

# KAMPUNG KONVERSATION KEY TAKEAWAYS

SESSION #1: 30.04.20



Children's Centre for Creativity

**HELP!**  
I'M A HBL PARENT AND ITS THE HOLIDAYS??

This session looked at the start and impending end of HBL and what their individual journeys, as parents, looked like. Parents shared some of their thoughts, feelings and realisations from their experience.

## THEY CAME. THEY SHARED.

"I saw it as MY homework....(and not my child's)..."

"It's really different when it comes to (teaching) our own children."

Common things parents were experiencing:

- **Guilt**
- **Panic Attacks**
- **Anxiety**
- **High Expectations**

## THEY CRAFTED.

While chatting, we got into some therapeutic art-making: line-drawing & eye-weaving.





# THEY CO-CREATED TIPS TO HELP EACH OTHER AS PARENTS.



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## 1 Find balance

**Remember to find balance between doing and being. It's easy to fall into the pit of constant doing. You've worked really hard - remember to give yourself a break.**

**Tip:** Try setting a schedule for your child in the day - this gives space and direction for both you and your child. Set specific cut-off times in the day for you to relax after (e.g. no Zoom calls and homework after 5pm!). Take time out to have some ME-time.

## 2 Empathy is key

**These are unique times for all of us. It is also a first for the people around us - our colleagues, our teachers, our children, our friends. We are all navigating through different changes in parallel, including yourself!**

**Tip:** Practice empathy and patience. When you feel like you're about to enter a negative space, take deep breaths, acknowledge your emotion and label it (e.g. "I feel frustrated"). Sit with your feeling and catch your breath.

## 3 Embrace & show vulnerability

**If there's anything that covid-19 is teaching us, it's that uncertainty is the new normal. No one has the answers and it's a phase of constant experimentation. Mistakes will happen along the way.**

**Tip:** Let go of expectations and embrace moments where vulnerability is needed. If you've made a mistake, forgive yourself and be vulnerable with those around you. (e.g. "Mummy and daddy are sorry, we will do better. It is our first time as parents").