

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.



Busting Myths on Academic Preparation



“What about English, Mathematics and their Mother Tongue Language? Does my child need to know how to count to 100 or spell ‘Hippopotamus’? Will there be Spelling once they start school?”

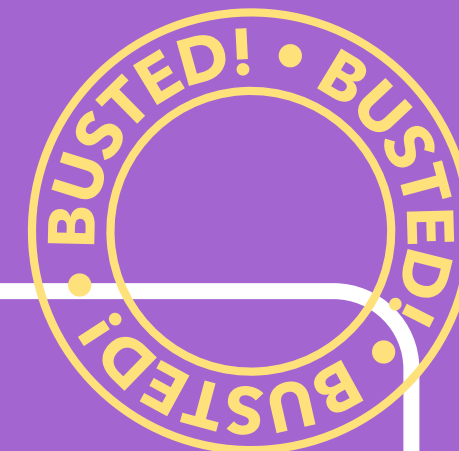
There is no need to worry about the academic aspect in preparing for P1. Our schools and teachers are well-equipped with the skills needed to help your child learn the basics while enjoying what they learn.

Here are three common myths regarding P1 preparation and the truth behind the myths!

MYTH #1



Before starting primary school, my child needs to know how to use the symbols '+' and '-', and to solve addition and subtraction problems.



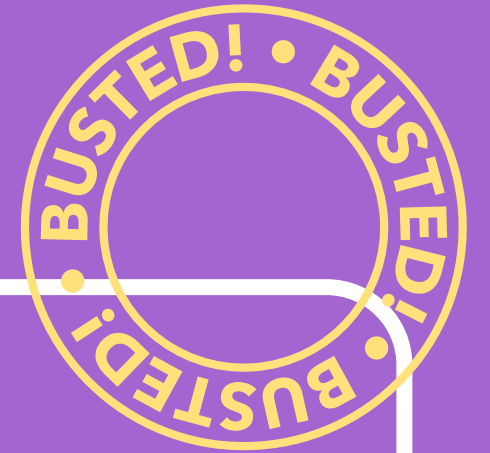
FACT:

At the start of P1, your child needs to count accurately up to 10 and have an understanding of numbers (e.g. compare which of two groups has 'more', 'less' or if the two groups are the 'same'; and identify different combinations that make '5'). In P1, your child's teachers will help your child understand concepts such as addition, subtraction, multiplication and division.

MYTH #2



My child should be able to read, speak and write in full sentences in English before starting primary school.



FACT:

At the start of P1, your child does not need not to be able to read, speak or write in complete sentences. However, they should be able to express personal needs and wants, ask and respond to simple questions (e.g. who, what and where questions), and talk about personal experiences.

MYTH #3



My child should be able to read, speak and write in their Mother Tongue Language (MTL) before starting primary school.

FACT:

Not all children study their MTL in preschool. Thus, reading, speaking or writing in MTL is not a requirement for entry into P1. Your child will be well supported to develop their MTL skills in primary school. Before entering P1, your child should show an interest in learning MTL, understand simple instructions and respond to simple questions in MTL.

Here's what you can do if you would like to give your child a strong foundation in numeracy and literacy:

- Get your child to count objects around the house (e.g. count the number of t-shirts they have).
- Get your child to count and compare the number of objects in two groups (e.g. count and compare the number of apples and oranges bought from the supermarket).
- Spend time reading with and to your child to help them cultivate their interest in language and reading.



Wondering how to cultivate the love for reading in your child? Check out the [Raising Reader's Toolkit](#) from NLB. [Click here](#) to sign your child up for a free library membership and myLibrary ID to enjoy NLB's suite of e-resources.



Here's what you can do if you would like to give your child a strong foundation in numeracy and literacy:

- Have conversations with your child about their experiences in the day. This helps them build their listening and speaking skills.
- Listen to songs and rhymes, and read stories in MTL with them regularly.
- Encourage them to speak in their MTL with family and friends.



You can also find these information in our infographic [here](#)! Share it with fellow parents with children entering P1 this year.



Ultimately, for a smooth transition to primary school, children need skills that they can use to adapt to a new environment. The sooner they adapt, the better their schooling and learning experience will be.



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