

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.

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

Transitioning Into Circuit Breaker Measures (Parents' Guide)



DESCRIPTION

On 3 April 2020, PM Lee announced a series of "circuit breaker" measures aimed at stemming the spread of COVID-19 locally. From 7 April to 4 May, the measures will be in place, restricting movement and tightening social distancing measures. These measures have an impact on our families, friends & communities, work, school and personal lives.

Of the many transitions we have to make as a population as we embark on the circuit breaker measures, one pertinent change is spending a lot more time as a family at home. Parents and elder siblings might be working from home, schooling children are doing their Home-based Learning (HBL), even the recruits in Basic Military Training (BMT) are sent home. All members of the family are to stay home, except to buy food/essentials, to seek urgent medical care or to exercise. Suddenly, with everyone at home, how do we transition into this month as a family?

KEY LEARNING POINTS

- COVID-19 has a widespread impact on society, economy, livelihoods and families.
- Explore the impact of COVID-19 and its accompanying public measures on the various groups of people in Singapore.
- Look for opportunities to look out for one another, and if we can, to offer help and support to those around us.

RESOURCES

[What - Building context & Understanding the problem]

1. **Announcement of Circuit Breaker Measures (7 min read):**
<https://www.channelnewsasia.com/news/singapore/covid19-decisive-move-workplaces-closed-lee-hsien-loong-12606614>
2. **S\$300 Fine for Flouting Circuit Breaker Measures (3 min read):**
<https://www.straitstimes.com/singapore/300-fine-for-flouting-measures>

Discussion Question:

The circuit breaker measures have disrupted family, social and personal lives.

How do you feel about the measures?

1. Possible probing/follow-up questions:

- How have these measures affected you? Be it in terms of school, social life, family life, hobbies etc
- Regarding the penalties – No warnings, S\$300 fine for first offence. What are your thoughts on this?
- What challenges are you facing/do you foresee in this month?

[So What? – Exploring impact of problem]

2. Lead-in Question: What is considered “essential” to you?

- What are some products/services you miss having access to, that you consider “essential” to you?
- Why are these essential to you?
- Why are these not considered essential by the Government?
- What then is the Government's definition of “essential services”?
 - Those that sustain our daily living
 - Those that keep the country running

3. What are essential services (3 min read):

<https://www.straitstimes.com/singapore/what-are-the-essential-services-that-will-remain-open-amid-stricter-covid-19-measures-in>

Optional resource – More detailed listing of essential services: <https://covid.qobusiness.gov.sg/essentialservices/>

21 April 2020 Update: List of essential services trimmed to exclude shops predominantly selling drinks, packaged snacks, desserts and confectionary. Most bubble tea shops are no longer on the list of essential services with effect from 22 April 2020. More details can be found in <https://www.channelnewsasia.com/news/singapore/covid-19-hairdressers-confectioneries-standalone-beverage-12662304>

Discussion Question:

With so many family members back home, both on weekdays and weekends, what is different at home now?

Possible follow-up questions:

- A. If family members work in essential services:
 - When the majority of the nation is staying at home, your family members are outside still working – any concerns?
- B. If family members are working from home:

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- Any friction as a result of everyone being at home working/studying? What is the source of this friction?
- What are the changes you are grateful for as a result of this arrangement?
- C. If family members are facing retrenchment/pay cuts/no-pay leave arrangement:
 - Tight cash flow can cause a lot of anxiety, and sometimes this leads to unpleasant behaviours, like shouting, being irritable, critical and cynical
 - Have I/other family members displayed such behaviours? How have we affected you?
 - [If it is another family member] How can we be more understanding towards them?

[Now What? - Conceptualising solutions to problem within own spheres of influence]

Discussion Question:

Lead with a positive response: The minimum we can do to ease the tensions and challenges in this transitioning period is to manage ourselves well

How can I be a responsible and contributive member of the family?

Possible follow-up questions:

- What are some things I can do independently without help from others?
- How can I do my work without bothering others?
- How can I make life easier for other members of the family?

Possible areas to think about:

- Food purchase/preparation – Can I offer to pack/cook meals for others?
 - Resource sharing – Does someone else in the family need more space for their work? Can we work out a schedule, e.g. I don't need the study room in the afternoon, someone else can use it
 - Household chores – Can I offer to clean the house, or minimally keep my room/work area clean for the family?
 - Siblings – If I am an older sibling, how can I alleviate my parents' load and look out for the younger ones in the family?
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Discussion Question:

Be entrepreneurial in spotting opportunities to create value and positivity for others: Now we are all together for a month, beyond the challenges, we can also open our eyes out for opportunities during this period.

What opportunities are there to connect as a family?

Possible follow-up questions:

- When was the last time the family was together like this?
- What did we always want to do, but have never found time to do?
- When did we last share with the family our day, our school/work experience, our plans for the future?

Possible areas to think about:

- Conversations – now we can finally have meals together and catch up with one another?
- Hobbies – Engage in one another’s hobbies, teach the adults about latest youth trends
- Trends – Make dalgona coffee together?
- Making plans – Overseas trips? Birthday of a relative after the circuit-breaker period?
- Light-hearted fun with the family – introduce some team-based/multiplayer games you are playing to us, and play together!