

A Well-Balanced & Well-lived Life

This month concludes the group sessions for parents for 2016. It is wonderful that we had 108 mothers and 32 fathers participate in at least one group session. An average of 75 parents attended the sessions each month. I look forward to engage more parents (*we hope more fathers will join us too*) next year and will follow up with the schedule and topics for discussion. If you are interested in being part of the group sessions, you are welcome to sign up online: <http://tinyurl.com/SJII-parents>

During this month's sessions, I started with the importance of having "me-time". In this very busy world that all of us live in, we have a tendency to be engrossed in *the action* and *the doing*, and not giving ourselves enough time to breathe, pause and reflect. When our children conscientiously take time to review how they have been doing and reflect on their lived experiences, they will be able to grow and develop, and work towards a more well-balanced and well-lived life. As much as we would like our children to be obedient and compliant, they need to form their own opinions and take a stand about what they value and what they believe in. As parents, we can facilitate that process by having open conversations with our children about various issues, taking time to listen to their points of view and asking questions that will generate further discussion. I encouraged parents to be more comfortable talking to their children about boy-girl relationships, including sex education and what it entails to be in a relationship. I reminded parents to make time for their children and be available for them.

Do take time to check out the resources below (*available on the Teamie lesson for parents on "Counselling Service"*) especially *The Healthy Mind Platter* which consists of essential activities, which optimise brain matter and create well-being. Parents can also use the *Values questions* and *Values cards* to engage their children in meaningful conversations.

- * *Get Out of Your Mind and Into Your Life for Teens: A Guide to Living an Extraordinary Life* by Joseph Ciarrochi, Louise Hayes, Ann Bailey & Steven Hayes
- * *The Healthy Mind Platter* [<http://tinyurl.com/parents-life1>]
- * *Parents Sex Ed Center* [<http://tinyurl.com/parents-life2>]
- * *Values questions* [<http://tinyurl.com/parents-life3>]
- * *Values cards* [<http://tinyurl.com/parents-life4>]



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