

## TIP 2



# Practise Routines

**Building good habits helps your child cope with the many new things they will encounter this year.**

School is a lot more structured than your child is used to. Lessons are longer and so is the school day. Buying food at recess is a new experience and they will need to go to the washroom on their own. After-school activities and homework might take some getting used to. Practising routines will help your child face the unfamiliar with a smile!

# What's In Your School Bag?

Help your child develop the good habit of packing their bag before school. Chat about what goes in each day and how to check that they have everything they need. When they are ready, let your child try packing their bag on their own.

Here are some questions you can ask:

What should you bring to school every day?

- My pencil case
- School Diary
- 
- 

Which books should you bring?

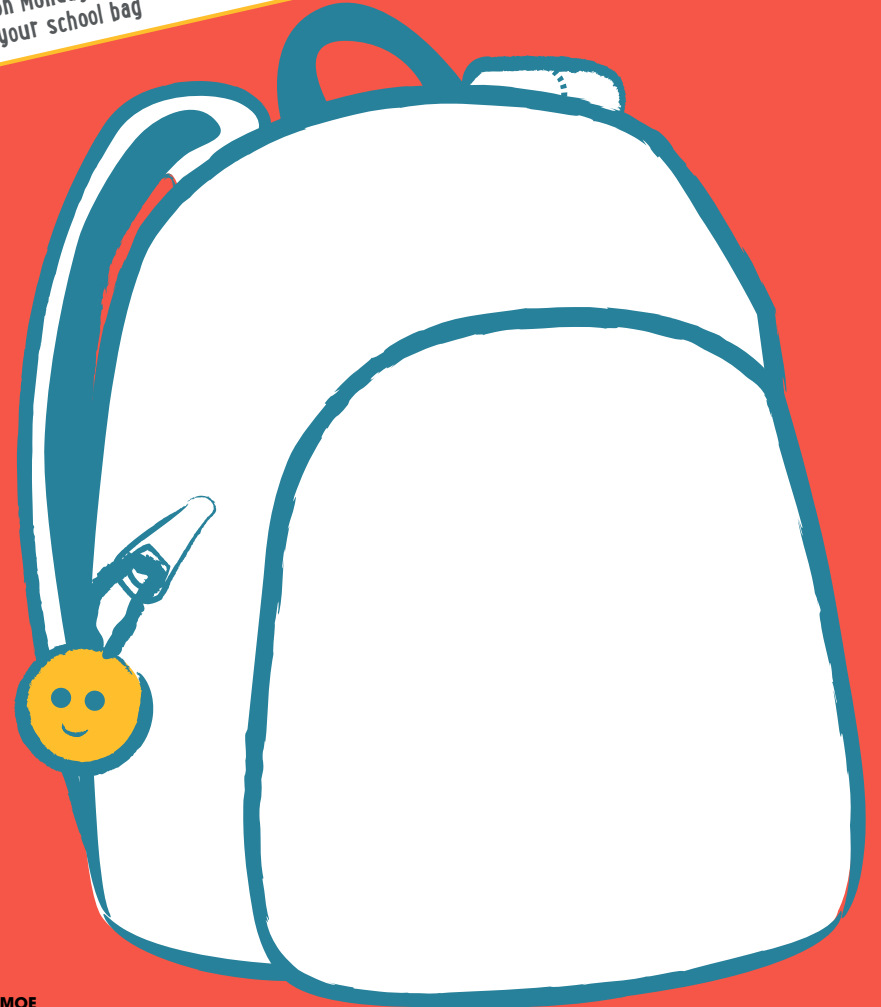
- Have you checked your timetable?

Anything else?

- Have you checked your School Diary?
- Have you packed your homework?
- Did your teacher give you any forms for me to read or sign?



What should you bring to school on Mondays? Draw the items in your school bag

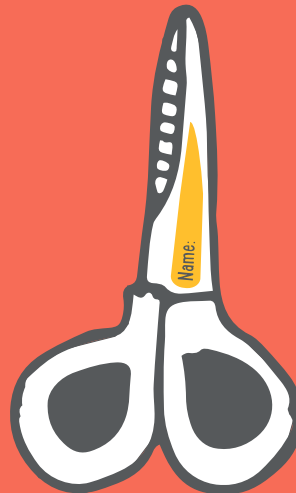
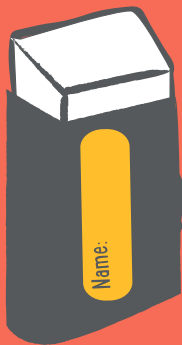




# My Pencil Box

Your child's pencil case is a treasure chest of prized stationery. Teach them to take good care of it.

Get the name stickers from the pocket at the back of the book, and guide your child to write his/her name on them. Stick the stickers onto their pencils, ruler etc.

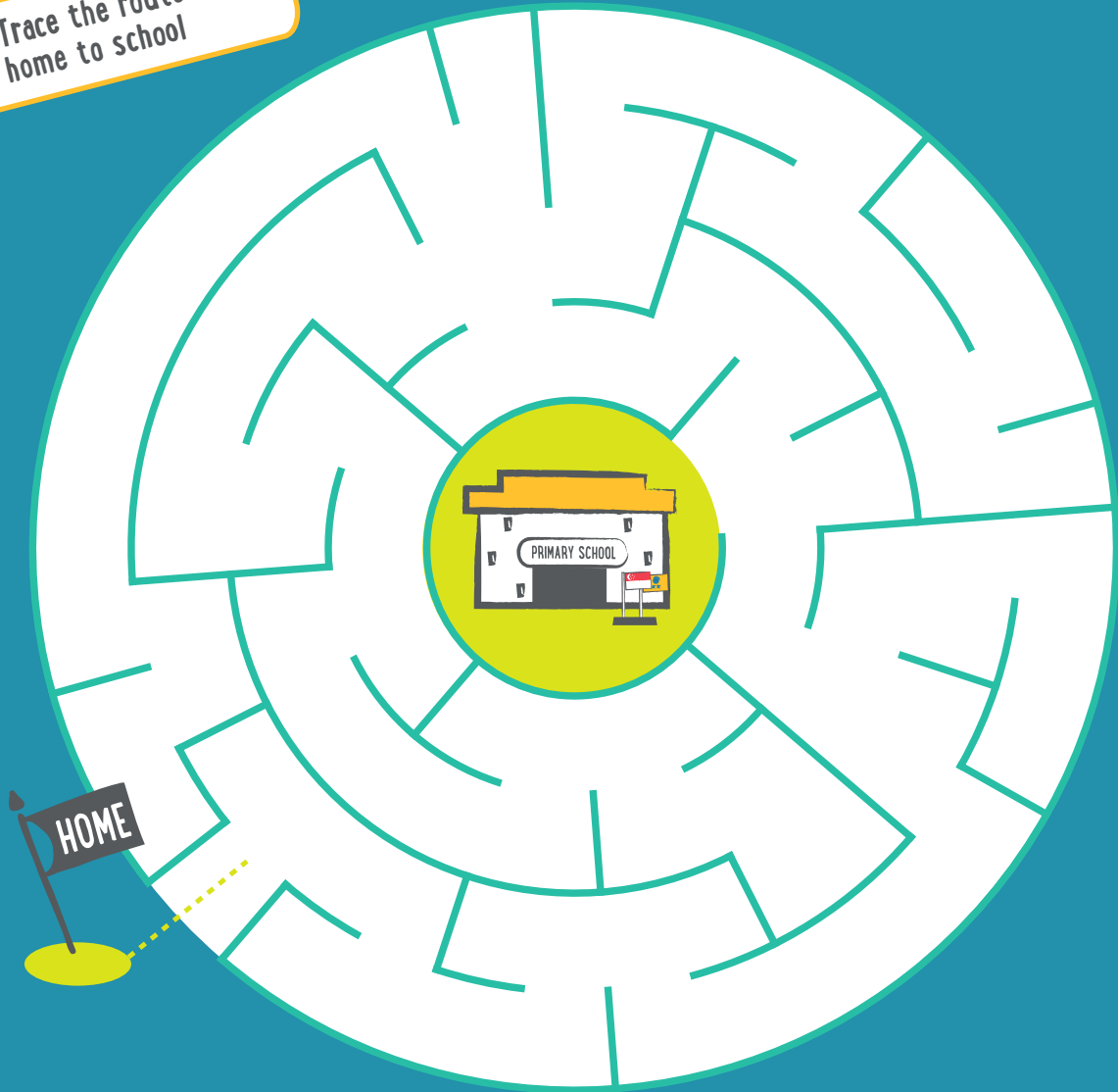


# Travel Tips!

Show-and-Tell \*



Trace the route from home to school



How will your child travel between school and home?  
Talk through the steps with your child, so they know  
where to wait and who will be taking them.



How will your child travel between home and school?

## Walk

- Who will take you to school?
- Where should you wait to be fetched?
- How will you go to school if it's raining?
- How do we cross the road safely at zebra crossings and traffic lights?



## Public Transport

- Who will go with you?
- How do you get to the bus stop/ train station?
- Which bus/ train will you take?
- Where will you get off?
- Where will you keep your EZ-Link card safely?
- How do you use the EZ-Link card?
- What do you do if your EZ-Link card runs out of money?



## School Bus

- Where should you wait for the bus in the mornings?
- Where should you wait for the bus after school?
- How do you know which one is your bus?
- What will you say to the driver when you board and get off the bus?



## Car

- Where should you sit in the car?
- Where does your school bag go?  
[Clue: Not in the boot, so you can get out of the car quickly!]
- Who will take you to school?
- Where should you wait to be fetched?
- Who should you call if the car hasn't arrived?



Do a practice run before school starts!

# Let's Buy Food

Your child will need to buy food at the school canteen. Practising this at home will help your child feel more confident during recess.

Try out this dialogue, with you and your child switching roles. You may wish to take on the "student" role first, to role-model the interaction.

Use real money to play it out.



Make sure to collect the right change!

# FOODSTALL

chicken rice  \$1	fishball noodles  \$0.70	chicken burger  \$1
fruit  \$0.40	packet Milo  \$0.70	sandwich  \$0.50

Remember to eat your fruit - it's full of nutrients and tastes good!

Show-and-Tell ✨

# School's Over. Now What?

Ask your child about what they will do every day after coming home from school.

Write or draw in your daily routine

A large circular clock face with a yellow border and a central yellow dot. The clock is divided into 12 segments by dashed lines, with numbers 1 through 12 arranged around the inner circle. The segments are intended for a child to write or draw their daily routine. Two examples are provided: the 12 o'clock segment contains the text "Example: Snack + TV" and icons of a glass, a plate of food, and a television; the 5 o'clock segment contains the text "Example: Play Time" and icons of a ball and two blocks.



# Wow, You're In Primary School!

Starting in primary school is a big milestone for both you and your child. Use the page behind to write a note to your child and read it aloud.



Dear \_\_\_\_\_,

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Love,