

LET'S CHAT

MENTAL HEALTH CONVERSATIONS START AT HOME

WHAT IS YOUR COMMUNICATION STYLE WITH YOUR CHILDREN?

HOW CONNECTED ARE YOU WITH YOUR CHILDREN? DO THEY REGULARLY SHARE THEIR THOUGHTS & FEELINGS WITH YOU, ACTIVELY PARTICIPATE IN FAMILY DISCUSSIONS, OR TEND TO REACH OUT ONLY WHEN THEY NEED HELP OR SUPPORT?



DO THEY WITHDRAW & AVOID CONVERSATIONS?



YI PING

BE MINDFUL OF YOUR REACTION

HOW DO YOU STAY CALM & PATIENT DURING YOUR CHILD'S EMOTIONAL OUTBURST?



HOW DO YOU RESOLVE CONFLICTS WITH YOUR CHILDREN?



PRISCILLA

RECOGNISING YOUR EMOTIONAL TRIGGERS



PARENTING A YOUTH CAN BE TOUGH. WHAT TYPE OF SITUATIONS WOULD MAKE YOU FEEL FRUSTRATED OR OVERWHELMED AS A PARENT?



HERE'S A CHECKLIST ON HOW TO ENHANCE YOUR APPROACH:

- RESOURCES
- FRIENDS & FAMILY
- NETWORK OF SUPPORT

PERCY

PRIORITISING SELF-CARE AS A PARENT:

AN INFORMED PARENT IS BETTER EQUIPPED TO PROVIDE EMOTIONAL SUPPORT



TAKE TIME FOR YOURSELF FOR YOUR OWN WELL-BEING



SHARE PARENTING DUTIES WITH YOUR SPOUSE



IT'S OKAY TO RE-PRIORITISE AND TO DISCUSS WITH YOUR EMPLOYER TO EXPLORE FLEXIBLE WORK ARRANGEMENTS

TAKE TURNS WITH YOUR FAMILY TO CARE



AYU

COMMUNICATION

IS A VITAL ROLE TO BRIDGE THE GAP BETWEEN PARENT & CHILD



MING HUI



SU TING

THIS IS FOR:

- PARENTS
- EDUCATORS
- CAREGIVERS
- HELPING PROFESSIONALS

WITH CHILDREN AGED 16-30

THIS TOOLKIT PROVIDES PRACTICAL GUIDANCE TO HELP INITIATE & NAVIGATE COMMUNICATION TO HELP YOUR CHILD'S MENTAL & EMOTIONAL WELL-BEING.

Let's CHAT (Real stories from mothers) delves into the lives of 4 Singaporean parents, with children aged 9 to 28. Beyond parenting, they share their personal stories that reveal the emotional toll, challenges, and approaches to initiating conversations of mental health as they strive to be better versions of themselves every day. [Join us to break the silence on mental health conversations at home.](#)

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LET'S CHAT

REAL STORIES FROM MOTHERS THE POWER OF EVERYDAY CONVERSATIONS

A MOTHER OF THREE GROWN CHILDREN, BELIEVES THAT THE BEST PARENTING HAPPENS AROUND THE DINNER TABLE



THIS HEARTWARMING STORY
SHARES A HEARTFELT APPROACH
FOSTERING MEANINGFUL CONVERSATIONS
WHILE STRENGTHENING TOPICS ON YOUTH MENTAL HEALTH...



KEEP CONVERSATIONS
LIGHT, FUNNY
& OPEN

MAKE
MEALTIME
A SPACE FOR

Percy

ONE MEAL AT A TIME

CONNECTION
& HONEST SHARING

PERCY &
HER HUSBAND
TAKE
TURNS
ATTENDING
TO THEIR
CHILDREN'S
NEEDS.
ALWAYS CHECKING
IN ON THEIR
WELL-BEING



"MOMMY IS ONLY
ONE TEXT AWAY."

WHEN IS IT A GOOD
TIME TO INTERVENE &
HOW TO SUPPORT YOUR CHILD?

TIPS FOR PARENTS

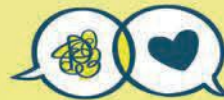
- 1 ENCOURAGE
BONDING
DURING MEALTIMES
- 2 INITIATE
CONVERSATIONS
BY SHARING NEWS
THAT INTEREST
THEM (EG. KPOP)
- 3 BE CURIOUS
& ASK ABOUT
THEIR CIRCLE OF FRIENDS



WHEN YOU
NOTICE ANY
CHANGES
IN THEIR
BEHAVIOUR



WHEN YOU NOTICE
YOUR CHILD
EXPERIENCING
AN EMOTIONAL
OUTBURST



LET YOUR CHILD
KNOW THAT
YOU WILL BE
THERE WHEN
THEY REACH OUT



ASSURE THEM
THAT THE FAMILY
IS THERE TO
SUPPORT THEM

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**LET'S
CHAT**

**REAL STORIES FROM MOTHERS
LISTENING LATE INTO THE NIGHT**

A DEVOTED MOTHER OF FIVE, HAS WATCHED HER ONCE LIVELY HOME GROW QUIETER AS HER CHILDREN MATURE AND BEGIN TO WORK.



**HOW CAN YOU
HOLD SPACE for
YOUR CHILDREN
AFTER A LONG DAY?**

**NAVIGATING
THE CHALLENGES
OF PARENTING**



**IT HELPS
TO BE PART
OF A LARGER
COMMUNITY
TO LEARN AND
SHARE**



**"IBU WILL ALWAYS
BE THERE."**



**CHECK in with
YOUR CHILD IF IT'S
URGENT and
ASK IF THEY
CAN TALK
ANOTHER DAY**



**COMMUNICATION
IS A TWO-WAY
STREET and to
ALLOW YOUR
CHILD to
UNDERSTAND
YOUR LIMITS TOO**



**CARVE OUT
TIME for :**

- SELF CARE
- PARTNER/
SPOUSE
- YOUR
CHILDREN

**A REMINDER
FOR PARENTS**



**HELP YOUR
CHILDREN to
DEVELOP
THEIR
CHILDREN'S
POTENTIAL**

**PARENTING IS A
PATIENT JOURNEY
OF LEARNING
ABOUT ONESELF AND
YOUR CHILDREN**



**FOCUS ON YOUR
STRENGTHS
and
DEVELOP FURTHER,
TO BECOME A
BETTER PERSON**



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REAL STORIES FROM MOTHERS PARENTING THROUGH THE TEENAGE YEARS

A MOTHER OF TWO TEENAGERS, HAS ALWAYS SHARED A CLOSED BOND WITH HER CHILDREN

BUT A SHIFT IS
NOTICED WHEN
THEY TRANSITIONED TO
SECONDARY SCHOOL

NEW CONCERNS
ARISE:

- BODY IMAGE
- FUTURE
- INDEPENDENCE



HER INTUITIVE CHILD
OFTEN CHECKS IN,
SEEKING SUPPORT AT
UNEXPECTED MOMENTS

THEY PREFER
GUIDANCE
over
INSTRUCTION



THROUGH PATIENCE & UNDERSTANDING,
YI PING HAS LEARNT TO

LISTEN ADAPT SUPPORT

Yi Ping



"MOMMY & DADDY ARE
HERE TO SUPPORT YOU."

HOW TO CREATE
A SAFE SPACE

FIND OUT WHAT YOUR
CHILD WANTS OUT OF
THE CONVERSATION
INSTEAD OF BEING QUICK TO
OFFER ADVICE



LISTEN
INTENTLY
TO WHAT YOUR
CHILD HAS TO SAY!

REVISIT
CONVERSATIONS
IF NEEDED!

END IT AT A GOOD PLACE,
REVISIT IT AT ANOTHER
GOOD OPPORTUNITY!

GIVE YOUR CHILD
OPPORTUNITIES &
SPACE TO EXPLORE &
NAVIGATE THEIR WAY
THROUGH LIFE

BE OPEN TO TRYING A
DIFFERENT APPROACH
IF THE CURRENT CONVERSATION
IS NOT TURNING OUT TOO WELL



BEING A PARENT
WHO EMBRACES
THE GROWTH
MINDSET

IF YOU'VE MADE A MISTAKE,
RECOGNIZE THAT YOU ARE A
WORK IN PROGRESS & YOU
CAN USE BOTH THE GOOD & BAD
TO BECOME BETTER PARENTS

BE CURIOUS, AND BE OPEN TO
LEARNING FROM
YOUR CHILD &
OTHER PARENTS

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REAL STORIES FROM MOTHERS

FROM TEARS to CONNECTION, A MOTHER'S EVOLVING JOURNEY

A MOTHER OF THREE GROWN CHILDREN, HAS ALWAYS ENCOURAGED OPEN & HONEST CONVERSATIONS AT HOME



AS HER KIDS MOVED INTO UNIVERSITY & WORK, THE HOUSE GOT QUIETER...

SHE LEARNED to KEEP THEM CLOSE THROUGH

SHE SHARES HER JOURNEY OF GROWTH, OFFERING INSIGHTS ON FOSTERING STRONG FAMILY BONDS THROUGH



UNDERSTANDING
COMMUNICATION

Priscilla



HOW TO HANDLE DISAGREEMENTS CALMLY, PREVENT FRUSTRATION, & FIND A RESOLUTION



a FAMILY CHAT & SHE TAKES TIME FOR ONE-ON-ONE TALK

"MOMMY IS THERE TO SUPPORT YOU, LIKE HOW YOU'VE BEEN THERE FOR ME."

AS A PARENT, IT IS PERFECTLY FINE to TAKE THE FIRST STEP to APOLOGISE

TIPS FOR PARENTS

IT IS POSSIBLE TO TURN NEGATIVE SITUATIONS INTO A POSITIVE EXPERIENCE

BE PATIENT WITH YOURSELF, ALLOW YOURSELF to LEARN & GROW AS A PARENT

EQUIP YOURSELF WITH PARENTING STRATEGIES & MENTAL HEALTH RESOURCES. CONSIDER ATTENDING WORKSHOPS

REACH OUT TO AVAILABLE RESOURCES, COMMUNITIES OF SUPPORT & PEERS

FOCUS ON MOVING FORWARD & RESOLVING ISSUES INSTEAD OF BRINGING UP THE PAST

UNDERSTAND THAT YOUR CHILD IS TRYING THEIR BEST

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