

**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

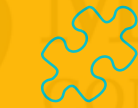


What were your feelings last night before first day of school?

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

Good
learning
experience

Confidence

Able to
problem
solve

Make new
friends

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

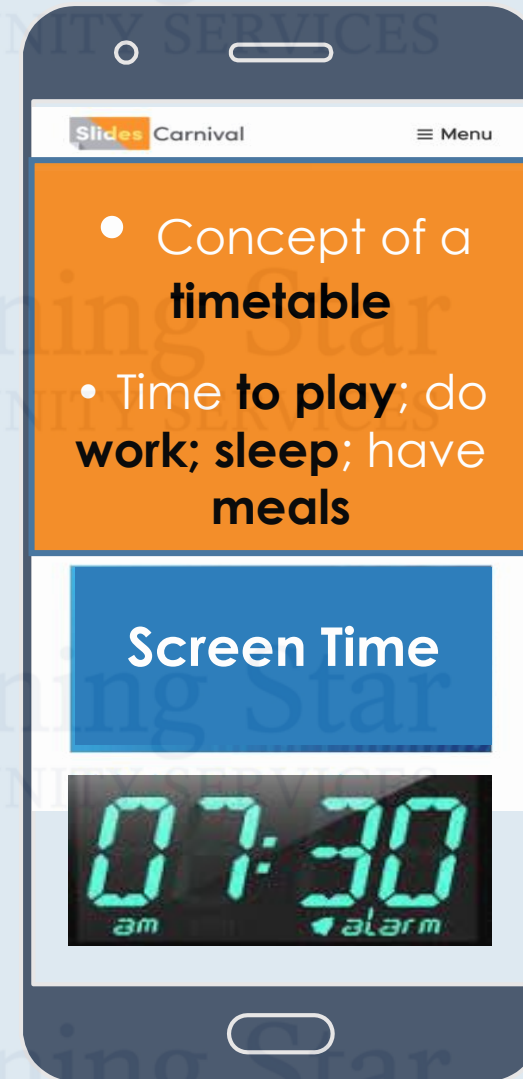
Handling money

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



- 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





PARENT
SELF ♥ CARE

Meeting Own Needs as Parents

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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