

## Expressing Your Love and Acceptance



You play an important role in helping your child feel accepted and valued. You can do this by showing appreciation and admiration for their unique traits. That said, showing love and acceptance to your child does not mean accepting all of their behaviours. When your child misbehaves, focus on addressing their behaviour without putting them down. You can still show love and acceptance by validating their feelings. This lets them know that you understand how they feel and why they behaved the way they did.

There's no one right way to show affection to your child, as long as they feel loved and cared for. Adjust how you show affection as they grow, and as their preferences change.

**O** Sample Conversations



## 🖉 Tips

1) If you and your child are in a I understand that you are angry, disagreement or if you have to but we don't slam doors in this discipline your child, let them house. If you're angry and need know that you still love and space to calm down, let me know accept them for who they are. so we can find another time to talk about it. You know that I love you no matter what. 2 Help them understand that it I should have done better in this exam! I am so stupid! is okay to make mistakes. **2** I understand that you are frustrated. Mistakes are part of life and do not reflect who you are as a person. 3 Offer words of encouragement They are opportunities for us to learn and grow. The at every opportunity, even next time you make a mistake, try asking "What can I if either you or your child is learn from this?" having a hard time. I just don't think I can do well in this subject. 4 Show affection in a variety of ways, such as smiles, high-fives, acts of service or spending **3** It's natural to feel that way. **5** I am still very proud quality time together. of you. You have put so much effort in preparing for this exam, even when it was difficult. 3 Even if the results are not what you expected, we can think about what you have learnt from this experience and plan how you can improve in the future. **5** Celebrate and affirm your **4** I am here for you and want to help you through child's efforts in overcoming this. Would you prefer if I help you with your revision difficulties. or if we go for a short break together?

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