



# **PARENTS Connect @ADPS**

## **Issue 7**



## **Building Trust with Your Child: Introducing the 7 Connecting Habits**

Dear Parents / Guardians

A blessed 2025 and welcome to our first edition of this year's newsletter, dedicated to strengthening the bond between you and your child/children through the power of trust and connection. At Admiralty Primary School (ADPS), we believe in nurturing not only academic excellence but also fostering strong relationships between parents and children. Today, we introduce you to the concept of the 7 Connecting Habits, which can significantly enhance your relationship with your child/children.

By practising the 7 Connecting Habits and fostering trust, you are laying the groundwork for a strong, positive relationship with your child/children. The teachers and Admirals at ADPS are familiar with and have been practising the 7 Connecting Habits. Together, we can create a supportive environment where every child feels valued, understood, and empowered to reach their full potential.

We encourage you to incorporate these 7 Connecting Habits into your daily interactions with your child/children (and everyone who matters to you) and observe the positive impact they have on your relationships. Stay tuned for more tips and resources in our upcoming newsletters.

Yours faithfully,  
ADPS School Counselling Team




## What are the 7 Connecting Habits?

The 7 Connecting Habits are principles designed to promote understanding, trust, and communication between parents and children. These habits serve as a foundation for building a supportive and loving relationship that empowers children to thrive both academically and emotionally. When faced with behaviours that are challenging at home, we often despair and chastise. These choices are our best attempt to get what we want. We may want to try and make our child/ children behave better, by providing a non-threatening, safe environment for our children so they feel loved and cared for. This will create an optimal environment where our relationships will bloom.

### The 7 Connecting Habits are:

1. Listening
2. Encouraging
3. Accepting
4. Respecting
5. Trusting
6. Supporting
7. Negotiating







**In this newsletter we are going to elaborate on the topic of trust.**

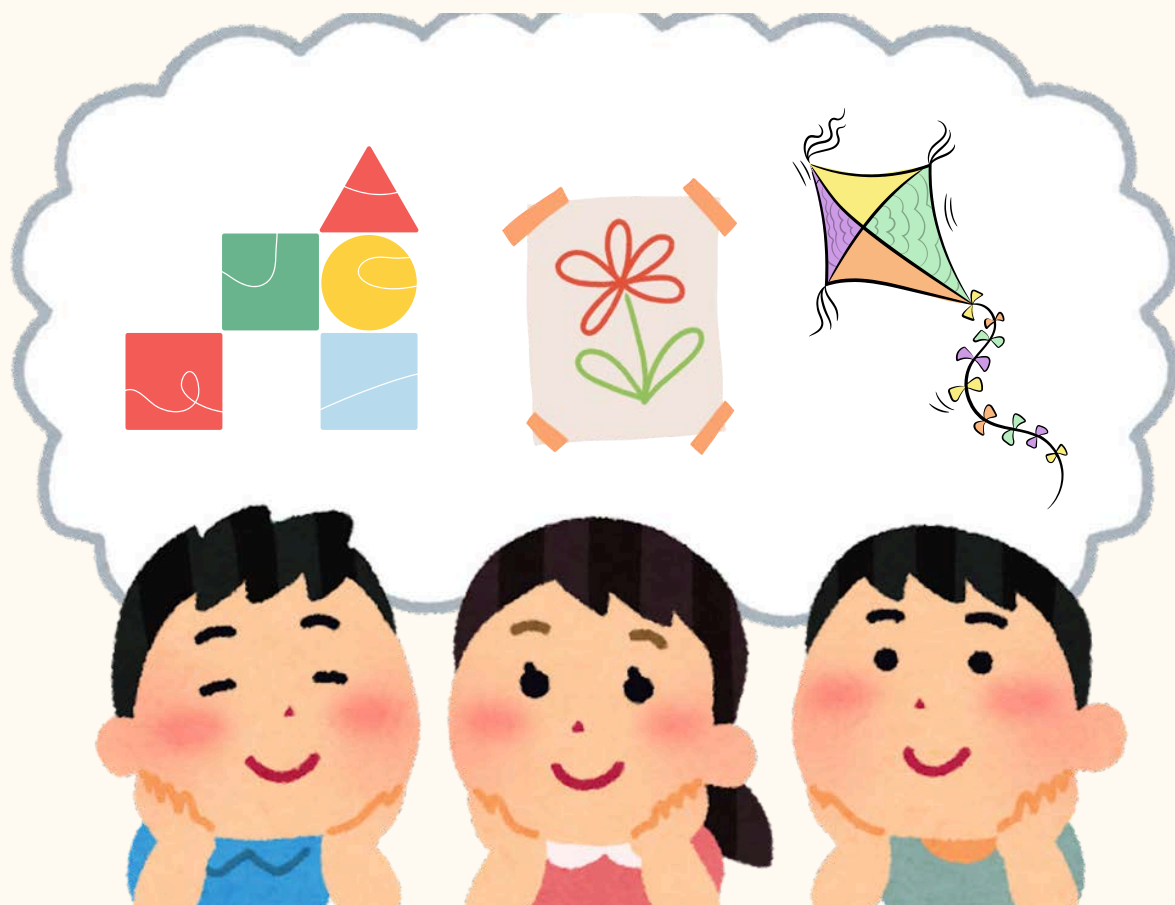


## **Why Trust Matters**



Building trust with your child is fundamental to their development and well-being. When children trust their parents, they are more likely to:

- Share their thoughts and feelings openly
  - Seek guidance and support when facing challenges
  - Develop resilience and confidence in themselves
  - Flourish both academically and socially
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# Practical Tips for Building Trust

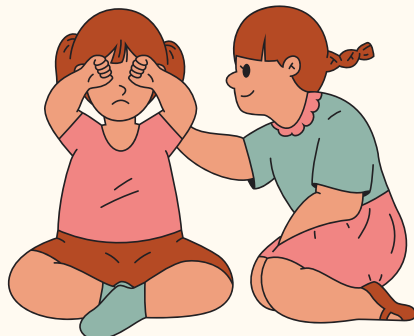
## Be reliable

Follow through on your promises and commitments to your child.



## Be honest

Speak truthfully and openly with your child, even about difficult topics.



## Respect boundaries

Recognise and respect your child's personal space and boundaries.



## Celebrate successes

Acknowledge and celebrate your child's achievements, no matter how small.

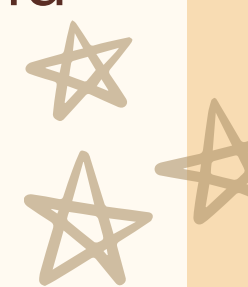




## CASE STUDY




Mrs Tan has two children. The boys were 10 and 6 years old. Mrs Tan has a healthy relationship with her sons. But recently she felt that her elder son was becoming quieter and did not discuss his day's events as he used to. Mrs Tan felt that he might be having some issues in school. She tried talking to him, but he said that he was fine, and he had no concerning issues.



Mrs Tan tried talking to her younger son and found out from him that his brother is always using his device to communicate with his friends late at night. Mrs Tan realised that her elder son was not willing to share his concerns with her. She felt that he is not trusting her with his feelings.

Mrs Tan was very worried about her relationship with her elder son. She decided to work on this. She decided to ask open-ended questions to keep the dialogue open and give him space to share his feelings. She also tried to connect in everyday moments. She shared with him her own emotions to gain his trust. She also apologised if she had made a mistake to show that she was trustworthy. Mrs Tan owned up to her mistakes in open and honest conversations with him. She assured him that she was in his team in good or in bad times. The relationship between the two of them started to improve as they learnt to trust each other.







## Providing a Safe Space for Conversations

It can be challenging to grapple with uncomfortable feelings and negative thoughts. Children may hesitate to share their true thoughts and feelings with their parents, as they may fear being judged or misunderstood.

You can let your child know that it is normal to feel or think the way they do, and that they can feel safe expressing themselves with you.



### ✓ Things You Can Do



Listen attentively. Maintain eye contact and put away your devices to show that you are paying attention.



Ensure that the environment is conducive and comfortable for your child. E.g. recreate an environment where your child had previously opened up to you, and have the conversation in a place where your child feels they have privacy.



Listen to understand, instead of listening in order to give advice and offer solutions.



Take a step back to calm down if things get heated, and return to the conversation after calming down.



Check that your child is comfortable with you sharing what they have told you with other people. If you have to do so out of concern for their safety, explain to your child why it is necessary.

### ○ Things You Can Say

- Use open ended questions to find out more about your child's perspectives and feelings.

How did that make you feel?

- Acknowledge that your child's opinions and feelings are valid, even if you disagree with them or do not fully understand them.

I hear that you are feeling frustrated.

- Let your child know that it is natural to experience these feelings, and that you experience them too.

I can see why you are upset.  
I would be too.

- If you are not sure what else to do, you can let your child know you are concerned for them, and offer support or a listening ear.

How can I help? What support do you need from me?

**⚠** Avoid responding negatively to your child, such as with criticism (e.g. "That was stupid."), minimising their feelings (e.g. "Get over it.") or shaming them (e.g. "You're so useless.").

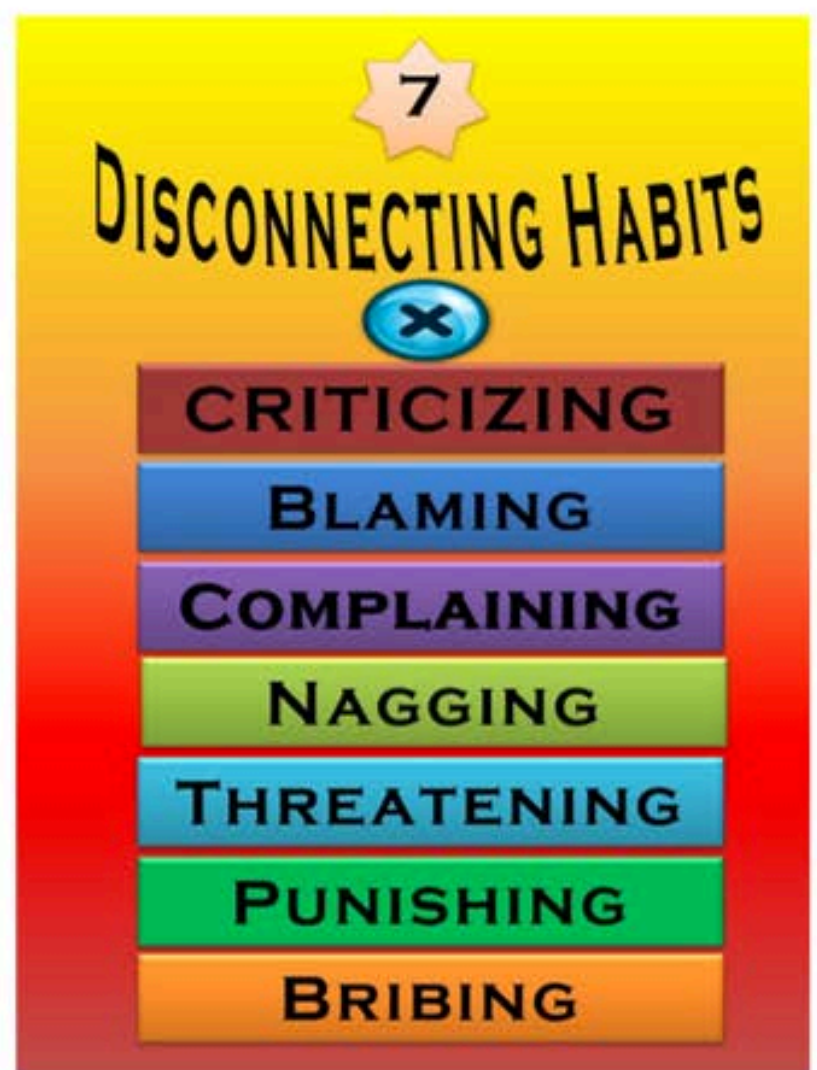
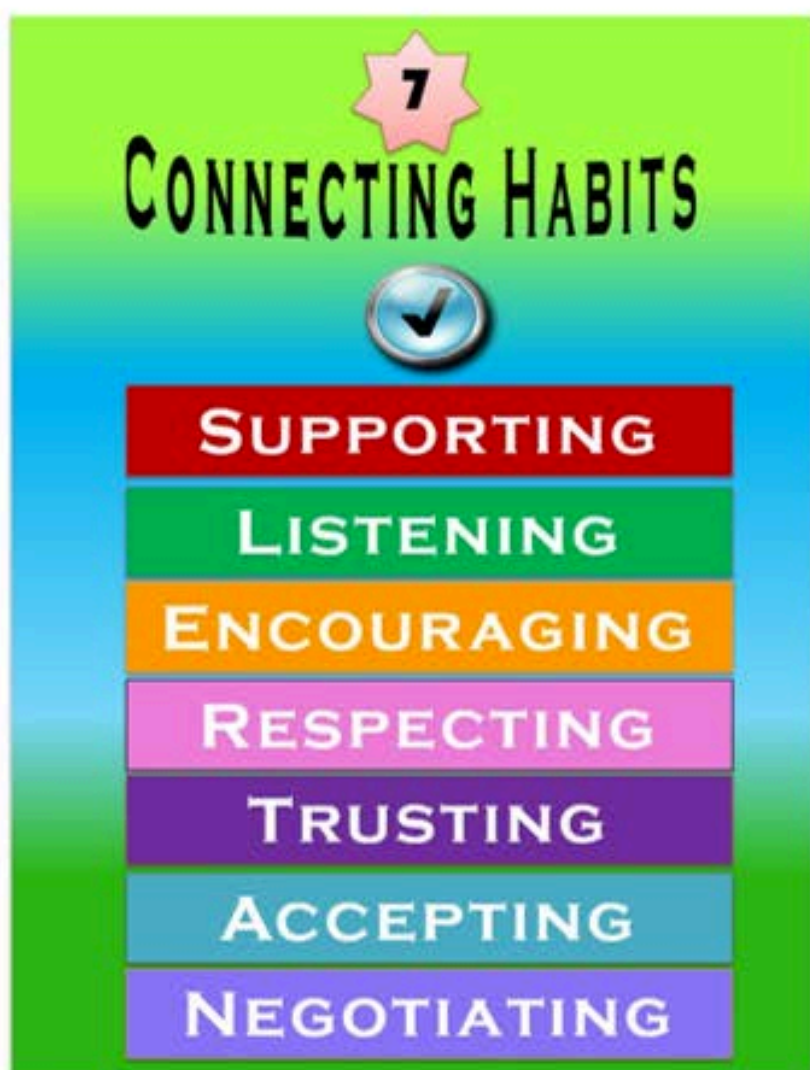


# CASE STUDY

Reflective questions:

(You are highly encouraged to do this before and after starting on the 7 Connecting Habits)

- Do my children approach me with their problems? Am I the 'go-to person' when they have challenges?
- How do I react to my children when they are sharing their day or challenges with me?
- Do I set aside time to spend time with each child?



## **Expand your Horizon to “Positive Connection”**

As long as we insist on controlling people around us, we will create completely unnecessary suffering in our lives. Dr. William Glasser, creator of choice theory and reality therapy, explains that people are in control of almost all of their behaviors. We are all driven by our genes to satisfy our “basic needs”: survival, love & belonging, power, freedom, and fun. While we all vary in the degree to which these needs are important, what we all have in common is the need for satisfying and healthy relationships with others.

If you would like to read further, please click on the link below:-

<https://www.mindfulnessmuse.com/choice-theory-and-reality-therapy/choice-theory-7-relationship-habits>

## **10 Habits to Strengthen Your Relationship with Your Child**

We all crave those close moments with our children that make our hearts melt. Connection is as essential to us parents as it is to our children, because that's what makes parenting worth all the sacrifices.

To read further, please on the link below:

<https://www.peacefulparenthappykids.com/read/10-habits-to-stay-connected-to-your-child>