

PARENT KIT



Guiding Our Children Through Their P1 Transition

Our children may be feeling a mix of emotions as they move closer to entering Primary 1. In fact, as parents we may be feeling anxious too and it's completely normal. Here are some ways to ease the transition for ourselves and our children [as they enter Primary 1](#).

Bedtime Routines Before School Starts

- Primary school starts early, and our children need enough sleep (between 9 to 11 hours) to stay focussed in class. We may start preparing our children about 2 weeks before school starts to go to bed on time or just 10 to 15 minutes earlier each night to adjust to a new bedtime routine.

Check out [page 15-16](#) of the Parent-Child Activity Book (PCAB) for an activity before bedtime.



Involve Them in Packing Their School Bags

- Practise preparing for school by packing their school bag together. Chat with our children about what items should be packed into the school bag.

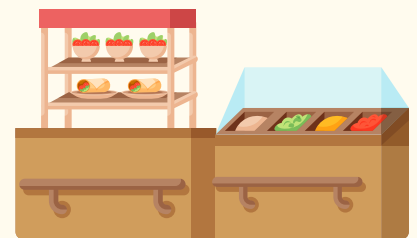
“Let’s have a look at the school’s timetable. What do we need to pack? Would we need to pack in books, your pencil box, and your colour pencils?”

Check out [page 18-20](#) of the PCAB for more ideas on bag-packing.

Prepare Them for Buying Food at the School Canteen

- Help our children gain confidence by role-playing as the canteen stall owner and let them try ordering food and handling money. We may also encourage our children to buy their own food or drinks when we head out for family meals.

Check out [page 24-25](#) of the PCAB for role-play ideas.



Have Conversations About Making New Friends

- [Practise small steps](#) with our children to help them relate with others and make friends. Try role-playing with them by pretending that they are meeting you for the first time.

“Shall we practise introducing yourself when you meet your classmate? Daddy can pretend to be your new classmate. You may say hello, my name is Evelyn. What is your name? What do you like? May I sit next to you or play together?”

- Children learn by example. We can role model making new friends by showing them how as adults, we can make new friends too.
- Once they start school, we may ask them who they met, the names of their new friends, and who they sat next to in class and at recess.

Check out [page 34-35](#) of the PCAB and [an article to help your children ace their first week of school](#).



Prepare Our Children on What They Can Expect in School by Talking Through Their Schedule and Experience



Mummy, what if I miss my friends from kindergarten?

Evelyn, I know that you are feeling sad and missing your friends. Let's look forward to making new friends in primary school. You can try walking up to your classmates with a bright smile and say "Good morning, I am Evelyn. What's your name?"

Try Out These Scenarios With Our Children

A. Talk about the different experiences they may encounter in school such as Morning Assembly, lessons and recess.

"You will arrive at school and there will be older boys and girls who will help you find your classroom."

"You will meet your form teacher and other subject teachers for lessons in the classroom. You may buy food at the canteen during recess."

"Remember how we practised buying food? I am sure you will do fine and have a fun day meeting your new friends and teachers."

B. Practise different situations with our children and encourage them to ask for help when needed.

"What will you do if you forget to bring your money for recess? Is there someone you can approach for help?"

"You need to use the toilet. What will you do?"

"How can you get help if you can't find mummy at the school gate after school?"

Check out [page 64-66](#) of the PCAB for more tips on asking for help.

Our children's first day of primary school will be a unique experience. Let's cheer them on, support them to adjust well, and not worry about over-preparing them.

"I am happy to be in school because I can meet more people and learn more things."

Jesper Neo, Student of Class 1C, Waterway Primary School

"We actually need to teach social skills to our children, and this takes time. I hope parents understand that you need to talk it through with your children and role model."

Mr Sam Wong, Principal of Canberra Primary School

"My child's first day of school is here. Having gone through the preparations such as teaching my child to buy food during recess, pack his school bag, and how to treat his teachers and peers with kindness, patience, and courtesy, I'm sure my child will be just fine."

Parent Tips from our [Transition to Primary One video](#)

Check out [these tips](#) on how to better equip our children with social skills from our Parent Instagram.



Additional Tips for Parents

- Positive and meaningful [school-home partnerships](#) will help our children adapt and learn well in school. Share your children's interests, needs, and medical intervention history (if any) with their school.
- Encourage our children to show and share kindness – Singapore Kindness Movement has some [family activities for you and your children](#).
- We may be concerned about our children's academic readiness for Primary 1 and how we can support them. Watch the recording of our ["Ask Me Anything About... Journeying with Your Child to Primary One"](#) session organised on 24 November 2022, to find out how to support our children to discover their own learning.



"Let the children discover the learning. They may not be fantastic in everything, and it is okay if they were to start slow. They will pick up what they like and then they will learn from their friends. Learning is not only from their teacher, but also from their friends and the environment."

Mr Sam Wong, Principal of Canberra Primary School

"Don't be 'kancheong' and panic so much. I think when I was a first-time parent, I panicked a lot. Now that my third child is going into Primary 1 next year, I've learned to let go a little. People ask me, what are you doing to prepare your child? Well, he can read, he can use the toilet on his own and he will listen to the teachers. I think that's really important as well."

Mrs Cheryl Lee, mother of three and PSG leader at Catholic High School



As we support our children for Primary 1, enjoy the experiences and memories formed together. These are the moments our children will remember 🥰



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