



Supporting my child's transition to Primary School

Mrs Han, Senior School
Counsellor

Agenda

- Knowing the people in the school
- Helping your child to transit to P1
 - SAFE
 - TAD
- Resources / Parenting Programmes

Staff who supports the students' socio-emotional well-being

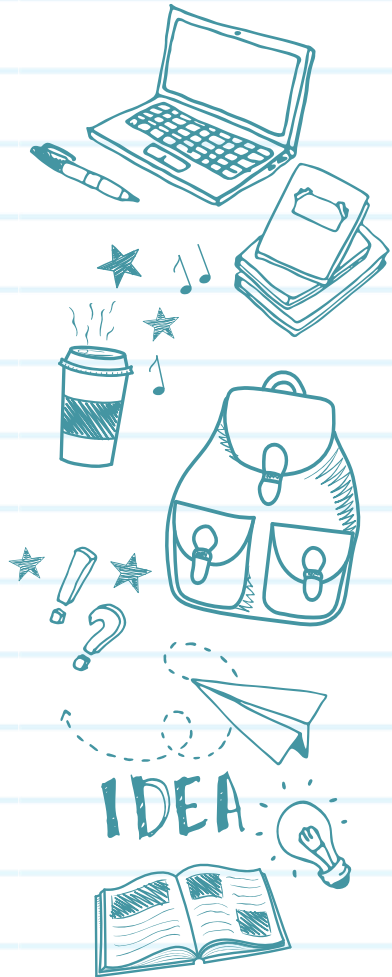
Other than the Form and Subject teachers, there is the ...

Student Development/Management Team

- Mr Gary Peh, Head of Department (Student Management)
- Ms Brenda Ng, Head of Department (Special Education Needs)
- Mrs Joycelyn Lok, Head of Department (Character and Citizenship Education)
- Year Heads – Mdm Erica Cheah (P1 & P2)
- Subject Head (Student Well-Being)
- School Counsellors
- Special Education Needs Officers

Parents/Caregivers need to be mindful of the needs of children..

- ✓ Need for secure attachment to their parents
- ✓ Need for parents to be attentive and sensitive to their social and emotional needs
- ✓ Need for peer interactions to learn about themselves
- ✓ Increasing reliance on peers for emotional support and self-esteem boost
- ✓ Learn through play
- ✓ Increasing independence and building competency (skills and abilities)



Socially and emotionally competent children...

- ✓ Are happier, more contented
- ✓ Have fewer behavioural problems
- ✓ Have increased school achievement



What is Social & Emotional Learning?

5 Social & Emotional Skills

- **Self-Awareness**

E.g. Learning to identify and name their feelings (fear, anger, sadness etc.)

- **Self-Management**

E.g. Being responsible for one's belongings (books, water bottle etc.)

- **Social Awareness**

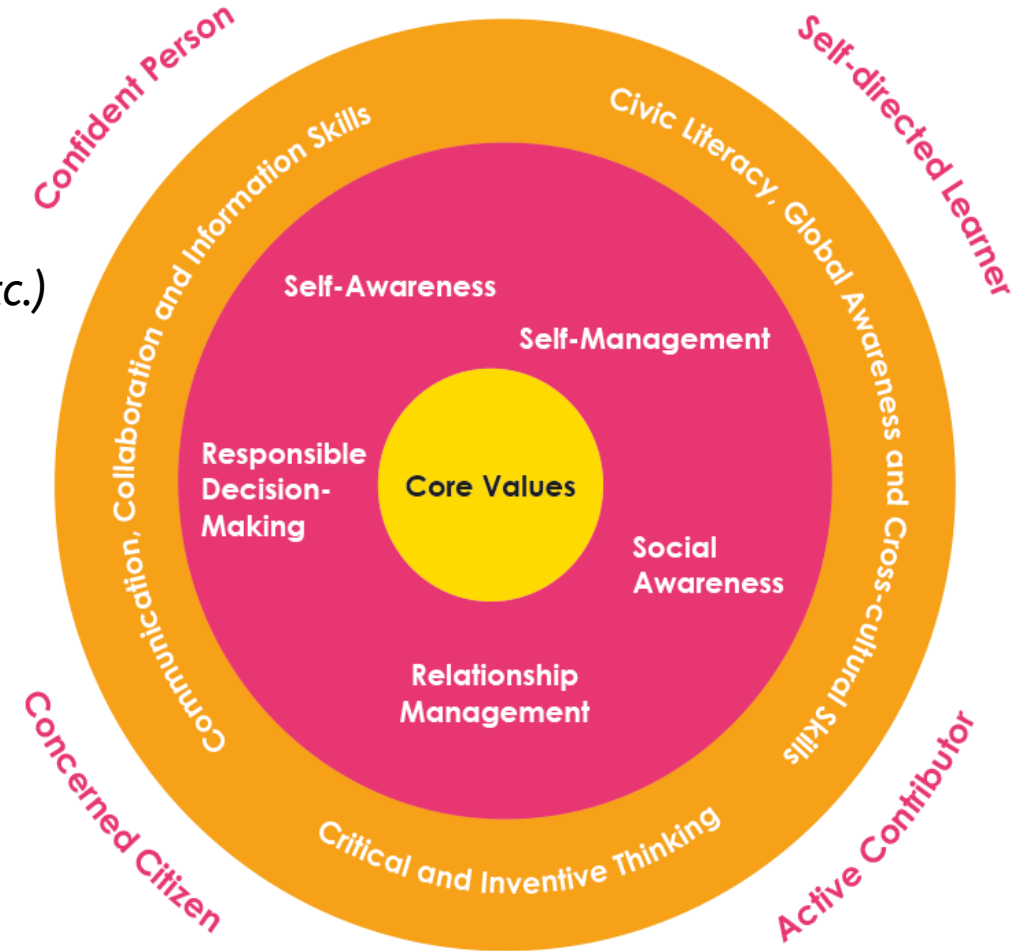
E.g. Being respectful and kind to classmates and teachers

- **Relationship Management**

E.g. Learning to get along with classmates

- **Responsible Decision-Making**

E.g. Completing work that needs to be handed in



Source: <https://www.moe.gov.sg/education-in-sg/our-programmes/social-and-emotional-learning>

How can I help my child transit to Primary 1?

S

Support



A

Affirm



F

Familiarise



E

Empathise



Helping your child transit to P1: Support your child

- Commit some time every weekend to play games and have fun together
- Visit places or take part in events that both of you enjoy
- Encourage your child to make new friends
- Try out the Family Time activities in the FTGP (Form Teacher Guidance Period)
- Role-playing as the canteen stall owner and let them try ordering food and handling money. Encourage your child to buy their own food or drinks when you head out for family meals



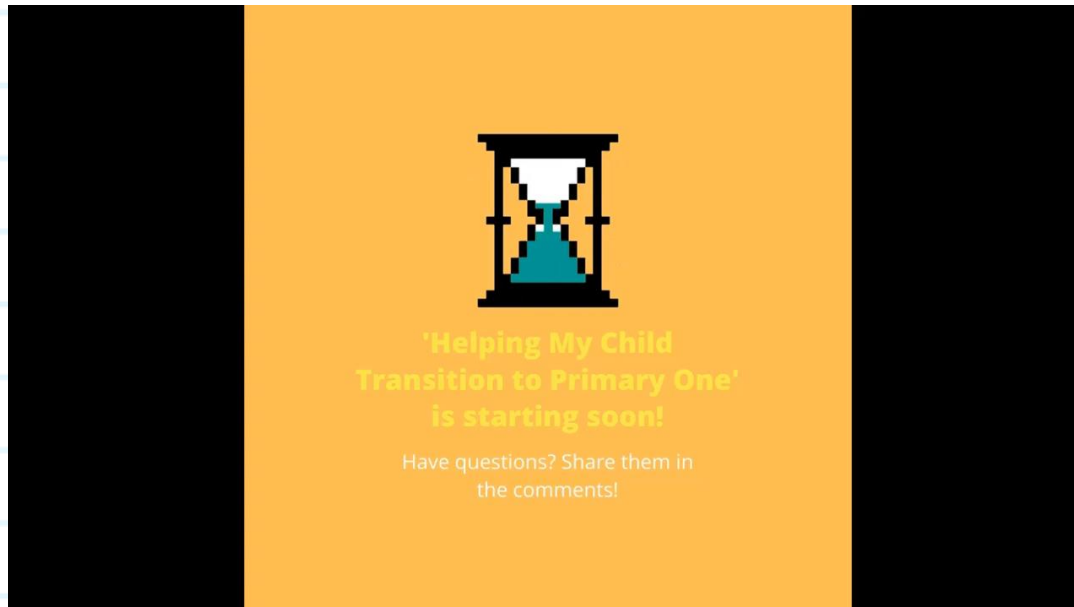
Tips on helping your child to make friends

- Practise small steps with your child to help them relate with others and make friends. Try role-playing with them by pretending that they are meeting you for the first time.
 - *“Shall we practise introducing yourself when you meet your classmate? Daddy can pretend to be your new classmate. You may say hello, my name is Evelyn. What is your name? What do you like? May I sit next to you or play together?”*
- Children learn by example. Parents can role model making new friends by showing them how as adults, we can make new friends too.
- You may ask them who they met, the names of their new friends, and who they sat next to in class and at recess.

Encourage my child in making friends

<https://www.youtube.com/watch?v=TZBVZ2m8aD8&t=2s>

Time: 18:15 to 22:19



Helping your child transit to P1: Affirm your child

- **Encourage your child to talk when he makes observations**
 - Non-verbal language: nodding of head, 'uh-huh', open arms, eye contact
- **Recognise small successes**
 - *E.g. Say "I like that you've made an effort to talk to new friends in class even though you say you are shy."*



Helping your child transit to P1: Familiarise your child to our school

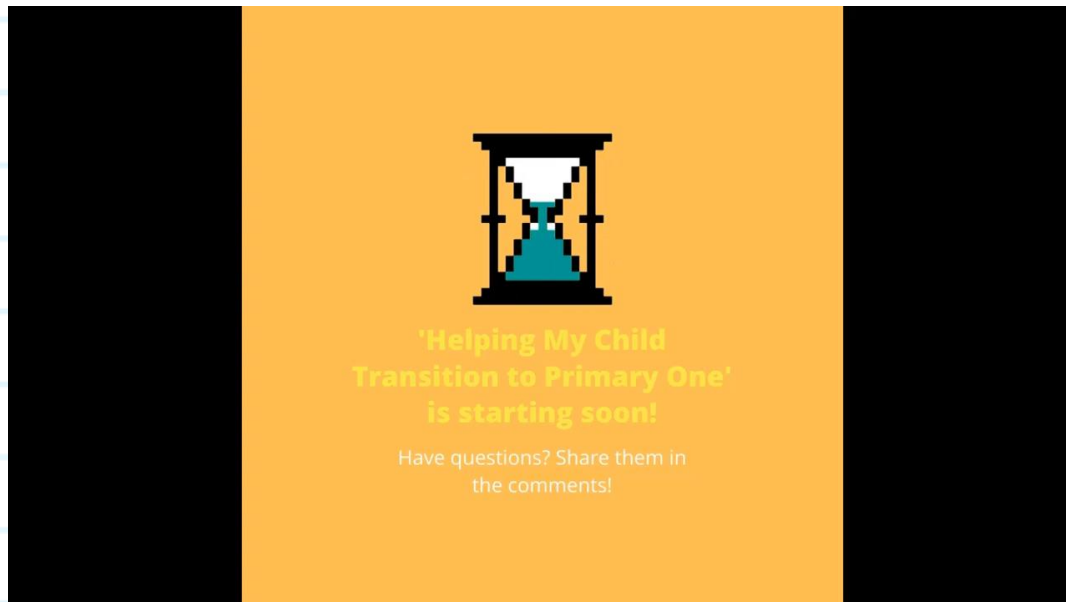
- Find out what primary schools have in store for students these days
- Do practical things to ease your child into new routines
 - *E.g. Plan the daily routines together, teach your child new habits like packing his/her bag*
 - Practise preparing for school by packing their school bag together. Chat with our children about what items should be packed into the school bag.
 - *Let's have a look at the school's timetable. What do we need to pack? Would we need to pack in books, your pencil box, and your colour pencils?"*



Ease your child into routines

<https://www.youtube.com/watch?v=TZBVZ2m8aD8&t=2s>

Time: 52:18 to 56:11



Helping your child transit to P1: Empathise with your child

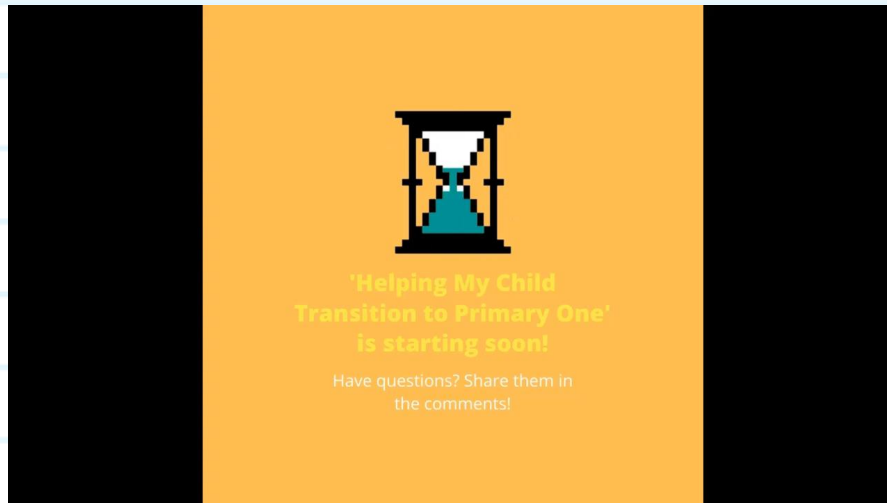
- Teach your child words that describe feelings
 - *“It seems you are worried when ..”*
- Acknowledge your child’s emotions
 - *E.g. “It’s okay to feel anxious about starting school”*
- Understand your child’s needs
 - *E.g. Start bedtime early. Children need a lot of sleep*



Inadequate sleep can affect a child's mood and learning. Having adequate sleep is important.

<https://www.youtube.com/watch?v=TZBVZ2m8aD8&t=2s>

Time: 41:52 to 44:09



What else can you do to help your child transit to Primary 1?

T

Talk

A

Ask

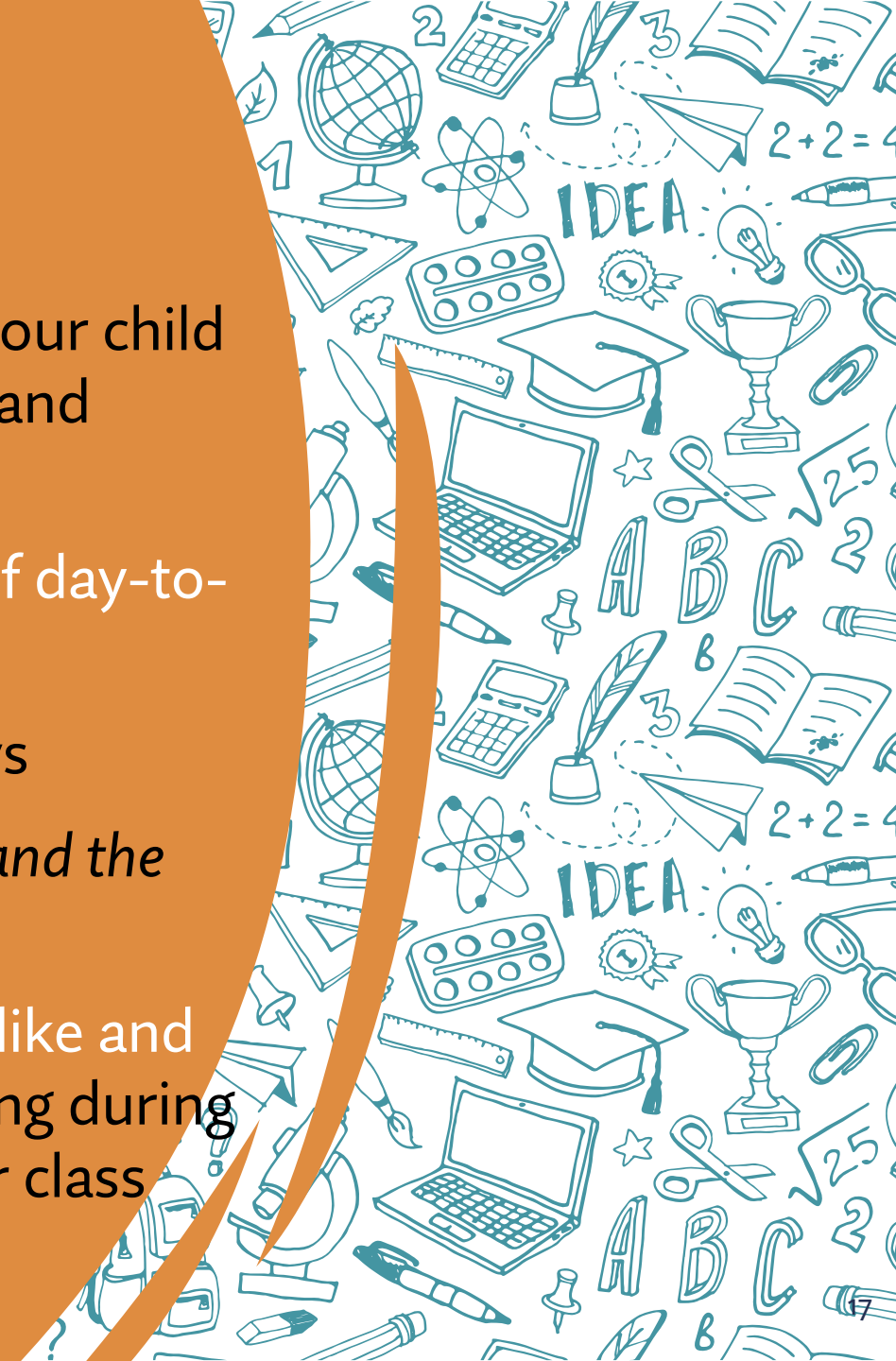
D

Discuss



Talk with your child

- Conversations strengthen your relationship with your child and help you understand your child's experiences and points of view
- Talk about your child's school experience as part of day-to-day conversation
- Talk about fond memories of your own school days
 - *E.g. What you did in Primary One; kind teachers and the fun classmates you had*
- 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



Ask your child (importance of active listening)

- Nod your head and ask questions to show interest and affirmation
- Non-verbal language: nodding of head, 'uh-huh', open arms, eye contact
- Acknowledge their experience and not be quick to jump into conclusion
- Listen without interrupting

Discuss

- Discuss together what can be done if he/she has worries at school
 - Normalise your child's anxiety. You may relate to your child through your own sharing, or from books
 - *Explore how people deal with conflicts*
 - Identify your child's social support in school and explore how they can seek help from them. Use role-play to demonstrate help-seeking behaviour

...with SAFE and TAD



Support



Affirm



Familiarise



Empathise



Parents Kit from MOE

<https://www.moe.gov.sg/parentkit>

Parent Kit - Guiding our Children Through P1 Transition

<https://www.moe.gov.sg/-/media/files/parent-kit/parent-kit---guiding-our-children-through-their-p1-transition>

Parent-Child Activity Book (PCAB)

<https://www.moe.gov.sg/-/media/files/parent-kit/pcab---how-to-use-this-book.pdf>



Resources

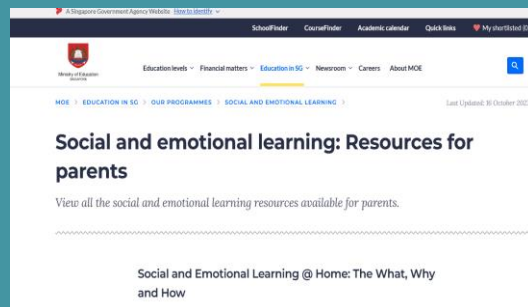
<https://www.youtube.com/watch?v=TZBVZ2m8aD8&t=2s>



Q & A webinar with MOE psychologist, Sch Principal and Parenting Coach

Duration: 1 hour

<https://www.moe.gov.sg/education-in-sg/our-programmes/social-and-emotional-learning/sel-resources-for-parents>



Resources for parents on MOE website



Follow Us on

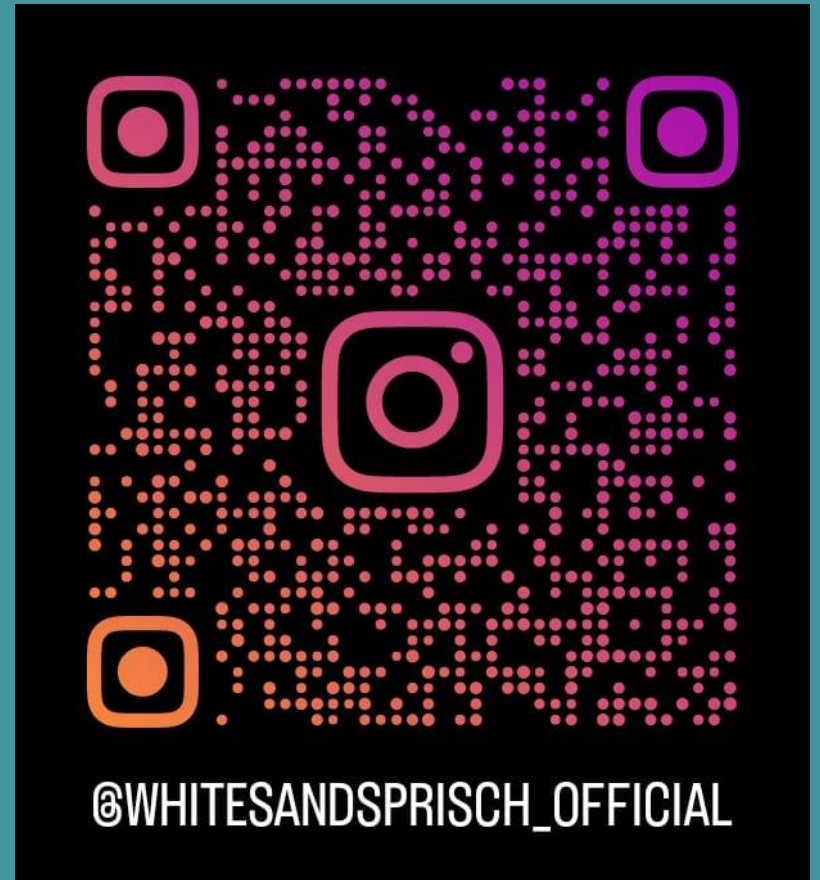


Instagram



@PARENTINGWITH.MOESG

MOE parenting tips



@WHITESANDSPRISCH_OFFICIAL

Positive Parenting Programme (Triple P)

- Ministry of Social and Family Development (MSF) has appointed 10 Parenting Support Providers (PSPs) to deliver parenting support services.
- PSPs offer two evidence-based programmes: Positive Parenting Programme (Triple P) and Signposts.
- WSPS partners with Methodist Welfare Services in providing Triple P to parents
- Seminars, consultation sessions, group sessions, online programme
- Look out for registration on Parent Gateway throughout the year





MWS Family Service Programme (East Cluster)

FY23/24



Calling Out to All Primary 1 Parents!

Do you....

**Want to learn effective ways to manage your
child's behaviour?**

**Want to lay down the foundation for strong
parent-child relationship?**

**Want to learn to how to take care of your
child's emotional well-being?**

Triple P (Positive Parenting Program)

In partnership with the school, MWS has been appointed by the Ministry of Social and Family Development (MSF) to offer secular evidence-based parenting programmes.



Triple P (Positive Parenting Program)

What is Triple P?

Currently Ranked
by the United
Nations as the
World's #1
Parenting
Programme



A Toolbox of
Tested-and-
Proven
Strategies for
you to choose
from!

Tested with
Thousands of
Families for
More than 35
Years



Triple P (Positive Parenting Program)

Impact of Triple P



Decrease in
Parenting Stress

Improvement in
Child's
Behaviour



Increased
Confidence
in Parenting

Triple P

I have learnt that my kids are not the problem and **the way I view my kids affects how they grow mentally.**

Rather than crave in to societal pressure and expectations, I should see my kids for who they are and their strengths. **In this way, I can strengthen the bonds between us.**

- Parent from Punggol Green Primary School

More Feedback on Triple P

- Help their children **cope with their emotions**
- Manage their children's **screen time**
- Get children to be **involved in family decisions and activities**, like chores

I learned to be a **"better parent" rather than a "perfect parent" and not be too hard on myself.**

I learned to involve my kids in some chores like cooking. This helps them **become more cooperative and feel valued and of course there's teamwork.**

I also learned to stay calm and respond calmly.

- Parent from Edgefield Primary School

Triple P (Positive Parenting Program)



Transition Run

Friday, 12 January,
7pm-9.30pm

- Seminar 1: The Power of Positive Parenting
- Seminar 2: Raising Confident, Competent Children

Friday, 19 January,
7pm-9pm

- Seminar 3: Raising Resilient Children

*All Seminars are conducted via Zoom

Seminar Series

Scan to Register



<https://go.gov.sg/mws-east-2024-pt1>

Triple P (Positive Parenting Program)

1 on 1 Consultations/Coaching

Have a Parenting Concern?



Join us for our 1 on 1 consultations where we work together to address your concerns!

- ✓ **A Total of 4 Sessions**
- ✓ **45 Minutes to 60 Minutes Per Session**
- ✓ **Conducted Online**
- ✓ **Fully Subsidised**

Please contact us at mwsfspeast@mws.sg or 8812 9565 for more information.



Thank
~ you ~