

## USING THIS GUIDE

Here are some tips for parents to facilitate conversations with your child when using our educational packages.



### **Tip #1: Create a Conducive Environment**

Insightful conversations need not be forced - they can take place in a casual and comfortable setting.

- **Be distraction-free.** Switch off the TV, put aside the devices.
- **Be opportunistic.** Seize opportunities during common mealtimes, after the evening news, upon receiving relevant articles on the family chat.
- **Be comfortable.** Find a comfortable location (e.g. living room, bedroom).

### **Tip #2: Listen without Judgement**

A huge part of a conversation is to listen. Giving your children the space to share their thoughts and feelings makes them feel heard and respected.

- **Be open.** Listen to understand, even when you disagree – this opens up depth in your conversations beyond merely agreeing/disagreeing.
- **Be attentive.** Focus on what is being said.
- **Be curious.** Don't assume. Ask questions to find out more.
  - "What do you mean by...?"
  - "Can you explain to me...?"

### **Tip #3: Difficult Question? Let's Explore Together.**

You don't have to have all the answers - Let's explore together!

- **Be upfront.** Acknowledge that you don't have an answer.
- **Be inviting.** Be a role model and invite your child to explore it together.
  - "Here are my thoughts on this issue. What do you think?"
- **Be patient.** It might take time to understand and to form an perspective. Give you and your child the time to ponder about it.

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### **Extra Tips: Alternative Facilitation Methods**

#### **1. Draw it**

Grab some markers and paper and draw how you think/feel.

- Use emojis, symbols, colours etc

#### **2. Number Line**

From a scale of 1 to 10, how strongly do you feel about...?

- Brings out spectrum of opinions

## Panic Buying (Parents' Guide)

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### DESCRIPTION

The Coronavirus Disease 2019 (COVID-19) outbreak in Singapore has presented a global health crisis that compels us as a community to band together and do our part to fight the virus as one people.

In response to the COVID-19, we witness instances of panic buying in our community – surgical masks, groceries and other essentials were emptied off the shelves. What were the events leading up to the panic buying situation, why did that happen and what we can as individuals do in this time?

### For the entire family:

#### Board Games Night!

Find an age-appropriate board game that involves elements of strategic interactions among players and accumulation of money/resources, for example

1. Monopoly (ages 8+; junior versions available for ages 5+) – involves buying and trading of properties among players
2. The Game of Life (ages 8+; junior versions available for ages 5+) – Retire with the most amount of money by making wise decisions on life choices
3. The Singaporean Dream (ages 13+) – with elements of “typical Singaporean behaviour” and funny action cards like doing Jumping Jacks to earn “dreams”

Or just explore each family member’s favourite board games together!

Online/app versions of Monopoly and The Game of Life are available.

#### Discussion Question:

1. What was your strategy while playing the game?
2. How do you decide whether to spend or save the money/resources?
3. How did you feel when you see other players taking up the money/resources or the items you wanted in the game? What was your response?
4. Remember how when COVID-19 started, there was panic buying of food, masks, and other essentials? How did you feel when you saw that? Why do you think people responded this way?