

PARENT KIT

Preparing our children for Primary 1



Ministry of Education
SINGAPORE

**Our children's primary school journey will be a unique experience.
Let's cheer them on and support them in adjusting well.**

Do try out the following tips and enjoy the experiences and memories formed together.

Tip 1: Guide our children to develop good habits and skills

In primary school, our children will experience new subjects, a new timetable and longer school hours.

- Put in place bedtime routines to support our children to get enough sleep (at least 9 hours). Guide them to pack their bags and set the alarm clock the night before.

★ Check out [Page 10-16](#) of the Digital Parent-Child Activity Book (PCAB) for more tips and activities.



- Encourage our children to learn and complete tasks independently. This will help them to be responsible and confident over time.

★ Watch the recording of ["Ask Me Anything About... Journeying With Your Child to Primary 1"](#) to find out more.

- Encourage our children to be friendly by saying "Hello", greeting "Good Morning" and smiling at their new friends and teachers.

★ Find out more [here](#), and [check out this video](#) for tips on how we can support the social and emotional learning of our children.

“ Parents, let's guide our children to develop patience, independence, decision-making skills and an open mind to embrace differences.

- Koay Boon Kai, Parent of two children (7 and 9 years old)

Tip 2: Work with the school to support our children

- Support our children's learning by knowing their strengths, interests and needs.

★ Check out [Page 79-86](#) of the PCAB.

- Visit the school with our children to familiarise them with the environment. Talk about 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 PCAB.



- Work with the school if they should be aware of our children's triggers or medical history. Connect school personnel with our children's pre-school educators and medical/early intervention professionals.

💡 Practising Cyber Wellness



- In school, our children may experience learning through devices, and we can start building good digital habits from home.
- Based on [MOH's Guidance on Screen Use for 7-12 year old](#), parents are encouraged to:
 - Use parental control settings to monitor and ensure children's access to age-appropriate content.
 - Develop a timetable or screen use agreement to balance screen time and family bonding.
 - Avoid screen use during mealtimes and one hour before bedtime.
- Co-viewing with our children is also important. Knowing what our children are viewing will create more opportunities for conversations.

As our children embark on new experiences, let's continue to bond with them and build positive parent-child relationships.

- Have regular conversations with our children.

★ Check out [The HeART of Conversation Instagram Live](#).

- Encourage our children to share their thoughts and feelings.

“ It's important to keep communicating and spending time with our children. While it's really difficult for both working parents to spend time together, the key is to keep trying to find small pockets of time to spend with our children.

- Edwin Tan, Parent of two children (5 and 7 years old)



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