

PARENT KIT

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Ministry of Education
SINGAPORE

Back to School: All Onboard for Term 3

Wondering how to ease and support our children as they head back to school? Check out some of these conversation starters - remember to do it with a smile.



To encourage self-awareness

- What is one thing you are looking forward to in the new semester?
- What did you do in school today/this week that made you proud of yourself?
- What was tough for you at school today/this week?

To encourage learning and reflection

- Tell me about something new or interesting you learnt at school today.
- What new skill do you wish to learn at school this term?
- How can I support you?

To develop relationships with others

- Who did you talk to most at school today?
- When you need help at school, who do you turn to?
- How were you a good friend to others today?

Sometimes, the best support we can give our children is simply to listen actively without judging.



How else can we support our children...?

While supporting our children in the transition back to school, let's look out for their well-being by making sure they get enough sleep.

With enough sleep, our children will learn better, and react more positively under different situations. [Check out this resource](#) on the benefits of sufficient sleep.

DID YOU KNOW?

Younger children aged 6-13 should get at least 9 hours of sleep, and teens aged 14-17 should aim for at least 8 hours.



What are some bedtime routines I can practice with my child?

Eye on the Clock

In adjusting your child back to school day bedtimes, try getting them to bed 15 minutes earlier each night for a gentle transition. If 15 minutes is too much, go for 5 minutes for a start!



Lay the Screens to Sleep

Discuss and draw up a timetable with your child on the appropriate use of device. Try having screen-free zones in the home, e.g., dining area, bedrooms, or leave devices in a common area before bedtime.

Put Our Hearts to Rest

Avoid stimulating food or activities before bed, such as soft drinks or sports.

Wind down with audiobooks, storybooks, guided relaxation, and calming music and scents. You can also do a reflection activity with your child, such as a gratitude journal.



Role-modelling is one of the best ways to inspire. If our children observe us winding down, toning down on screen times and heading to bed earlier, they will pick up good sleep habits too.

TIP

'Consleepstency' is key... Zzz...

Good habits take time and the answer lies in consistency. Figure out a bedtime routine that works for your child, and keep at it every day.

How can I ensure my child sleeps comfortably?

Keep **CALM** with your child for restful sleep.

- C**heck in with your child on what they need to sleep better (E.g. Will a bolster help? How about a soft toy?)
- A**djust the room to a comfortable temperature
- L**ower the lights to keep the room dark (E.g. Can the curtains block out light from the street? Are the lights switched off/minimal?)
- M**aintain quietness (E.g. Is the room door closed to block out noise? Will the noise in the living room affect them?)

Wishing you and your family a great Term 3 ahead!



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