

How can I prepare my child for Primary 1?

Primary school can seem like a daunting place with bigger spaces, more people and increased movement from class to class. Here are some tips to prepare your child for a healthy journey in school.



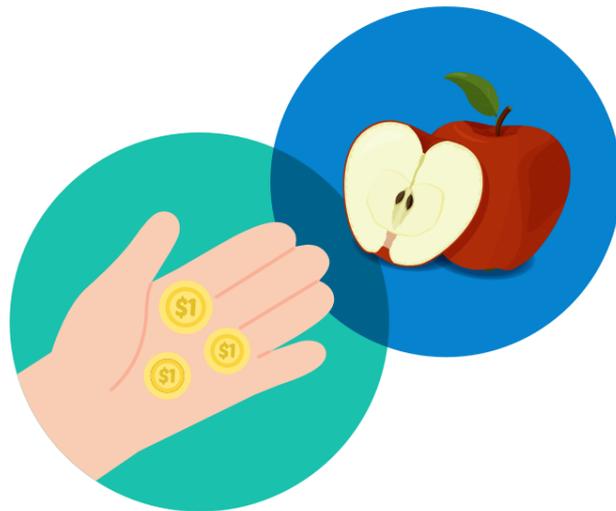
NUTRITION



DISCUSS LUNCH IDEAS

Have a conversation with your child about the meals they can buy during recess. Encourage them to eat according to My Healthy Plate.

Schools provide a range of healthy food options, according to the Healthy Meals in Schools Programme. Visit go.gov.sg/plschtransition to learn more.



TEACH THEM HOW TO PAY FOR MEALS

Most canteens still require students to pay with cash. Start teaching your child how to order and use the different types of coins and dollar bills to pay when eating out.

PHYSICAL HEALTH



CONDITION THEM FOR CLIMBING STAIRCASES

Your child might have to climb stairs frequently in school. Prepare them for it by encouraging them to walk up the stairs at home.

MENTAL HEALTH



PREPARE THEM FOR THE SIGHTS AND SOUNDS

Primary school can be overwhelming, due to changes such as bigger spaces, and more unfamiliar people. Prepare them for the change by talking to them about the sights and sounds they can expect in school and the new friends they will make.



ENCOURAGE THEM TO FIND A BUDDY

It could be someone who has similar interests or just someone who is sitting next to them in class. Role-play common conversation starters your child can use to make friends in school.

SLEEP



SET AN EARLY BEDTIME ROUTINE

Primary school starts early. Your child needs sufficient sleep to stay focus in class so start preparing them an early bedtime.

you've got this!

For more parent resources, please visit ParentHub at go.gov.sg/parenthub-prisch