

# Transition from Preschool to Primary School



# Parent Kit

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# **Congratulations!**

## **Your child has reached yet another milestone!**



Read on to find out how you can support your child and make the transition to P1 a smooth one for him/her.

Also, find out what you don't need to worry about when preparing your child for the next phase of their education journey.

# Tips to Support a Smooth Transition for Your Child



# Tip #1: Develop good habits

**Preschools and Primary schools' routines and schedules are different. To help your child adjust to the new routines and schedules, you can get your child to:**

- Practise going to bed and waking up at the same time daily during the holidays. Having sufficient sleep and a good bedtime routine is important in sustaining him/her through the school day.



Alternatively, just before the school year begins, you may want him/her to start heading to bed earlier, and waking up earlier so that his/her body clock can adjust.



Check out page 15 - 16 of the Parent-Child Activity Book for an activity on bedtime.



# Tip #1: Develop good habits

- Pack his/her own bag. At the start, you will need to show them how to do so using their timetable. Once they can do this independently, you can entrust this task to them. This will help your child develop responsibility and ownership over his/her items.



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

- Start the day with a good breakfast!  
A nutritious meal will ensure your child has the energy to go through their lessons.



Help your child to also make healthy food choices with this [Fun With Food Activity Book](#). [Click here](#) to find out what constitutes a healthy and nutritious breakfast for your child.



Need ideas on quick, easy recipes that are also healthy for your child? Check out these [videos](#).



## **Tip #2: Guide your child to be independent**

**While their teachers and friends will always be there to lend a helping hand, doing things on their own will help your child learn to take responsibility and be independent.**

**Teaching them how to do these on their own will help ease them into primary school life.**

- Get dressed for school and PE lessons
- Pack and organise his/her school bag
- Go to the toilet
- Practice good hygiene (e.g. washing their hands, brushing their teeth...)
- Order food at the canteen and manage their own money
- Ask for help. This could be from teachers, friends, school staff or any adult in the school environment.



**Help your child commit to doing some of these independently when they are ready. Refer to page 59 - 61 of the Parent-Child Activity Book.**

## Tip #2: Guide your child to be independent

Provide your child with the opportunities to practise independent skills, under your guidance and supervision, both at home and while out and about.



Acknowledge and praise them for their effort when trying to master these new skills.

Praising them is a way to communicate your support and care. [Click here](#) for tips on how to give praise effectively.



## Tip #3: Practise making friends!

Seeing a sea of new faces can be overwhelming for young children, but a simple hello can turn strangers into friends. Help your child practise making friends by:

- **Role-modeling the use of friendly and polite phrases.**
  - “Hello! My name is... what is your name?”
  - “May I please...”
- **Providing opportunities for them to share and take turns during playtime with other children.**



Curious to find out how you can develop your child's social and emotional skills? Check out this [infographic](#).



Check out page 34 - 38 of the Parent-Child Activity Book for activities on making friends.





## **Tip #4: Set up your home environment to encourage learning**

Having a dedicated area for learning, such as doing school work or reading, can put your child in the right frame of mind for learning. If you have more than one child, try to allocate areas for each child to learn independently or together. It's ok for your children to share these areas if there isn't enough space in the house.

**Most importantly, remember to set aside time for reading, school work, rest and play in your child's daily schedule.**



## Tip #5: Have regular conversations with your child

Conversations strengthen your relationship with your child and help you understand your child's experiences and points of view.

- Before the start of school, talk them through how primary school life will be like and what they need to do, e.g. what they would be doing during assembly, how many students there will be in their class and what they could do during recess.



You can also walk your child through what the primary school might look like by watching our [360 degree video](#).



## Tip #5: Have regular conversations with your child

- Have conversations with them about their experiences in school and encourage them to share their thoughts and feelings when talking to them. Role model this by sharing your thoughts and feelings too.

Acknowledge the feelings your child shares about going to a new school (e.g. It's okay to be worried about going to a new school) and teach them ways to cope and manage their emotions (e.g. taking deep breaths, talking to an adult about their feelings...)



For more tips on how to have conversations with your child, [click here](#).



Besides "How was your day?", how else can you start a conversation with your child? Check out page 30 - 31 of the Parent-Child Activity Book.

