

Preparing your Child for Primary School

▶ Speaker: Shelen Ang



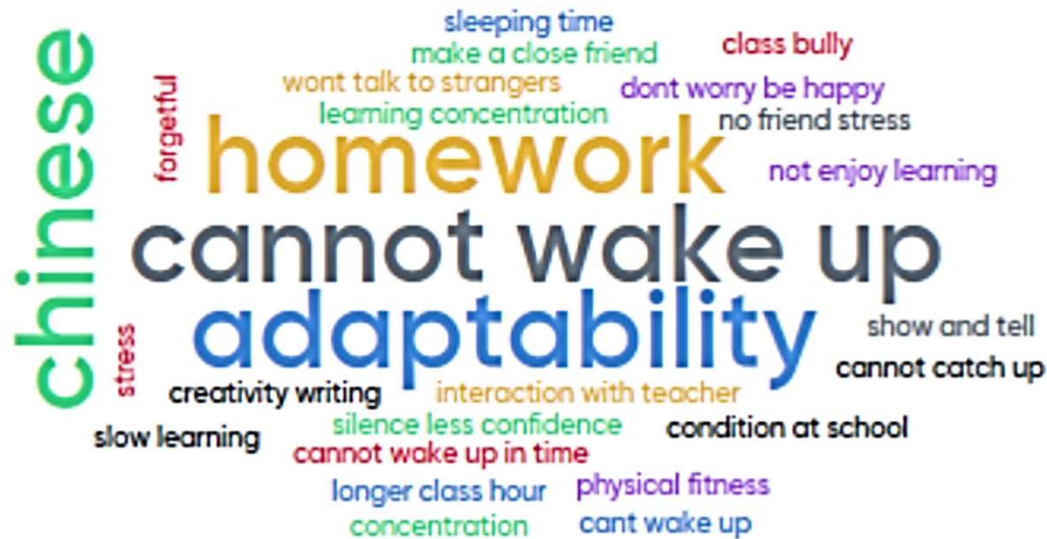
Nov 15, 2023
Palmview Primary School

Speaker: Shelen Ang

- ▶ Masters of Arts in Education
- ▶ Family Life Educator since 2007 (16 years)
- ▶ Accredited Facilitator in Parenting programs:
 - ❖ *Triple P*
 - ❖ *Incredible Years*
 - ❖ *Parenting with Confidence*
 - ❖ *Common Sense Parenting*©



What is your greatest concern about your child's transition to P1?



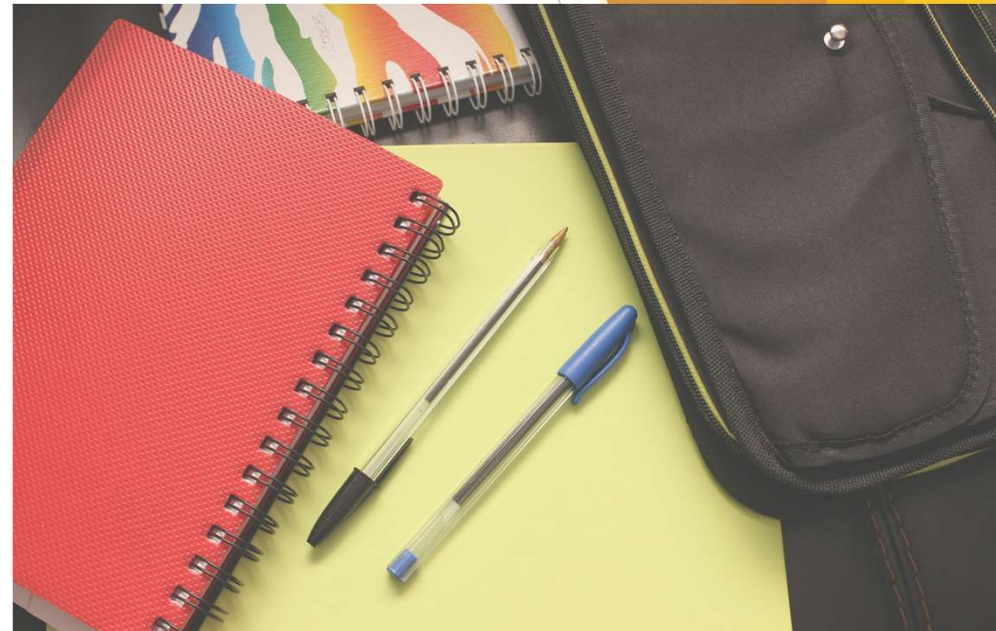
Basic Skills Checklist

□ Independence

- Wearing uniform & shoes by themselves
- Passing on instructions
- Carrying their own food without spilling
- Handling money

□ Organisation

- Telling time
- Following school timetable
- Packing school bag
- Taking care of own things



Well-being

- **Physical Activities**

- ❖ 60 min/day

- **Regular Sleep**

- ❖ 9 hrs (7-13 yrs old)

- **Limit Recreational Screen Time**

- ❖ less than 2hrs/day, supervised



Source: Activity Guidelines for Children and Adolescents (Jan 2021),
COLLEGE OF PAEDIATRICS AND CHILD HEALTH, SINGAPORE
and ACADEMY OF MEDICINE SINGAPORE

Establish Routines

- ❑ Morning routine
- ❑ After-school routine
- ❑ Bedtime routine



Create Atmosphere

Warm, friendly and positive!

- ▶ ***Spend Time***
- ▶ ***Show Affection***
- ▶ ***Sow seeds of Good***







Believe in your children.
Bring out the best in them.
Build them to be a **Force for Good.**