

Looking after Our Children's Emotional Health

Sharing by School Counsellors



Overview

- 01 School holidays are great opportunities, which come with potential pitfalls.
- 02 Be proactive to look out for your child's emotional health.
- 03 Learn how you can support your child emotionally and where to seek additional help.

School Holidays

Opportunity for rest, learning and bonding



Sleeping Habits

Drastic changes during holidays and weekends can be detrimental

Usage of devices

Be aware of trends on social media which may be promoting unhealthy thinking and behaviours.

Plan for a healthy mix of activities and engagement, to prevent excessive device usage



Emotional Health

“Emotional health is an important part of mental health. Having good emotional health does not mean one is always happy; emotionally healthy people experience a variety of emotions too. However, they are able to cope with life’s challenges, keep problems in perspective, feel good about themselves and have good relationships.”

Signs that our children may be struggling emotionally



Changes in eating or sleeping habits

Having low energy or low mood

Signs of self-harm behaviour

Withdrawing from social interactions

Inability to perform daily tasks

Frequent emotional or anger outbursts



How Do I Support My Child Emotionally?

Practical tips and advice

Tips for parents

Put these to practice this holidays

- Find opportunities to check in
- Practise active listening
- Observe for signs, if our child is not keen to talk
- Provide assurance and support
- Respect their privacy and give them space
- Schedule time to spend with your child



Need additional support?



Healthhub

- Teachers and school counsellors
- Family service centres and voluntary welfare organisations
- KKH and Child Guidance Clinic
- Helplines found in Student Handbook pg 127



Thank you!

