

Parent Kit

## PART 03

Missed our  
last issue?

[Click here](#) for our  
previous Parent Kits  
on Home-Based  
Learning



# Home-Based Learning

**Stay Home, Stay Safe,  
Stay Curious!**



National Library Board  
Singapore



MINISTRY OF  
SOCIAL AND FAMILY  
DEVELOPMENT



Ministry of Education  
SINGAPORE

# We know that working from home and supervising your kids can be tough.

**Read on for some suggestions on how you can manage these common situations...**

“My children interrupt me too frequently.” Pg 2

“My children are often bored.” Pg 3

“My children can’t stay focused to complete schoolwork effectively.” Pg 4-5

“My children are spending too much time looking at the screen. Help!” Pg 6-9

**We also have some resources that you may find handy...**

‘Work hours’ Chart Pg 11-12

Activities for Young Children Pg 13

Stay-at-home Bingo: Family Edition Pg 14

# My children interrupt me too frequently

## Make expectations clear

- Explain the importance of letting you focus during work hours, and make it clear when they can or cannot interrupt you.  
E.g. Have a ‘work hours’ chart to show the times you can/cannot be disturbed.



**See pg 11-12 for a sample ‘work hours’ chart**

**Lower primary:** Consider using an object that signifies when your children cannot disturb you. Young children, especially, may respond better to visual cues.

**Upper primary:** Give them a limited number of requests they can make when you are at work (e.g. at regular intervals during work hours). This helps them learn self-discipline and to prioritise requests they need to ask immediately, and which ones they can try to resolve themselves.

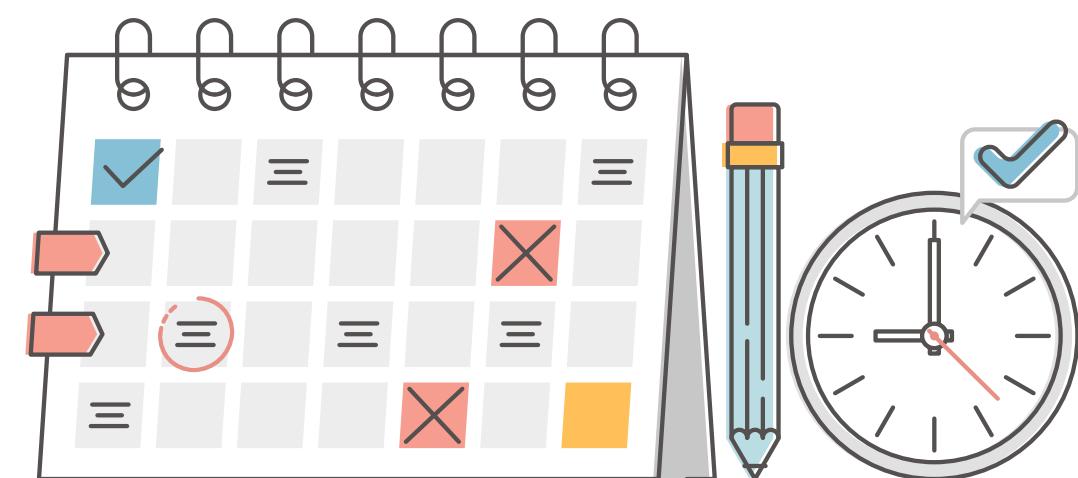
## Teach independence

- Teach them basic skills such as preparing a snack and washing dishes so that they do not interrupt you if they want a snack.



### Tip for parents:

Adjust your expectations too!  
With your kids around, you probably cannot sit down for long periods to focus on your task. Break up your tasks into smaller segments where possible, so you can attend to your children when needed.



# My children are often bored

## Ask them what they would like to do

- Giving your children a choice on how they would like to spend their breaks or free time will give them a sense of ownership.

**Lower primary:** Allow your children to choose from a pre-determined set of activities that you are comfortable with, and work the activities into their schedule for the day as well as your work schedule.

**Upper primary:** Allow your children to build their activity of choice into their timetable. This will also give them something to look forward to after their HBL.

If your children still get bored/restless, have a list of agreed activities that they can do during a break (e.g. selected games, puzzles, books).



### Tip for parents:

Remember that you need breaks too! Join in your children's activities to get away from work and spend some quality time with them.



[Click here](#) for more tips and ideas on how you can build a better connection with your child.



Need ideas for activities for young children? See pg 13!



# My children can't stay focused to complete schoolwork effectively

## Reinforce structures and routines

- After setting up a schedule, stick to it as best as you can. This will ensure your children have the right balance of work, play, rest and sleep.
- Incentives are also a good way to keep your children on track. This could take the form of activities they like to do, a favourite snack or maybe even additional break times. This way, they will have achievable milestones to work towards.



# My children can't stay focused to complete schoolwork effectively

## Reinforce structures and routines



### Tip for parents:

Be kind to yourself and give yourself a couple of incentives to stay on track as well! Sticking to your timetable can also ensure that you get enough rest.



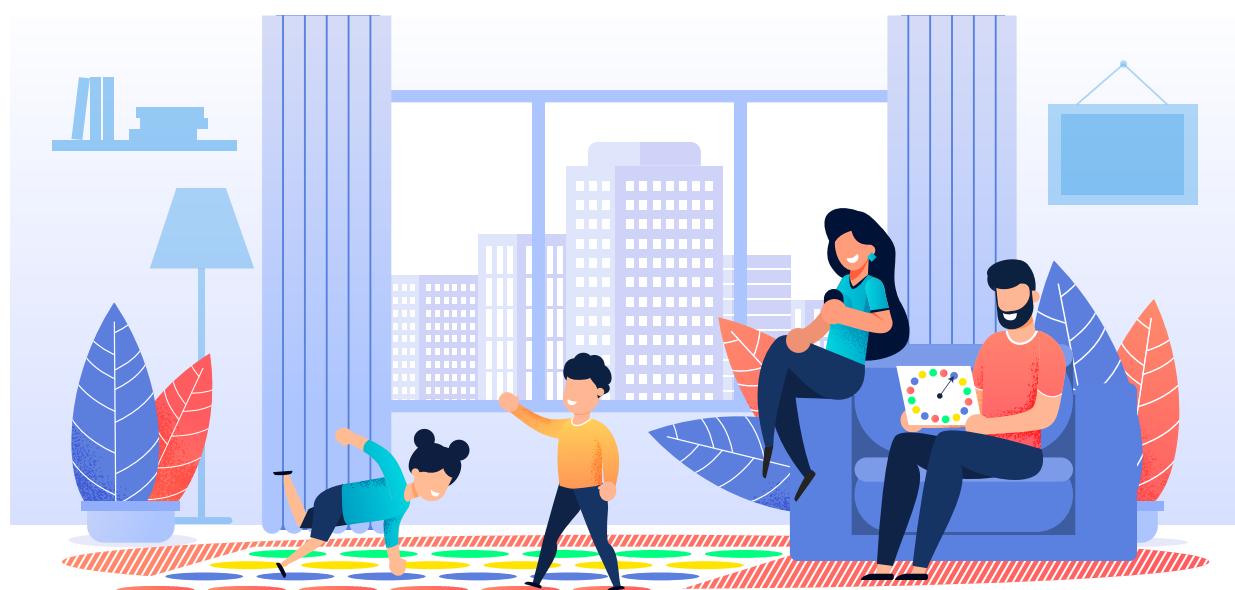
[Click here](#) for more tips on how you and your family can get a good night's sleep.

If your children are unable to do their assignments independently because they do not understand some parts, get them to note down parts they need help with, while they continue with other tasks. Guide them to ask the teacher their questions thereafter.



Bonus: Get your children to ask their older siblings (if they have any) for help so that they can all learn together! Your children's teachers will still be able to help if needed.

It will take some time for you and your family get used to the routines you enforce. Hang in there and persevere. We know you are trying your best and things will get better!



# My children are spending too much time looking at the screen. Help!

## Make screen time predictable

- Have a set time in their schedule for using devices (i.e. when and for how long). Follow through when the scheduled time is over. Switch off the devices so that they don't become a distraction.



**Recommended screen time for primary students:**  
30 minutes each time followed by a short break



### Tip for parents:

Your children learn from you. Role model the behaviour by putting away your work laptop or switching off the computer when you are done with work for the day. Limiting your own screen time is also good for your well-being!



# My children are spending too much time looking at the screen. Help!

## Use screen time to learn

- Given the current situation, an increase in screen time is very likely. However, you can use this time to help your children pick up new hobbies, skills or knowledge through educational content.

*E.g. websites/videos that feature storytelling, songs and games in both English and Mother Tongue languages*

**Upper primary:** Let your children research on something that interests them. To guide them, you can limit the websites they can browse, and get them to share with you what they've learnt at the end of the day.

### Useful links for children to explore independently:

- [Singapore Science Centre's Youtube Channel](#)
- [NLB's discoverReads DIY resources](#)
- [National Geographic Kids](#)



Check out NLB's daily "Storytime with our Librarians!", featuring stories in our four languages! Find out more on [Facebook](#).



### Tip for parents:

Keep your children safe online. Guide your children to ignore suspicious links or files sent by strangers or in pop-up boxes. Get them to check with you when in doubt.

To cut down screen time further, get your child to consider hobbies that can be learnt online, but take place offline. (e.g. Learning origami via a Youtube video, but making the origami away from the screen)

# My children are spending too much time looking at the screen. Help!

## Use screen time to bond

Screen time can also be used as bonding time for the family. Here are some ways:

- Exercising – Online fitness videos can be fun for the whole family and can boost your endorphins!
  - **Lower primary:** Dance to these [sit less, move more](#) workouts to get moving.
  - **Upper primary:** Try these [Disney-inspired workouts](#) to capture your children's attention.
- Cooking masterclasses – with tons of recipes and instructional videos online, a healthy, nutritious meal is a few clicks away. Get your children to help out!
  - Get inspiration from these [healthy recipes](#) or simply follow these [easy tips](#).



# My children are spending too much time looking at the screen. Help!

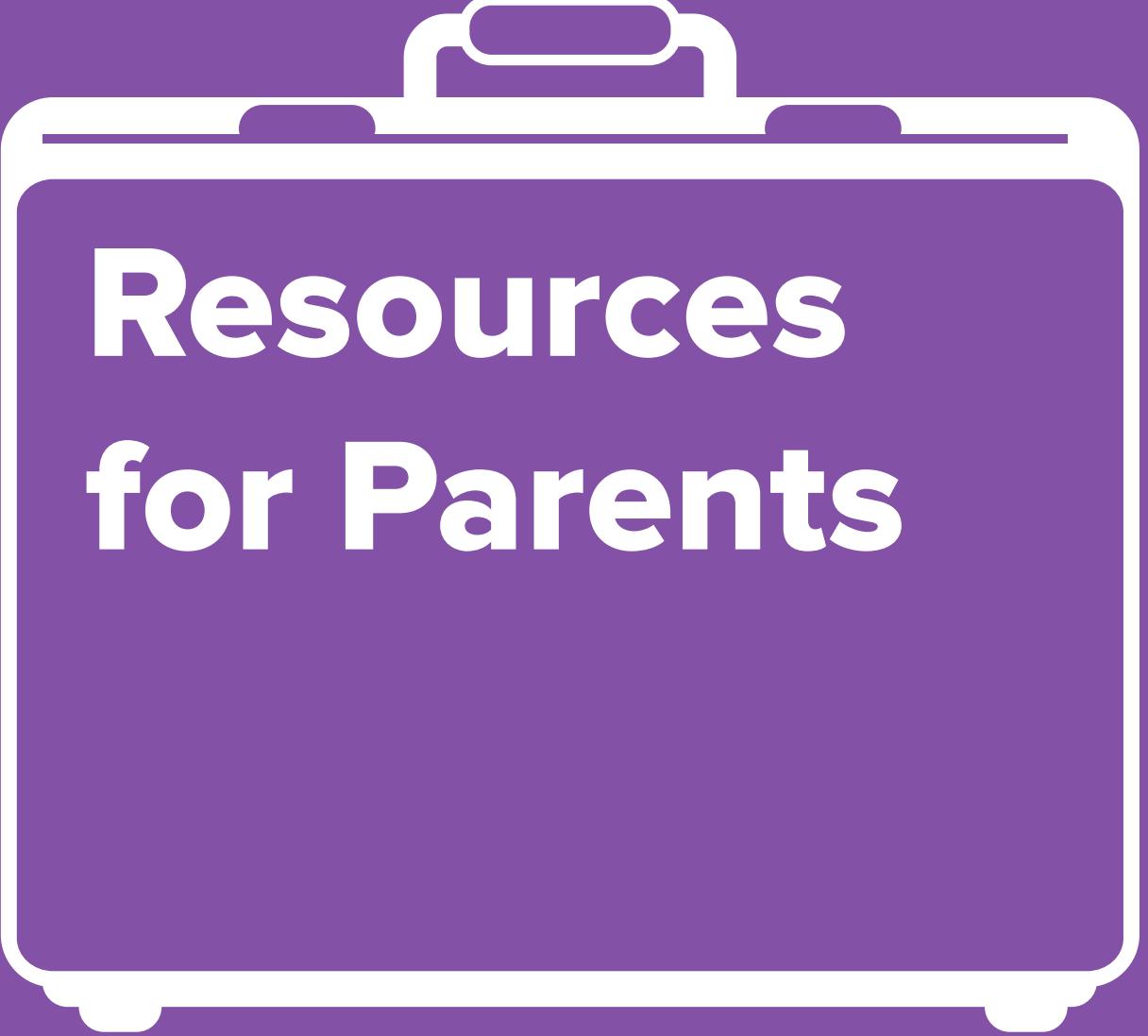
## Use screen time to bond

**Screen time can also be used as bonding time for the family. Here are some ways:**

- Exploring the world – Virtual museums and other virtual travel sites are the rage now.
  - Explore [virtual tours](#) of the Singapore Philatelic Museum.
  - Use [Google Arts and Culture](#). A few famous museums around the world also offer virtual tours.
- Reading a book together – With a wide array to choose from, find books to read with your children.
  - Use NLB's app, [Libby](#), to borrow e-books and audiobooks instantly and for free.
- Searching for family activities – From making inter-generational Tik Tok videos to charting your family tree, there are lots of family activities available on the web.
  - What are you waiting for? Start your search [here](#).



We also have a **Stay-at-home Bingo: Family Edition**, which you can use on your social media on pg 14!



# **Resources for Parents**

- 1. Work hours chart**
- 2. Activity ideas for younger children**
- 3. Stay-at-home Bingo:  
Family Edition**

# Daddy's and Mommy's Work Hours

**Monday to Friday**  
**\_\_\_\_ am – \_\_\_\_ pm**

For assistance, please knock only during  
the following timeslots:

E.g. 9am – 9.10am	____ pm – ____ pm
____ am – ____ am	____ pm – ____ pm
____ am – ____ am	____ pm – ____ pm

Please check **going “live”** hours before knocking

# Who is going “live”

	MON	TUE	WED	THU	FRI
AM	<p>E.g. Ah boy: 9.30am – 10.00am (English)</p> <p>Mommy: 10am – 11am (Meeting)</p>				
PM	<p>Daddy: 2.30pm – 3.00pm (Meeting)</p> <p>Everyone: 7.00pm – 8.00pm (Video chat with Grandpa &amp; Grandma)</p>				

# Activity ideas for younger children

## I Spy



- One person thinks of an object
- Provide some hints about the object (e.g. “I spy something that is soft and small.”)
- The rest to guess the object. First person who guesses correctly gets a point.
- Play the game again, taking turns to give hints.

## Shape Hunt



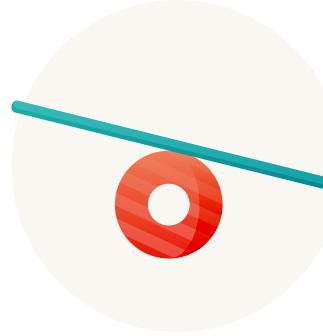
- One person decides on a shape (e.g. a triangle, square, circle, rectangle, oval, etc.)
- Go around the house to look for objects with that shape.
- Each person makes a list.
- Person with longest list after 5 minutes gets a point.
- Play the game again, taking turns to decide on the shape.

## Treasure Hunt



- Draw a map of the house.
- One person hides an object in one part of the room.
- Mark the location of the hidden object with an “X” on the map.
- First person to find the object gets a point.

## Balancing Act



- Choose an object and place it on your head/shoulder (e.g. soft toy, snack pack, etc.)
- Walk across the room with the object on your head/shoulder.
- Person who completes without dropping the object gets one point.
- Increase the challenge by using two or more objects at one time.
- Increase the challenge by walking faster!

# STAY AT HOME BINGO

## Family Edition

Tag us at #moesingapore

1. Screenshot this page
2. Check off the things that your family has done
3. Share this with your friends to show them what your family has been up to!

Found good work & study spaces for everyone	Made sure to get at least 8 hours of sleep every day	Cooked a meal together	Organised a karaoke/ sing along session	Allowed each other to focus during work and school time
Explored a new hobby as a family	Took short breaks to rest our eyes and recharge	Caught up with grandparents over the phone	We had PE together as a family	Took our temperature twice a day to monitor our health
Created an art masterpiece	Ate healthily most of the time (some snacks allowed)		Talked about how our day went during meal times	Texted/called our friends to check in on how they're doing
Washed our hands regularly	Carved out time for reading	Did household chores as a family	Played games together	Decorated the home together
Used a virtual tour to explore the world together from our home	Conducted a science experiment at home	Listed 3 things we are grateful for	Had a movie/TV night to bond	Thanked each other for making the day fruitful for family

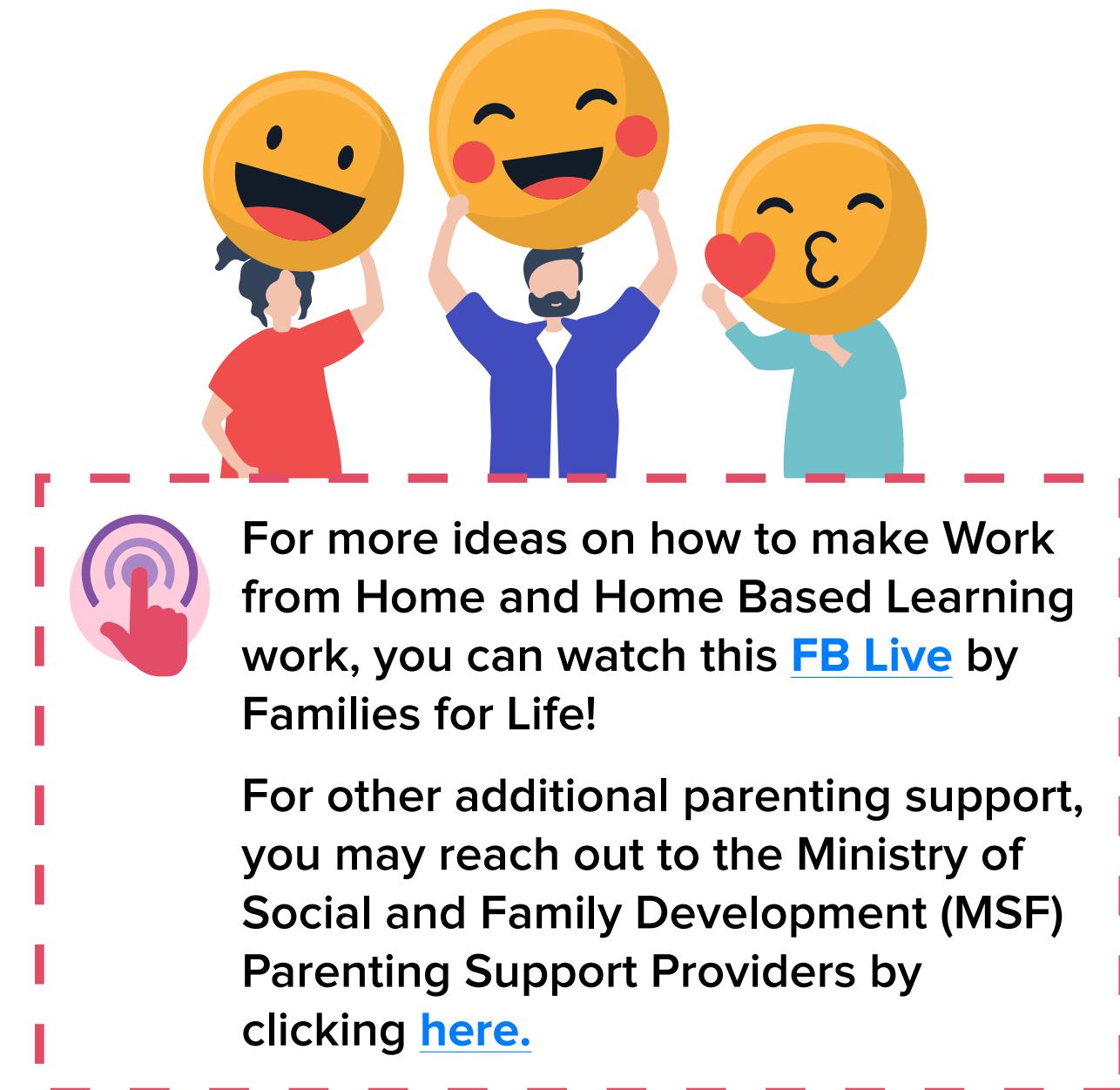
Share this with 3 people to find out how their families are doing too! (Remember to share the blank template)

# Juggling Work-from-Home and HBL is not easy, and it's okay if things are not perfect at the start

As we get used to the new routines for HBL, things will become more manageable. Our children will also become more independent.

Stay connected with other parents! Keep in touch with parent support groups in your school or community that may be able to provide you with support and practical tips to help you adjust to working from home and HBL.

Let's be positive, and use this Circuit Breaker to spend more time with our family, create new experiences, make new discoveries and stay safe.



For more ideas on how to make Work from Home and Home Based Learning work, you can watch this [FB Live](#) by Families for Life!

For other additional parenting support, you may reach out to the Ministry of Social and Family Development (MSF) Parenting Support Providers by clicking [here](#).

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Health  
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**Want more Parent Kits?**

[Click here](#) to tell us what you'd like to see – about HBL and beyond!

