



HELPING YOUR CHILD TRANSIT INTO P1 WITH EASE

About Morning Star Community Services

Website: www.morningstar.org.sg

Social Service Agency since 1999

Mission: Enrich and Strengthen Family Life

Member of National Council of Social Services in 2002



REFLECTION

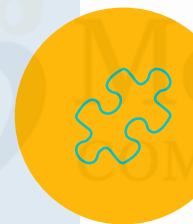


What were your feelings last night before first day of school?

What were your child's feelings last night?

How did you want today to end?

How do you want your child to end his/her first day at Primary School?



WHAT DO WE WANT FOR OUR CHILDREN IN PRIMARY 1?



Independence


Confidence

Make new friends

Good learning experience

Able to problem solve

Time Management



**ENTERING INTO
PRIMARY 1 IS
THE START TO
A NEW TIME OF
LIFE**

- Marks a new beginning
- A time of transition and change



TO BECOME SUCCESSFUL

It's not just results but
the way (process) to
become successful





OVERVIEW

1. What makes a Secure and Accomplished child?
2. Some challenges children face
3. Ways Parents can meet children's needs
4. What Parents can do more of ?



What makes a Secure and Accomplished child?

FEELING CAPABLE – KNOWING WHAT TO DO AND BEING ABLE TO DO IT

EVERYDAY SKILLS



**SELF HELP
SKILLS**

ROUTINES



**SOCIAL
SKILLS**

1. EVERYDAY SKILLS



Taking a shower

Packing school bag

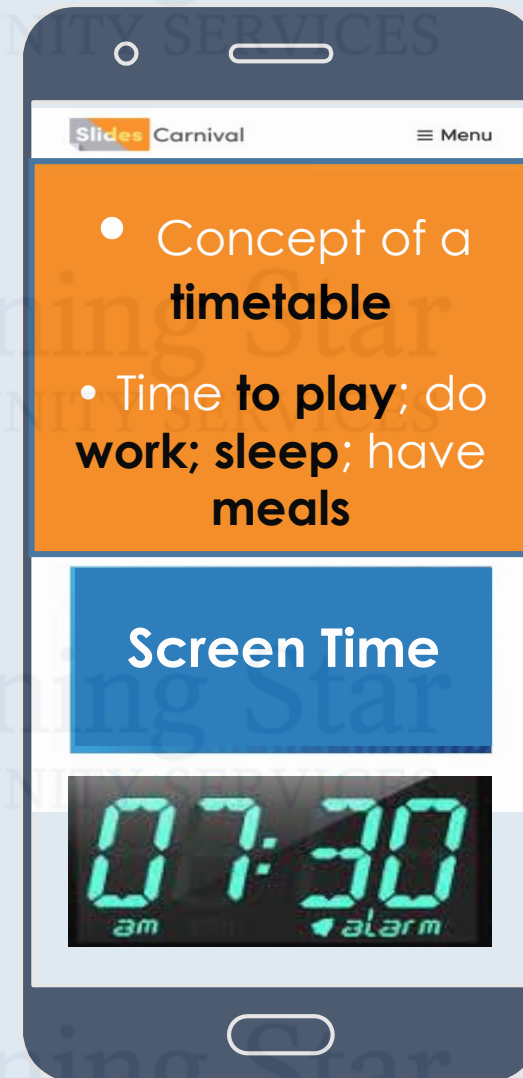
Handling money

Putting on uniform

Tying own hair

Buying food

2. GETTING USED TO ROUTINES





3. Self Help Skills



How to ask for help

Asking for directions

Asking teacher to repeat instructions

Inform teacher about forgotten HW/worksheet

Help for Lost belongings

4. Social Skills



Making friends

Sharing with others

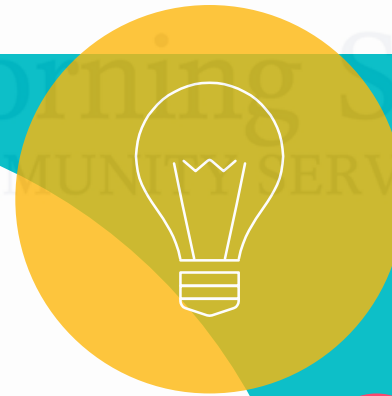
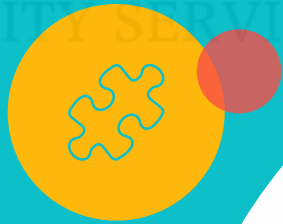
Joining in a game

Helping others

Taking turns



What
challenges do I
think my child
may face in
P1?



Growing
up time



Learning Journey:

Separation
anxiety

Test their
boundaries



Struggle to get used to
routines and structure and
become disciplined



What our Children Want less of

To sit down for long periods of time

Over focus of having to write neatly

Strict and rigid schedule

To stay at home for long periods of time

To read especially for a long period of time; too much work on assessment books

Being rushed

PARENT'S SELF REFLECTION

Over-reacting when teachers call

Being too busy with work

Too high expectations

Being over protective

Using threats, scolding, shaming methods

Ignore child for long periods





What Children Need



Unconditional
Love

Understanding



Non-
judgmental
acceptance

Balance between
play and work

Ways Parents Can Meet Kids' Needs



How do I
manage this?

What's next?

Is he ok?

- Prepare for the New Norm
- Manage own stress
- Encourage them when they get anxious
- Discipline with respect and self-control
- Get other caregivers to help out

What Parents Can Do More Of?



Coach them

**Catching
children
doing the
right things**

**Setting
limits**

**Having daily
routines**

**Talk with
your
children**

**Giving
effective
consequences**



Coping with Challenges



- Not a failure
- Learning opportunity
- Focus on the child
- Protect relationships at home





Meeting Own Needs as Parents

PARENT
SELF ♥ CARE

Over-stretch ourselves and sleep deprived

Weekends are a crazy rush

Neglect marriage



Rest, Recharge

Get support

Manage own stress from work, marriage



Feedback



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Key in following URL:

<https://tinyurl.com/OEPSTransition2023>





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