











# Being Present and Showing Positive Attention

**Your presence is the greatest present to your child.** When you show your child that you take interest in their life and are there for them, they are more likely to share any issues or challenges they may be facing. The key purpose of providing positive attention is to show that you care, and not to monitor them.



## ✓ Things You Can Do

- ① **You may be busy when your child wants to talk to you. If possible, pause what you are doing, even briefly, to listen to them.**
  - Let them know that you appreciate them opening up to you, and agree on a better time for both of you to have a conversation.
- ② **Regularly set aside time to talk to your child. Give them your undivided attention during this time.**
  - The best conversations can happen naturally any time during the day (e.g. during mealtimes, while travelling somewhere or while playing games together).

🔗 Tips	🗨️ Sample Conversations
<p><b>For younger children</b></p> <ol style="list-style-type: none"> <li>① Ask about topics like school events, their favourite movies or subjects.</li> <li>② Use follow-up questions or statements to find out more.</li> </ol>	<div style="display: flex; justify-content: space-between; align-items: flex-start;"> <div style="width: 30%;">  <p>① You went on a learning journey to the zoo with your classmates, right? What did you see there?</p> </div> <div style="width: 60%; padding: 5px;"> <p>We saw so many animals, like monkeys, giraffes and sloths!</p> </div> <div style="width: 30%; text-align: right;">  </div> </div> <div style="display: flex; justify-content: space-between; align-items: flex-start; margin-top: 10px;"> <div style="width: 30%;">  <p>② Oh, nice! What interesting facts did you learn?</p> </div> </div>
<p><b>For older children</b></p> <ol style="list-style-type: none"> <li>① Ask about topics like their social interactions.</li> <li>② Pace conversations based on their receptiveness and responses. Avoid pressuring them to respond.</li> <li>③ Let them know that you are asking because you love them and are curious about their interests.</li> <li>④ Let them know you will listen whenever they are ready to share.</li> </ol>	<div style="display: flex; justify-content: space-between; align-items: flex-start; margin-top: 10px;"> <div style="width: 30%;">  <p>① How was school today? You had a CCA leadership meeting, right?</p> </div> <div style="width: 60%; padding: 5px;"> <p>It was okay...</p> </div> <div style="width: 30%; text-align: right;">  </div> </div> <div style="display: flex; justify-content: space-between; align-items: flex-start; margin-top: 10px;"> <div style="width: 30%;">  <p>② What were some interesting things that happened?</p> </div> <div style="width: 60%; padding: 5px;"> <p>...nothing much. I don't really want to talk about it.</p> </div> <div style="width: 30%; text-align: right;">  </div> </div> <div style="display: flex; justify-content: space-between; align-items: flex-start; margin-top: 10px;"> <div style="width: 30%;">  <p>② It seems like you've had a long day. ③ I know your CCA is important to you, and I want to support you. ④ Let me know when you want to talk about it later.</p> </div> </div>



you've got this!