



Organiser: Raffles Town Club – Let's Talk

How to Raise Happy, Healthy & Intelligent Kids
Nurturing Tomorrow's Adults

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Background

- Founded Business Concept in 1990, advising business families, investing in private equity & property.
- Served Wen Ken (my extended multi-family business) between Nov 1995 and 2011.
- Manager-Investor at MarinEx, GlucosCare, Amber Collections & Faesol.
- From Jervois East School, Tiong Bahru Secondary to RI
- With BAcc, MSc, FCA and MSID.
- Co-author of parenting book:
“How to Raise Happy, Healthy & Intelligent Kids”
- Happily married, with 3 kids. Happy son of my parents.

- Being **HAPPY** is being at peace with oneself and the world. It happens when your mind (intend), body (action) and spirit (conscience) vibrate in unison. A rare occurrence when you leave it to chance, but can happen all the time if you consciously seek it.
- Being **HEALTHY** is being in a state of complete physical, mental and social well-being, It is not merely the absence of disease or infirmity but having the ability to lead a socially and economically productive life.
- Being **INTELLIGENT** is having the ability to learn about, learn from, understand and interact with one's environment.

“Frames of Mind: The Theory of Multiple Intelligences”

Howard Gardner

The theory of multiple intelligences differentiates human intelligence into specific 'modalities'

1. Musical-rhythmic
2. Visual-spatial
3. Verbal-linguistic
4. Logical-mathematical
5. Bodily-kinesthetic
6. Interpersonal
7. Intrapersonal
8. Naturalistic
9. Existential
10. Additional intelligences

FIVE INFLUENCES

FAMILY – parents, grandparents, siblings & close relatives who often play and socialize with the kids.

SCHOOLS – childcare centres, kindergartens, and primary schools, their principals and teachers, classmates and friends.

GOVERNMENT AGENCIES – those which set policies that affect kids education, welfare & activities. MOE, MCYS, HPB, etc.

COUNTRIES AROUND US – we live in a fast changing world. We need to keep pace with the challenges and changes in the political, social, economical and technological environments around us. We must nurture our kids to survive and live well in the extreme future.

PROVIDERS OF PRODUCTS & SERVICES FOR KIDS – foods, toys, games, education, eating outlets, places of interest, etc.

We're a Product of Our Childhood

- Our parenting skills are often learnt from our parents
- Simple pleasures – picnics by the beach, games in the park, a good family chat over the dinner table.
- Playing with cousins at grandma's place: catching spiders, 'longkang' fishing, playing hopscotch, chapeteh, marbles & tops.
- Unending support of my parents who were there whenever we needed them
- Parenting under the letters : LTA – Love, Time & Acceptance

GETTING TO KNOW YOUR KIDS

- Each child is born with his or her own strengths and weaknesses.
- Each kid requires a different kind of support to help them thrive.
- Parents must spend time with their kids to identify their strengths, weaknesses & learning styles.
- What matters most is that they give their best in whatever they choose to do.
- Let them try out new things to discover their talents & interests.

PARENTS AS ROLE MODELS

- Parenting is a lifelong learning process.
- My parents taught me unconditional love & filial piety.
- Learn parenting from reading, attending talks, listening to other successful parents, experiencing and learning from my three kids.
- Parenting encompasses multiple disciplines – child psychology, health care, fitness, education & other life skills. Quotes, future trends and children's novels.
- Parents themselves have to be happy, healthy & intelligent – at least smart enough to know how to seek help from the experts.

UNCONDITIONAL LOVE, ENCOURAGEMENT

- Love them as who they are and not how well they perform in their studies and other areas.
- Kids are sensitive - in need of love & assurance. Hug, hold them, kiss them and tell them “I love you”.
- Kids will try their best not to disappoint those who love them.

SPENDING TIME WITH KIDS

- To a child LOVE is spelt TIME
- Parents must train themselves to be attentive listening to their kids – on what is spoken and unsaid, by observing their body language

LOCATION

- We lived near my parents. They helped to take care of my young kids and it kept our relationship close.
- When my eldest kid entered formal primary school, we moved to a place with facilities, easily accessible to all my children's school, my work place, parents' home and fun places we frequently visit.

SLEEP

- Sleeping is a learned skill and sleep plays an important part in childhood growth. Establish a bedtime routine.

NUTURING KIDS TO BE OPTIMISTS

- They are more confident and persistent when dealing with different situations and overcoming life's difficulties.

OPTIMISTIC FAMILY ENVIRONMENT

- Celebrate occasions together and have regular weekend outings. Practice positive & constructive verbal and non-verbal communication.

NURTURING KIDS TO BE MASTERY-ORIENTED

- Kids strive to develop their understanding and competence at a task by exerting a high level of effort. They want to learn for the sake of learning.
- Doing things together. I involved my three kids as Rangers in publishing **“How to raise Happy, Healthy & Intelligent Kids”**

GETTING FIT FOR LIFE:

- Have your child take a physical and fitness assessment by a fitness trainer.
- Encourage your kids to get involved in physical activities for at least 60 minutes daily.
- Get active yourself on a regular basis with your kids.
- Give them options to be active. Do not push anything.
- Have your child find and join a local sports team.
- Kids should be encouraged to try out a range of sports. The 'specialisation' comes later.

GETTING FIT FOR LIFE:

- Learn which food is best for your kids – and for you.
- Teach your kids the basics about food and how to make healthy choices. Do not force them.
- Show your kids how to prepare and allow them to pick their favourite healthy food choices.
- Plan your family meals together.
- Make sure your kids eat a healthy breakfast everyday.
- Make sure your kids eat five servings of fruits and vegetables a day along with some seeds and nuts.

LIFE. THROUGH A KID'S EYES

Kids Need Parents...

- “to give them play-doh, Lego, and bring them to library.”
Cherry Cheong
- “who do not dictate their interest and let them pursue what they really like.” Desmond Cheong

Kids Want Parents...

- “to exercise or play sports with them.” Nicholas
- “who do not nag excessively.” Vincent Chiang

Kids Crave Parents...

- “who smile! Seeing you smile makes them smile too.” Tan Yi Na
- “to encourage and praise them.” Solskjaer Alexi

Kids Love Parents...

- “to hug them before they go to bed.” Jeffrey Lee

RAISING A SPECIAL KID

- Vincent was born in the US full term without complication.
- Parents brought him back to Singapore with the aim to bring him up in a multicultural and multi lingual environment.
- Parents noticed he was different at one year plus that he had no language. He did not utter a single comprehensible word.
- At the strong recommendation of teachers and specialists, they moved back to the US when Vincent was five.
- Vincent was diagnosed with Autism Spectrum Disorder (ASD). He had no eye contact, could not read social cues.
- He attended private speech and occupational therapy, and took therapeutic horseback riding and swimming.
- He listened to Mozart with filtered tune to stimulate brain function, and had music therapy to inspire creativity.

RAISING A SPECIAL KID

- With medication and consistent support, Vincent learned the daily routines and began picking up language gradually.
- The school speech therapist drafted programs for Vincent to role-play and sat with him during lunchtime to coach him.
- He joined social skills training at hospital and in summer camp.
- He needs written rules and demonstrations to guide him through each social occasion.
- After many years of challenges, we started treating Vincent more like a normal kid.
- After processes of denial, blame, frustration, anger, acceptance and resolution, parents have come to terms with his diagnosis.
- Few years ago, Vincent graduated with Bachelor and Master degrees from Carnegie Mellon University, USA.