



2021

February

Spring Commences

The



“A” Tips



Question: How to help my child face the exam results positively?

**Dos**



**Awareness**

Be aware of the emotions of you and your child

- ♥ Take some time for yourself to process your feelings.
- ♥ Keep calm and stay relaxed. Your mood and reaction have impact on your child.
- ♥ Listen to your child and accept his/her feelings.

**Don't**

- Be incongruent in verbal and facial expression.
- Rush to give advice or make judgement.

**Affirmation**

Reassure your child's effort

- ♥ No matter what happens, I always stay by your side."
- ♥ "I appreciate your endeavour."
- ♥ "I am very happy that you reflect and seek improvement."



**Attitude**

Develop a growth mindset and look ahead

- ♥ Cultivate a positive mindset and embrace different experiences.
- ♥ Encourage your child to consider the experience as part of his/her personal growth.

