

PARENT KIT

Preparing Our Children for Primary 1



Ministry of Education
SINGAPORE

Each child's primary school journey will likely be a unique experience.
Let's cheer our children on to smoothen their transition.

Tip 1: Guide our children to develop good habits and skills

In primary school, our children will experience new subjects, new schedules and possibly longer school hours.

- Sleep is important. **Establish healthy bedtime routines** for them to gain enough sleep (at least 9 hours). Guide them to pack their bags based on the timetable and set the alarm clock the night before.

★ Check out [Page 10-16](#) of the Digital Parent-Child Activity Book (PCAB) for bite-sized activities.

- **Encourage them to complete tasks independently.** This will help them to understand what it means to be responsible and to gain confidence in their own abilities over time.

★ Watch the recording of "[Ask Me Anything About... Journeying With Your Child to Primary 1](#)" for tips on supporting transitions.

- Social skills matter. **Encourage our children to be polite and respectful to others** by saying "Hello", "Good Morning" or "Thank you" and by smiling at friends and teachers.

★ Find out more [here](#), and [check out this video](#) for tips on how we can support the social and emotional learning of our children.



"Let's guide our children to develop patience, independence and decision-making skills. An open mind will help them embrace differences."

- Koay Boon Kai,
Parent of 2

Tip 2: Partner the school to support our children

- **Visit the school with our children** to familiarise them with the environment.
- **Chat about new experiences that they may encounter in school** (e.g. morning assembly, recess, handing in work, moving from venue to venue).
- **Discuss ways to manage different encounters** that may come their way, especially the ones they may feel worried or anxious about.

★ Check out [Page 65-66](#) of the Digital Parent-Child Activity Book (PCAB).

- **Let the school and teachers know early if they should be aware of our children's triggers or medical history.** This will enable the school to support our children in a timely manner. Connect primary school personnel with the current pre-school educators and medical/early intervention professionals, if necessary.



💡 Practising Cyber Wellness

- Some learning in school might be done via electronic devices. We can start building good digital habits at home so our children stay confident and in control of the technology they use.
- Parents are encouraged to:
 - Use parental controls to restrict children's access to inappropriate content.
 - Develop a timetable or a screen use agreement at home to balance screen time, personal time and family bonding sessions.
 - Co-view digital content with our children as this creates opportunities for conversations.
 - Avoid any screen use during mealtimes. Put away devices at least one hour before bedtime to reduce bluelight exposure.



[Check out the Parenting for Wellness Toolbox for more tips on parenting in the digital age.](#)

NEW

Tip 3: Make Time for Conversations

- Conversations between parents and children are developed from young. As our children move on to primary school, **let's continue to find time for regular conversations.**
- **Encourage our children to share their thoughts and feelings openly.** Let them know that you will listen with an open mind so that they will love talking to you.

★ Check out [The HeART of Conversation Instagram Live](#).

"In our busy lives, it's not about how long we talk, but how present we are. Schedule time if you must - because the right conversations, in the right moments, are what truly connect us with our children."

- Rafidah Jalil, Parent of 3



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