teachers, their play time...Take a step back and see if you learn something new about your child in the process.