



Ministry of Education
SINGAPORE

PARENT KIT

Starting Your Primary 1 Journey

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Singapore

Your child will be reaching another milestone going into Primary 1 soon.

Read on to find out how you can support your child and make the transition a smooth one for them as they:

- **Adapt to a new environment**
- **Build new relationships**
- **Learn new things**





Embarking on a new adventure

Unlike pre-school, there will be new subjects, a different timetable and longer school hours.

"With so many things to learn, how do I start?"





Embarking on a new adventure

Starting a new routine and timetable

- **Create a daily schedule** that includes blocks of time for different activities such as play, homework and sleep.
- **Talk to your child** about getting ready for school, playing with friends and setting time aside for homework.
- Help your child **learn how to complete a task** before moving on to the next activity.



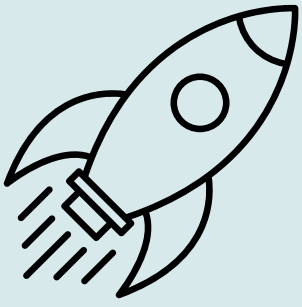
Tip: Create a **conducive learning environment** at home and set aside time for **learning every day**, e.g., read with your child or practise counting objects around the house.

Hear from Mrs Peggy Chan, a senior teacher, about some tips on preparing your child for Primary 1.

[CLICK HERE](#)



Check out **page 15-16** of the Parent-Child Activity Book **which your school will provide you** with for an activity on bedtime!



Setting off on their journey

Here are some good habits and skills to help your child develop and feel assured as they take **FLIGHT** in this new journey:

Follow instructions, ask for help when needed

Learn to be independent

Interact with others

Go to the toilet on their own

Have good personal hygiene

Take care of personal belongings

**Hear from Mrs Marjorie Seek, a teacher,
about the soft skills your child really needs
to start Primary 1!**

[CLICK HERE](#)





Setting off on their journey

How do I help my child prepare for the transition?

Follow instructions

- Help them learn the importance of staying focussed and following instructions e.g., through a simple baking activity.



Check out **page 64-66** of the Parent-Child Activity Book on how to encourage your child to ask for help when needed.

Ask for help when needed

- Encourage your child to ask for help if they need it.
- Teach them when they should ask for help, who to ask help from and how to ask for help e.g., from teachers or fellow classmates.



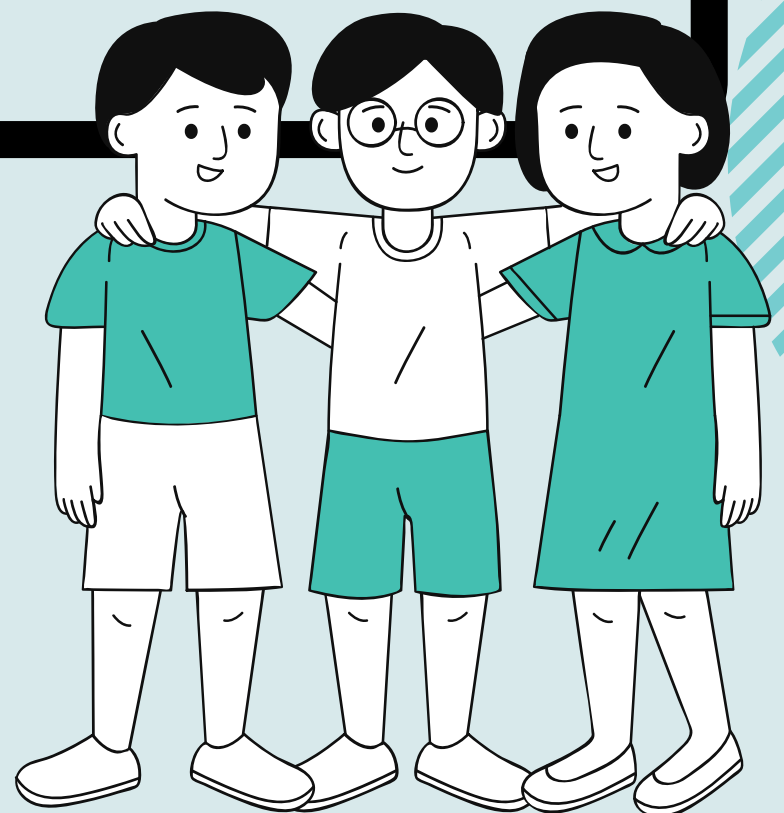
Setting off on their journey

How do I help my child prepare for the transition?

Learn to be independent

- A big change from pre-school to primary school includes new things your child will have to do independently.
- Provide opportunities for your child to be independent in tasks such as changing their clothes and cleaning up after themselves after an activity.
- Developing these practical skills early can help inculcate an attitude of independence and give them more confidence in their new environment.

Check out **page 59** of the Parent-Child Activity Book on how to guide your child towards being more independent.





Setting off on their journey

How do I help my child prepare for the transition?

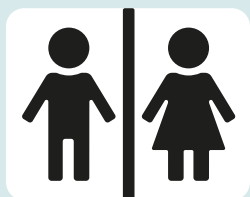
Interact with others

- Show your child how to say hello to a new friend at school.
- Model good behaviour such as taking turns and saying "please" and "thank you".
- Help them develop self-control and manage their emotions when they lose in a game e.g., musical chairs.



Check out **page 34** of the Parent-Child Activity Book on making friends!

Go to the toilet on their own



- Explain to your child why it is important to learn how to go to the toilet on their own and to clean up properly afterwards.
- Let them know that it is okay to ask for help or ask for a buddy to go with them at the start.



Setting off on their journey

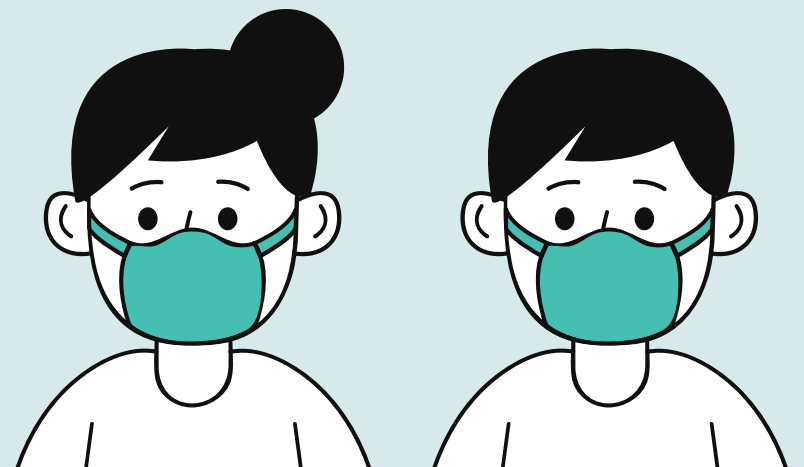
How do I help my child prepare for the transition?

Have good personal hygiene

- Remind them to keep their masks on in school unless they are eating and to observe safe distancing. Help them understand the importance of doing so.
- Remind them to keep their hands clean and wash them regularly e.g., before and after meals.

Watch this video with your child as Singa, the Kindness Cubbies and the Soaper 5 remind them about the measures to keep them safe at school.

[CLICK HERE](#) 





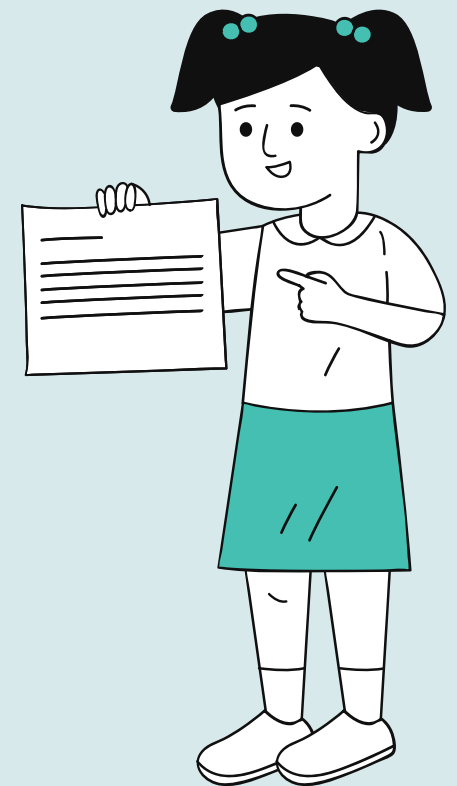
Setting off on their journey


How do I help my child prepare for the transition?

Take care of personal belongings

- Start supporting them in packing their bags for school and remind them to pack only what is needed.
- Guide your child to write their name on their belongings.
- Teach them how to manage their money* so that they can buy food during recess.

** If your child would like to buy something from the bookshop, remind them to ask for permission from you the day before.*



 **Tip:** Practise the new routine and route to school. Helping them get used to it earlier may help them feel more prepared.



Check out **page 18-19** of the Parent-Child Activity Book to help your child learn what should go in their bag!



What if my child needs additional support?

Share your child's strengths, interests and needs with the school

1. Interests that engage your child
2. Any triggers (e.g., loud noises) and how to soothe your child
3. Medical and early intervention history
4. Tips for your child's day-to-day self-care
5. What to do in an emergency

Work with the school to help your child adapt

- Check with the Principal on who to contact about your child's needs.
- Connect school personnel with your child's pre-school educators and medical/early intervention professionals.
- Visit the school with your child to become familiar with the environment.
- Give teachers time to get to know and support your child.

Check out more on transition support for your child on MOE's website.

[CLICK HERE](#)





What if my child feels anxious about starting primary school?

- Listen to your child, acknowledge their feelings and assure them that it is normal to feel anxious.
- Share with them what primary school is about and get them excited about starting this journey.

Show them a video of what primary school will look like.

[CLICK HERE](#)



Check out tips on how to nurture the social and emotional skills of your child.

[CLICK HERE](#)



- Let your child participate in buying school supplies. Talk to them about which items are for which subjects and get them interested in what they will soon learn.
- Talk about different experiences they may have in school and how they can cope with them, especially the ones they may feel worried or anxious about.

Check out **page 65-66** of the Parent-Child Activity Book on some scenarios to talk through with your child.

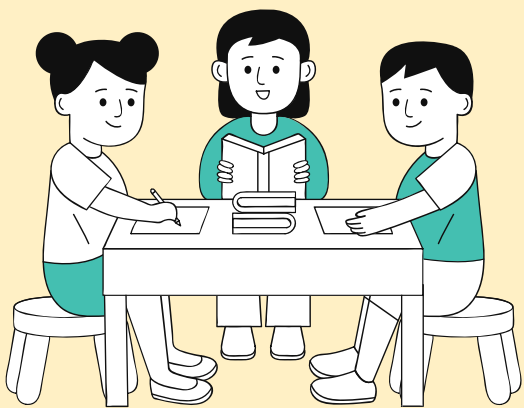




What if my child cannot cope with the academic demands?

- Every child learns at a different pace - **do not be too hard on them.**
- Assure your child that they **do not need to know everything at once.**
- **Keep a positive attitude** towards learning.
- Our **schools and teachers** will help your child learn and enjoy learning.

It is more important to motivate them to nurture a **love for reading and a **curious mind** to explore and learn.**



- Take them to the library and let them choose books that get them excited.
- **Help them love reading by reading together with them.** Parents are one of the most powerful reading role models in a child's life!

Sign your child up for a free library membership and myLibrary ID to enjoy NLB's e-resources.

[CLICK HERE](#) 

Read together with your child at NLB's Storytime.

[CLICK HERE](#) 

Enjoy the journey!

There may be challenges along the way, but you can look at them as **learning experiences**.

We hope these handy tips will help you and your child to **learn and grow together!**



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