Issue #7

Term 4, 2025

LIVE

MAHA BODHI SCHOOL

Well-Being Watch

Mental Health Matters

October is Mental Health Month — a reminder that nurturing our minds is just as vital as caring for our bodies.

In Maha Bodhi School, we're dedicated to helping children understand their emotions, feel safe, and build resilience. Lasting well-being flourishes when home and school work hand in hand.

Let's explore three effective ways to nurture your child's mental well-being every day!

Read our newsletter attachment to find out more!

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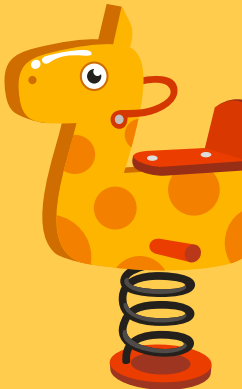
Three ways to nurture mental well-being at home

1 Encourage a Growth Mindset

2 Support Children in Expressing their Emotions

3 Create a Calm and Supportive Home Environment



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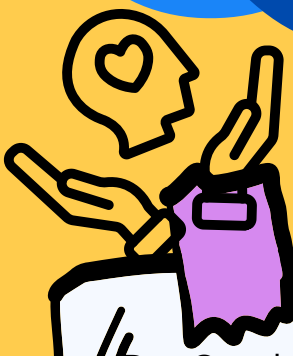
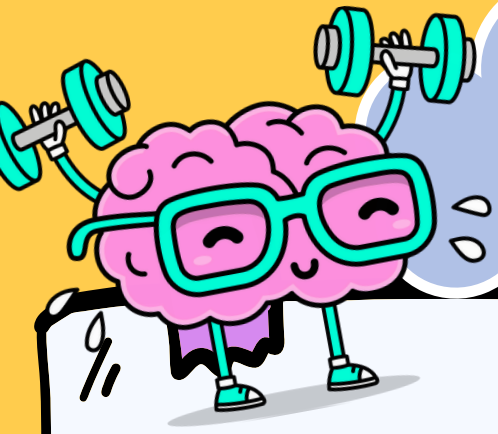


1. Encourage a Growth Mindset

Dr. Carol Dweck's research shows that basic abilities can grow through dedication and hard work. **To help children reach their potential, parents should focus on acknowledging effort** rather than taking over tasks or doing things for them. While praising effort is important, Dr. Dweck cautions against using praise as a consolation prize or giving it for routine tasks — **praise should be meaningful and specific.**

The most effective praise comes when children step out of their comfort zone, take on challenges, and persist despite setbacks. This approach reinforces a **growth mindset**, helping children **see challenges and mistakes as opportunities to learn**, rather than as reflections of their ability.



2. Support Children in Expressing their Emotions

Why emotional expression matters—and how to support it at home

Children may feel a wide range of emotions every day — excitement, worry, frustration, joy— but they often lack the vocabulary or confidence to express them. When we teach kids to talk about their feelings, we give them tools to handle stress, solve problems, and build stronger relationships.

Reference: NE Forte, April 2025, Issue No. 3

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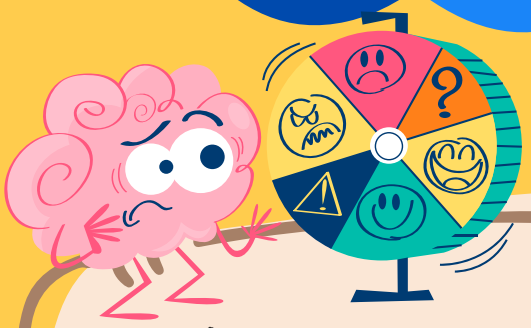

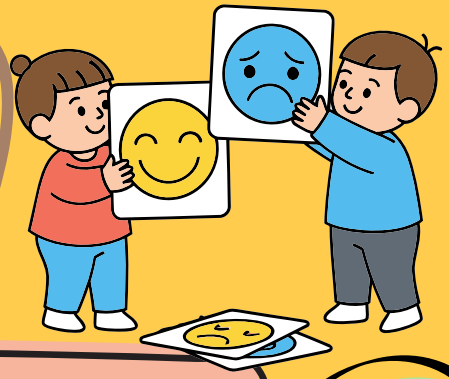

Simple Ways to Begin a Conversation:

1. **Use phrases like** "It seems like you're feeling frustrated," or "Are you feeling nervous about school today?" **to help your child open up and feel comfortable sharing his/her experiences with you.**

2. **Use stories or play.** Reading books together or playing with toys can open up conversations about how characters feel, which helps children reflect on their own emotions.

3. **Create a safe space.** Make it clear that it's okay to feel angry, sad, or scared—and that they won't get into trouble for expressing those feelings respectfully.

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3. Create a Calm and Supportive Home Environment

The home environment plays a crucial role in supporting children's mental well-being. It helps them feel safe, express their emotions, and develop healthy habits. A calm and supportive atmosphere fosters a sense of security, belonging, and consistent guidance. **When daily routines provide stability and emotions are handled with care, children are better able to regulate themselves and thrive—both at home and at school**.

💡 Tips to Create a Calm and Supportive Space:

1. Set Simple, Consistent Routines

Having regular times for meals, play, homework, and bedtime helps strengthen children's mental well-being by creating a sense of safety and predictability in their day. Consistent routines help reduce daily power struggles and build a calm, secure environment where children can focus, cooperate, and feel more in control. Visual charts or checklists can also make routines easier for younger children to understand and follow.

2. Create Calm Corners

A quiet spot with soft cushions, books, or calming toys can give your child a place to relax when feeling overwhelmed. It's not a "punishment corner"—it's a space for your child to take a break and reset.

3. Clear Communication with a Firm Tone

Speak at eye level and give clear expectations. Instead of shouting, "Why is your room always so messy?", maintain a calm but firm tone, "Please put your toys back on the shelf so your room stays tidy."

4. Keep Things Positive

Notice and praise good behaviour ("I like how you pack your bag on your own every day!") instead of pointing out the negative. Celebrate small wins with hugs, stickers, or extra playtime.

5. Manage Parental Stress

Children are sensitive to adult emotions. When you're calm, it helps them to feel calm too. Take time to care for your own well-being—whether it's a short walk, deep breaths, or just chatting with your child about his/her day.

Resources for "Helping Your Child Talk About Their Feelings"

- Practical tips for parents on helping children identify emotions, express them, and find trusted people to talk with. Find them on **HealthHub**
- A set of downloadable PDFs on topics including *Being Aware of Your Own and Your Child's Feelings*, *Providing a Safe Space for Conversations* etc. Great for giving parents structured guidance. Retrieve them from **parentingforwellness.hpb.gov.sg**

References

"14 Ways to Boost Your Child's Mental Well-being" (Health Hub, 2025) https://www.healthhub.sg/well-being-and-lifestyle/mental-wellness/boosting_childs_mental_wellbeing

Ho, C. S. H., Zhang, M. W. B., Mak, K. K., & Ho, R. C. M. (2024). Associations between parental bonding and mental health functioning among Singaporean adults. Singapore Medical Journal, 65(10), 563–570.

RDay, M. (2014). Relations between parent emotion coaching and children's emotionality (Master's thesis, Virginia Tech)