



Post-Secondary

Journeying with Our Children: Parental Support



- Celebrate your child's effort!
- Look out for out-of-character behaviours in your child.
- Have open conversations with your child to discuss their interests and strengths.
- Refer your child to the [MySkillsFuture portal](#) for information on schools, courses and education and career options.

Tip

You may refer to "[Is your child too stressed?](#)" infographic for common signs of stress. When these signs persist, you should seek help and advice from a health professional.



RESOURCES for Parents

The social and emotional support we provide our children will help them learn to persevere and adapt positively to challenges. Assuring our children of our support is especially valuable and crucial during milestones such as results release, when decisions about the next step need to be made.

Education and Career Guidance

You may refer to the ECG Parent Guide "[Journeying with Our Children, Achieving Their Aspirations](#)" for tips on how to facilitate ECG discussions.

Social and Emotional Support

- Resilience Boosters:
<https://tinyurl.com/resil-boosters>
- Raising Confident Children:
<https://tinyurl.com/conf-children>
- Supporting Your Child Through Transitions:
<https://go.gov.sg/support-in-transitions-el>
- How Do You Praise?:
<https://tinyurl.com/praise-well>
- Gratitude:
<https://tinyurl.com/gratitude-parents>
- "[Setting realistic expectations](#)" infographic