



Ministry of Education  
SINGAPORE

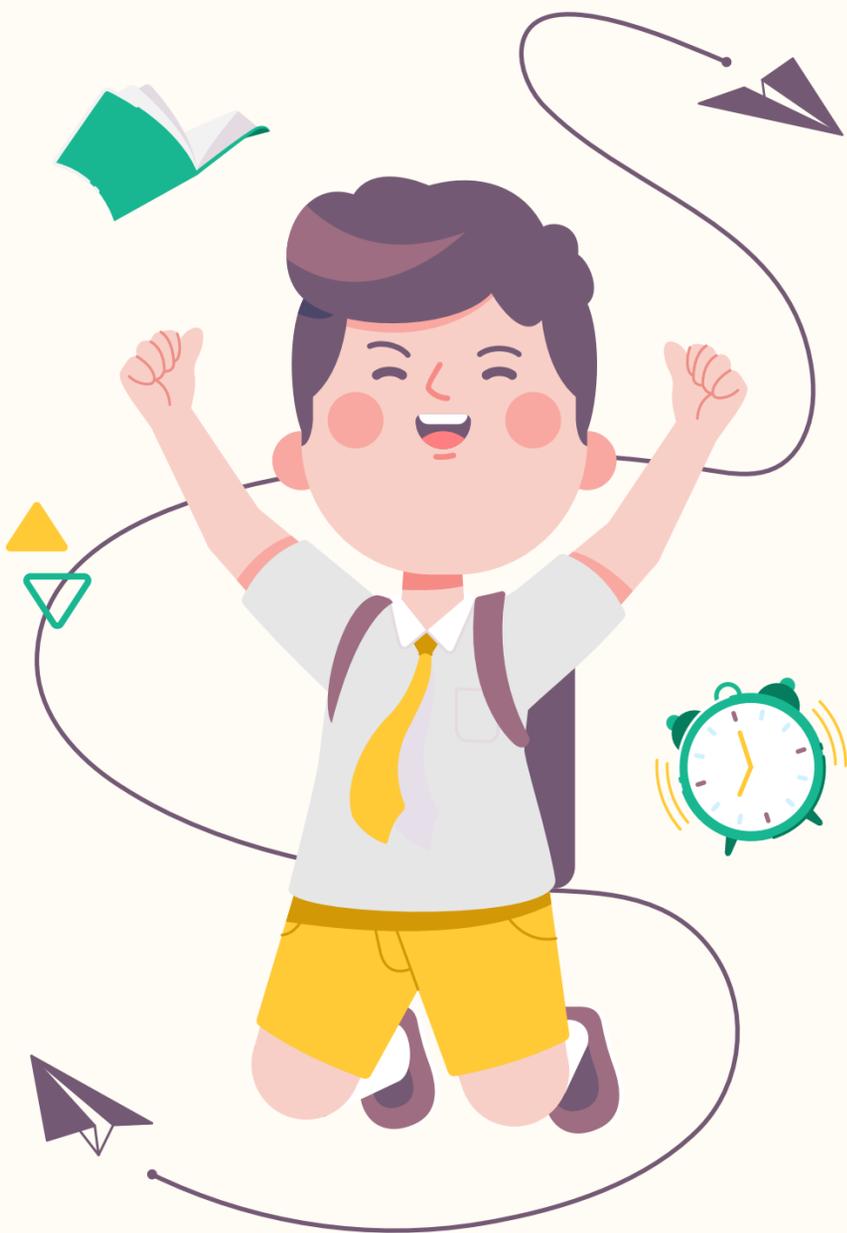
# PARENT KIT

## A New School Season Begins!

Welcome to a new school season!

Set your child off on the right foot by helping them develop useful skills such as independence, empathy and responsibility. Here are some tips and resources to help support you and your child at the start of this new year.

**Read on to find out what you can do!**



# 1. Have regular conversations with your child.

By doing so, you encourage them to reflect on their experiences by recalling and sharing what they have learnt.

These conversations help you to understand their experiences as you journey with them through their school days and hear their stories.

## Try these conversation starters with your child

- What did you enjoy doing today?
- What is something new you want to try?
- What are you looking forward to in school tomorrow?
- What did you do today that you are proud of?
- What roles would you like to take on and try in school?
- What is one thing you hope to do better in school this year?



How about writing a note of affirmation with the “Back to School with Dad” cards to encourage your child during their first week of school? [Click Here](#) 

## 2. Support your child to set their goals for the year.

### Ask them what they would like to achieve

Goals need not be just about grades. They can be about non-academic goals such as learning something new in a CCA, getting to know a friend better, helping out with household chores, or being a kinder person.

### Lift their Spirits

- Let your child know you are proud of them for even the smallest things, such as making a new friend, volunteering to help out with chores at home, or cleaning up after themselves independently after meals.

Every parent wants happy, healthy kids – here are 14 Ways to Boost Your Child's Mental Wellbeing!

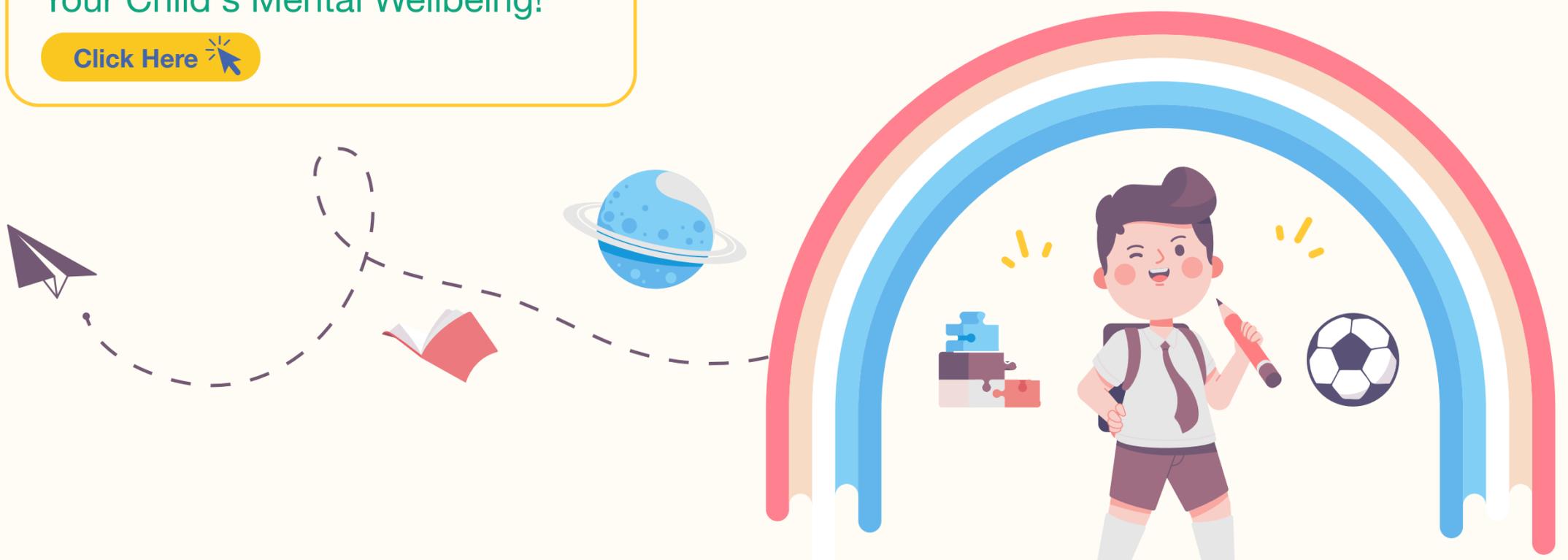
[Click Here](#) 

### Encourage Exploration

- Does your child have a particular area of interest they wish to pursue? Encourage them to find out more through reading!

Sign your child up for a free library membership and myLibrary ID to enjoy NLB's e-resources.

[Click Here](#) 



# 3. Guide your child to relate well with others.

## Forging memorable friendships help shape your child's school experience

As working up the courage to make friends can seem intimidating for children, you can provide them with tips to talk to their schoolmates. A simple 'How are you?' can make someone's day.

Encourage them to get to know the classmate sitting next to them!

## E-copies of Kindsville Times for Primary school children

Your child has been given the hardcopy in school. There are fun activities that you can do together with them to learn about empathy and kindness.

Kindsville Times Junior (P1-2)

[Click Here](#)

Kindsville Times Adventures (P3-4)

[Click Here](#)

A-OK! (P5-6)

[Click Here](#)

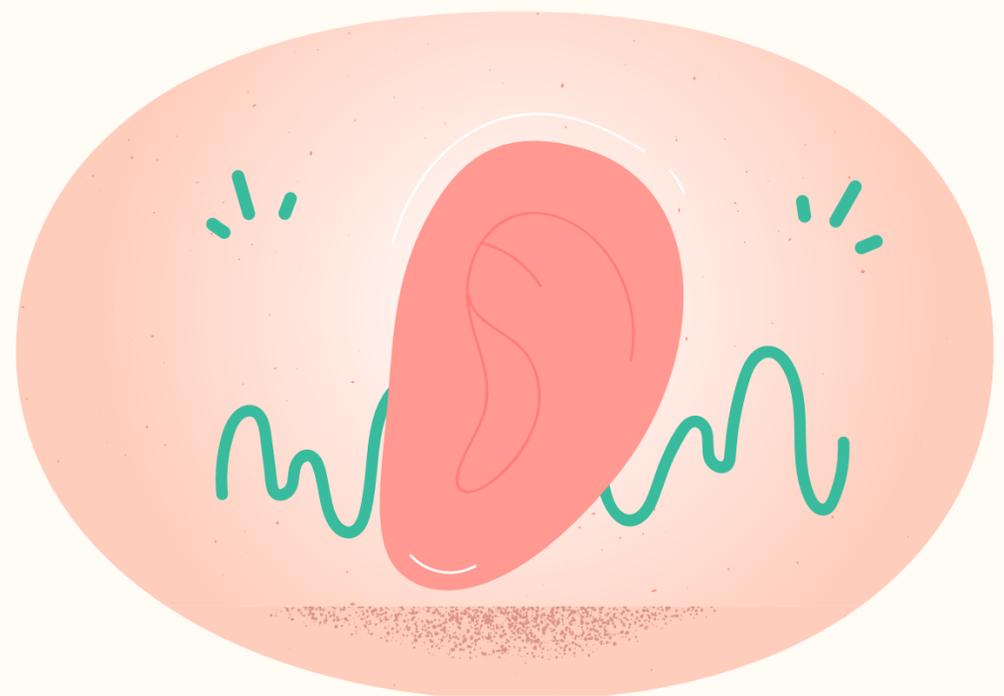


# 4. Support your child and help them build good habits.

Children often need support and guidance, especially when they meet new or different challenges. For some, they will face changes in school and will need time to adapt and adjust. Here are some tips you can help support them with.

## 1. Listen to them

When you listen to your child, you are giving them space to share their thoughts with you. Not every situation requires an active voice. Sometimes, the best support is your listening ear.



## 2. Inculcate good habits

Discuss with your child the importance of having good habits and carrying them out each day. It can be as simple as sleeping early to have sufficient rest, or making sure there are enough breaks between activities.

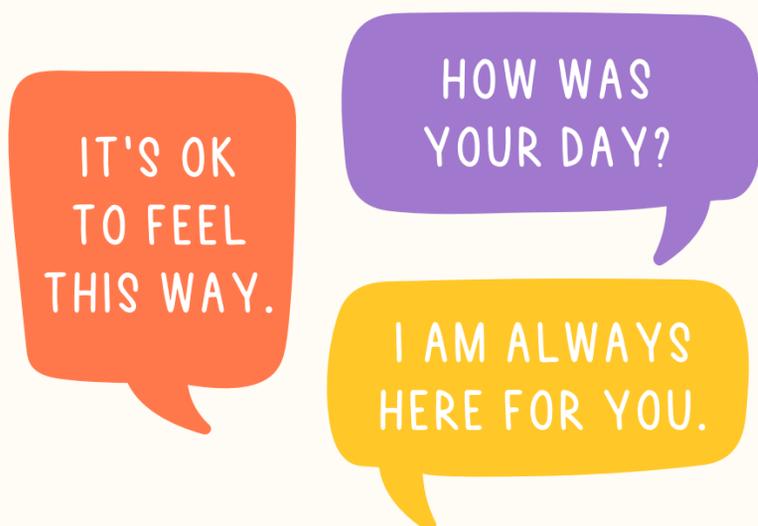
# 5. Help your child ease back into school again.

Your child may experience a range of feelings from being anxious or excited as they return to school after the holidays. Empathise with how they are feeling, and establish a routine with them to support their adjustment back to school.

**It takes time to help your child adjust during their first few weeks. Here are some tips to help:**

- Your child might not be used to school, and it might even be a new experience for some. Take this time to talk to them about their concerns over the next few weeks.

Constantly assure them that you are there, no matter what.



- These are some simple routines your child can start with as they ease back into school:
  - Going to bed at a fixed time each night can help children get accustomed to morning routines.
  - Getting the books and items required (e.g. stationery, water bottle, extra masks) ready the night before.
  - Having a plan/schedule for the next day.



As our children return to school, it is important for them to build resilience to overcome future challenges. Check out some tips here. [Click Here](#)

As your child enters a new school year, cheer them on and remind them that you love them.



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