



MontfortCare

Transition to Primary 1
+ Device management



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Areas to think about when your child enters Primary 1



Life Skills

- Is my child able to dress independently?
- Toileting skills – Is my child confident to use a public toilet?
- Can my child shower independently?

Social Skills

- Does my child know how to make new friends?
- Does my child know how & who to ask for help?
- Is my child confident socially?

Routines

- Morning Routine – Difficulties waking up? Rushing?
- Afternoon Routine – Student Care or Home Care?
- Night Routine – Bed refusal? Sleeping too late?

What time is bedtime?



- What time does your child need to wake up?
- 8 hours of sleep
- Half to one hour before actual sleeping time



Daily Home Time-Table & Tasks

Reach Home	<ul style="list-style-type: none"> ○ Place shoes neatly ○ Place bag beside room table ○ Remove wallet & tissue from pockets 	<ul style="list-style-type: none"> ○ Put dirty socks in laundry basket ○ Get ready to shower (Take clothes & towel)
3:00 pm	<ul style="list-style-type: none"> ○ Put dirty clothes in laundry basket ○ Shower (15 minutes) ○ Hang up towel 	<ul style="list-style-type: none"> ○ Brush hair ○ Get ready to check school-bag
3:30 pm	<ul style="list-style-type: none"> ○ Empty school-bag contents into blue basket ○ “To do” items in red basket ○ Check time-table & homework diary 	<ul style="list-style-type: none"> ○ Start doing homework ○ “To do” = homework, correction, consent form, etc.
4:00 pm	<ul style="list-style-type: none"> ○ Continue homework ○ Sharpen pencils 	<ul style="list-style-type: none"> ○ Sit straight, focus, good job! ○ Use timetable to pack bag
4:30 pm	<ul style="list-style-type: none"> ○ Learn English & Chinese spelling (2-3 words) ○ Do tuition homework / reading ○ Break-time @ 5pm if complete 	
Before Sleep 8:30 pm	<ul style="list-style-type: none"> ○ Keep clothes in cupboard ○ Prepare clothes for next day ○ Brush teeth 	<ul style="list-style-type: none"> ○ Check money in wallet ○ Fill up savings book ○ Collect pocket money

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- List specific behaviours
- Commonly forgotten or frequently nagged
- Get your child to refer to time-table if he/she forgets
- Update every term

Work Routine - School Bag Management

- Child to remove all items from schoolbag
- Sort items into the red or blue tray (“to do items” in red)
- Keeps the bag clean
- Keeps the bag light
- Prevents forgotten items/work



Monthly Planner – Recording & Planning

- Helps develop a sense of time
- Creates habit of recording tasks
- Practice planning and prioritizing
- Used to record: homework, what to bring, what to wear, CCA days, remedial days, HBL days, PSLE marking days, holidays, birthdays, etc.

JANUARY

2024

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

FREE 2024 CALENDAR BY SHININGMOM.COM

Shower Routine

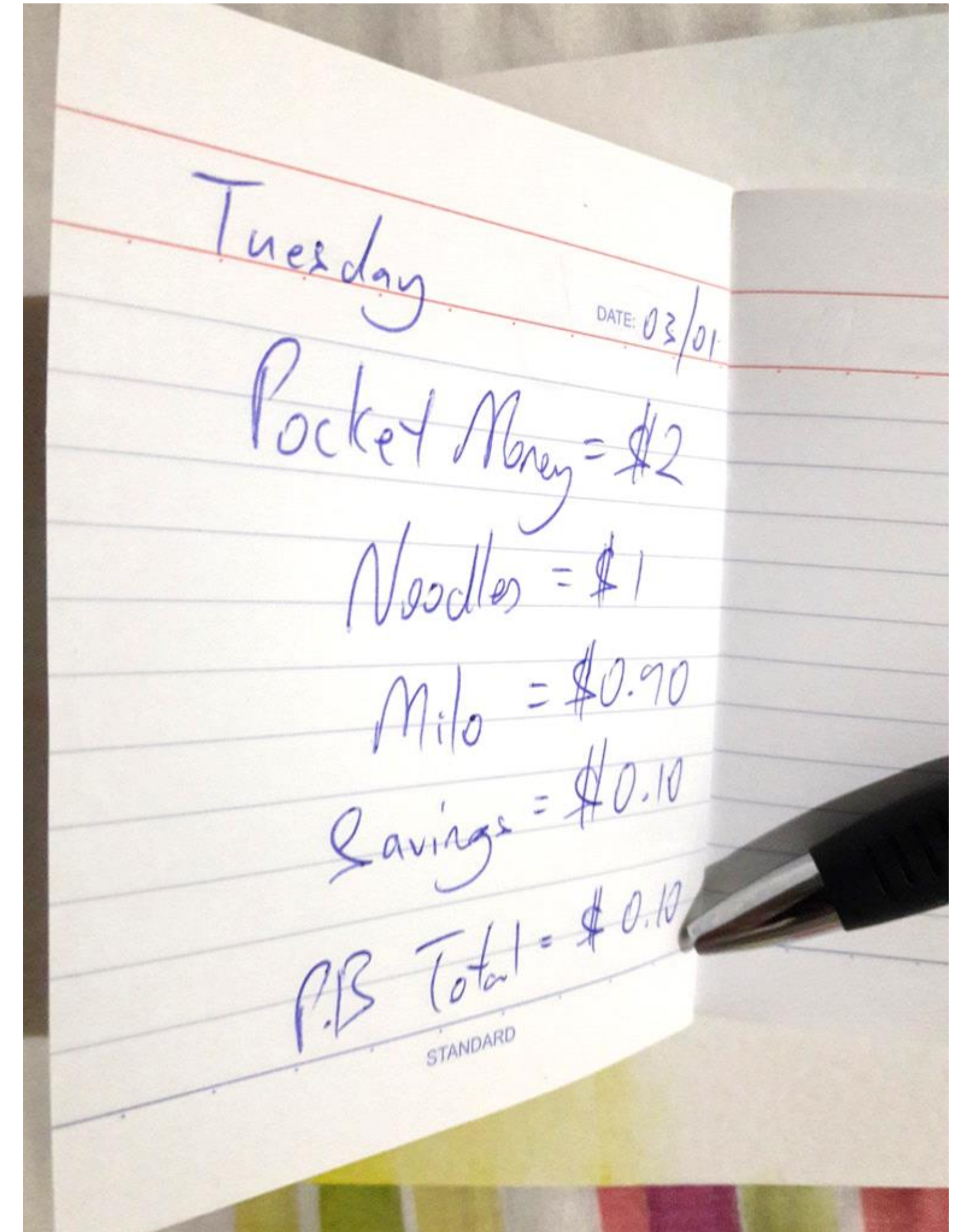


- Do & teach
 - Explain the steps as you shower your child
 - Get your child to verbally repeat the steps back to you
- Watch & teach
 - Watch as you child carries out the steps
 - Praise or correct
 - Be patient
- Check & Affirm
 - Check-in once in awhile
 - Praise or correct
 - Use a timer as reminder



Money Skills

- Simple daily recording of expenses
- Helps children learn good money habits
 - Child knows and remembers price of purchases
 - Child learns to accept correct change
- Spotting misuse of money early
- Prevents typical social bullying or “buying” friendships
- Empowers child with own savings to spend on weekends
 - Prevents temptation/stealing issues
 - Life lessons of savings & ownership



Handphones & Devices



- 0 – 18mth : No screen-time recommended
- 18mth – 6yrs : < 1 hr a day + co-viewing
- 7yrs – 12yrs : Set reasonable limits
 - Use a time-table or set a quota
 - Use parental controls to limit online risk
 - Educate child on cyberbullying and speaking to strangers online

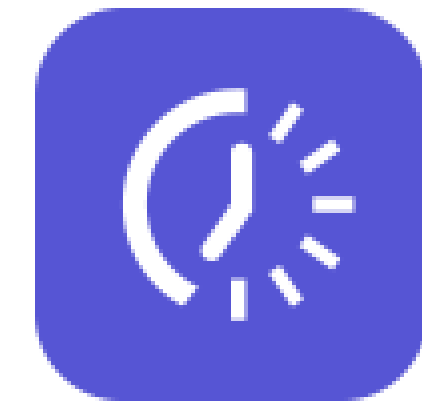
MOH Recommendation

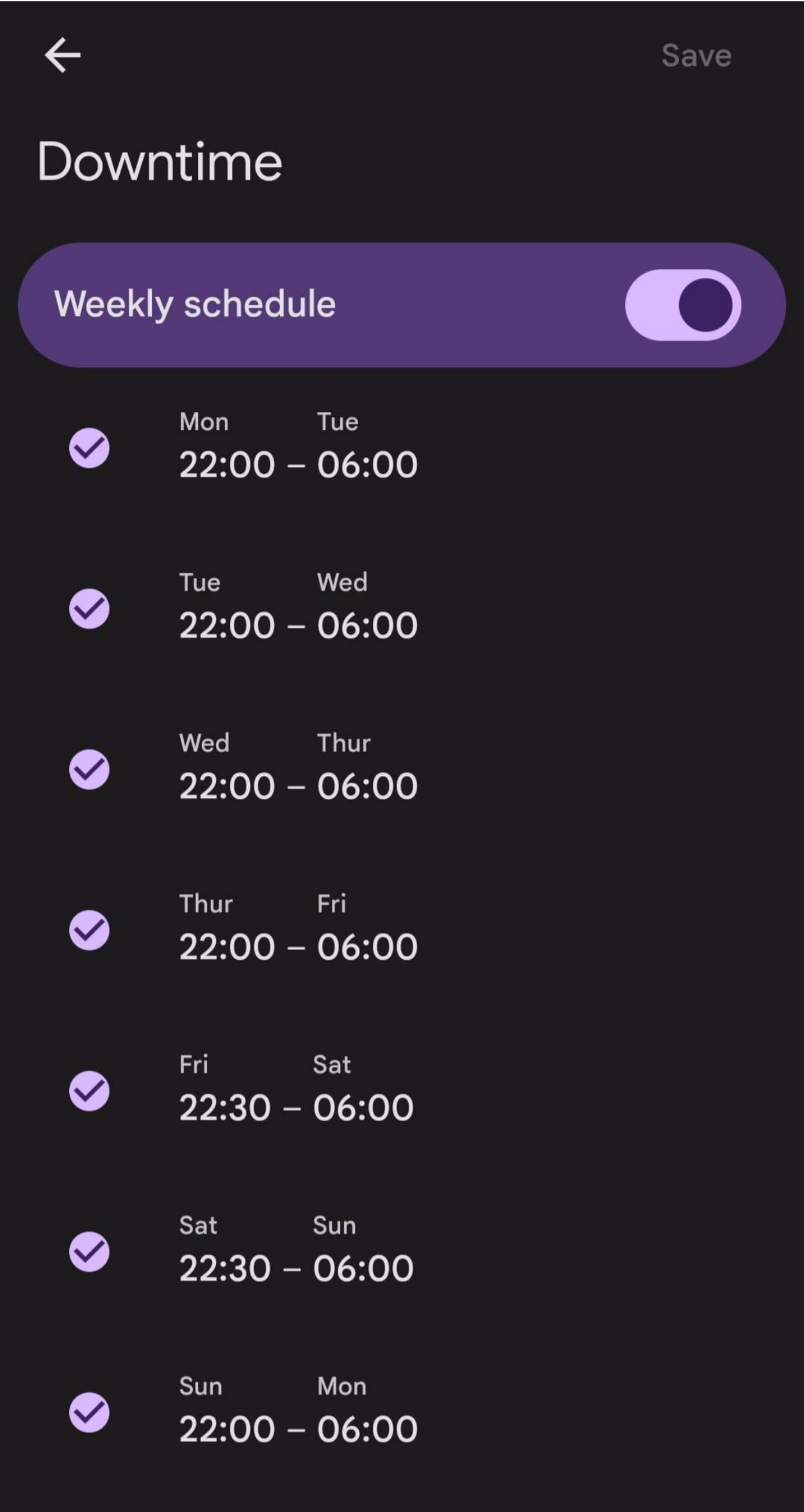
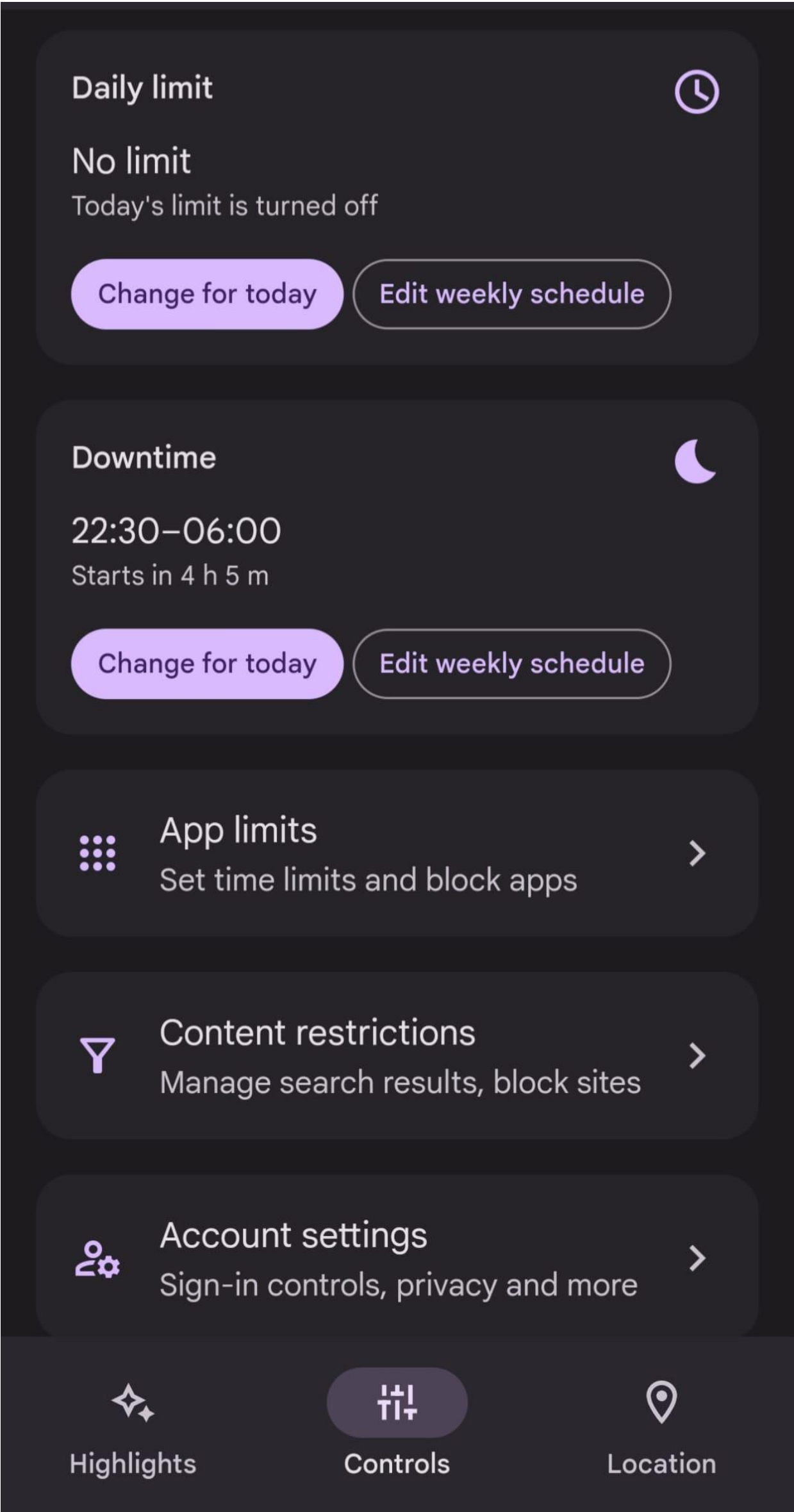


<https://www.moh.gov.sg/resources-statistics/educational-resources/guidance-on-screen-use-in-children>

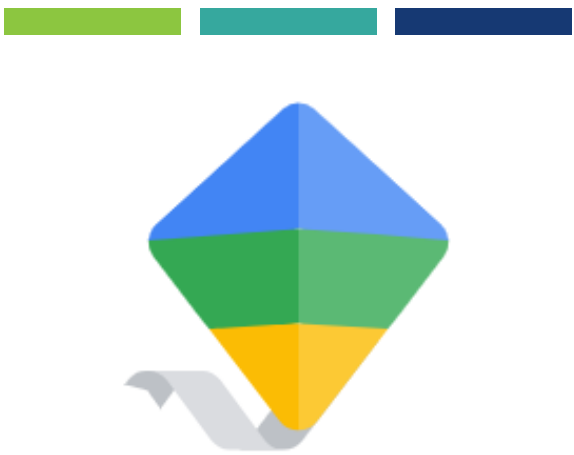
Limit Setting Tools

- Android: Google Family Link
- iOS: Family Sharing – Screen Time
- Windows: Family Options – Parental Controls
- Hardware: Router Wifi access times

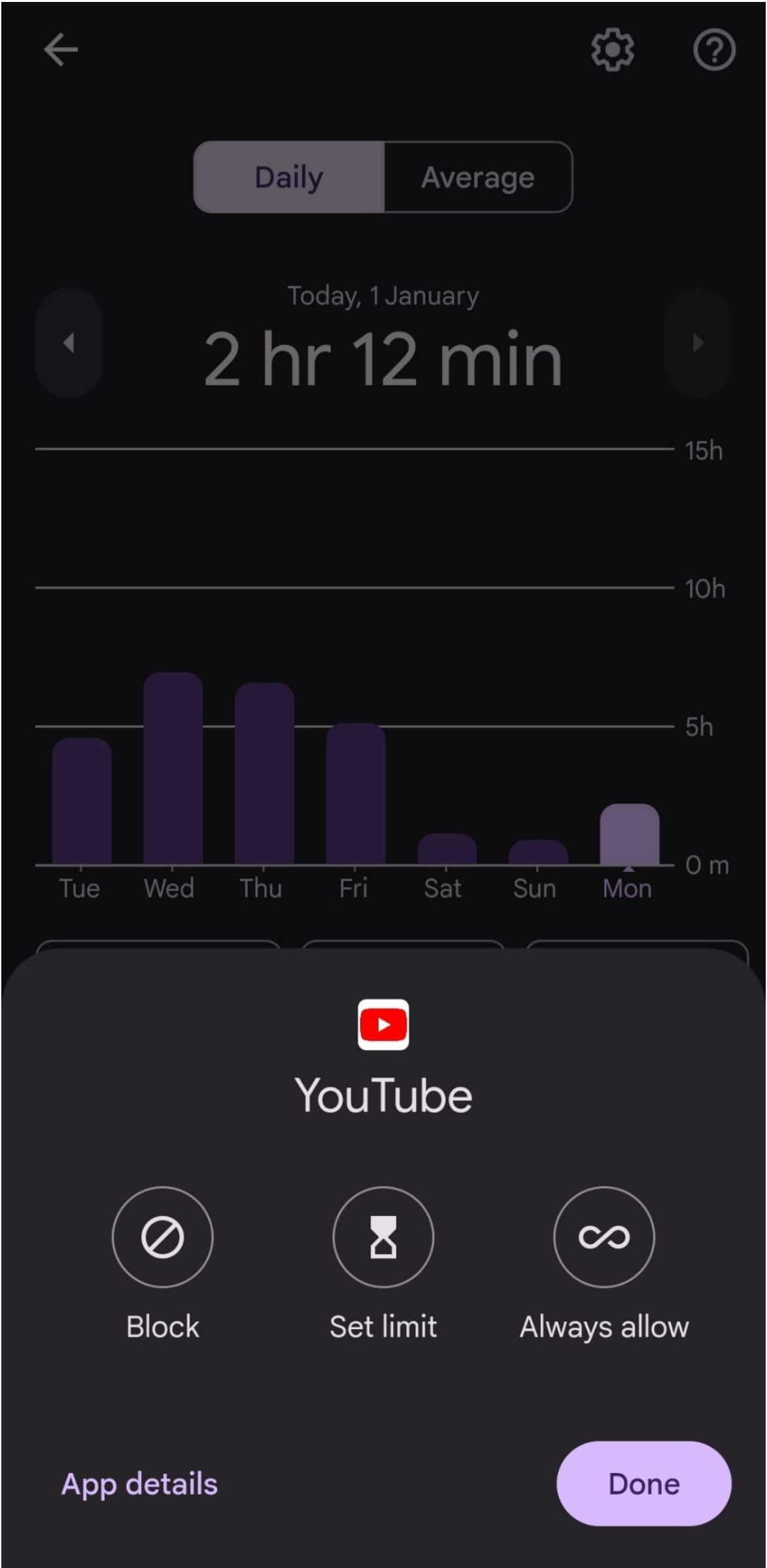
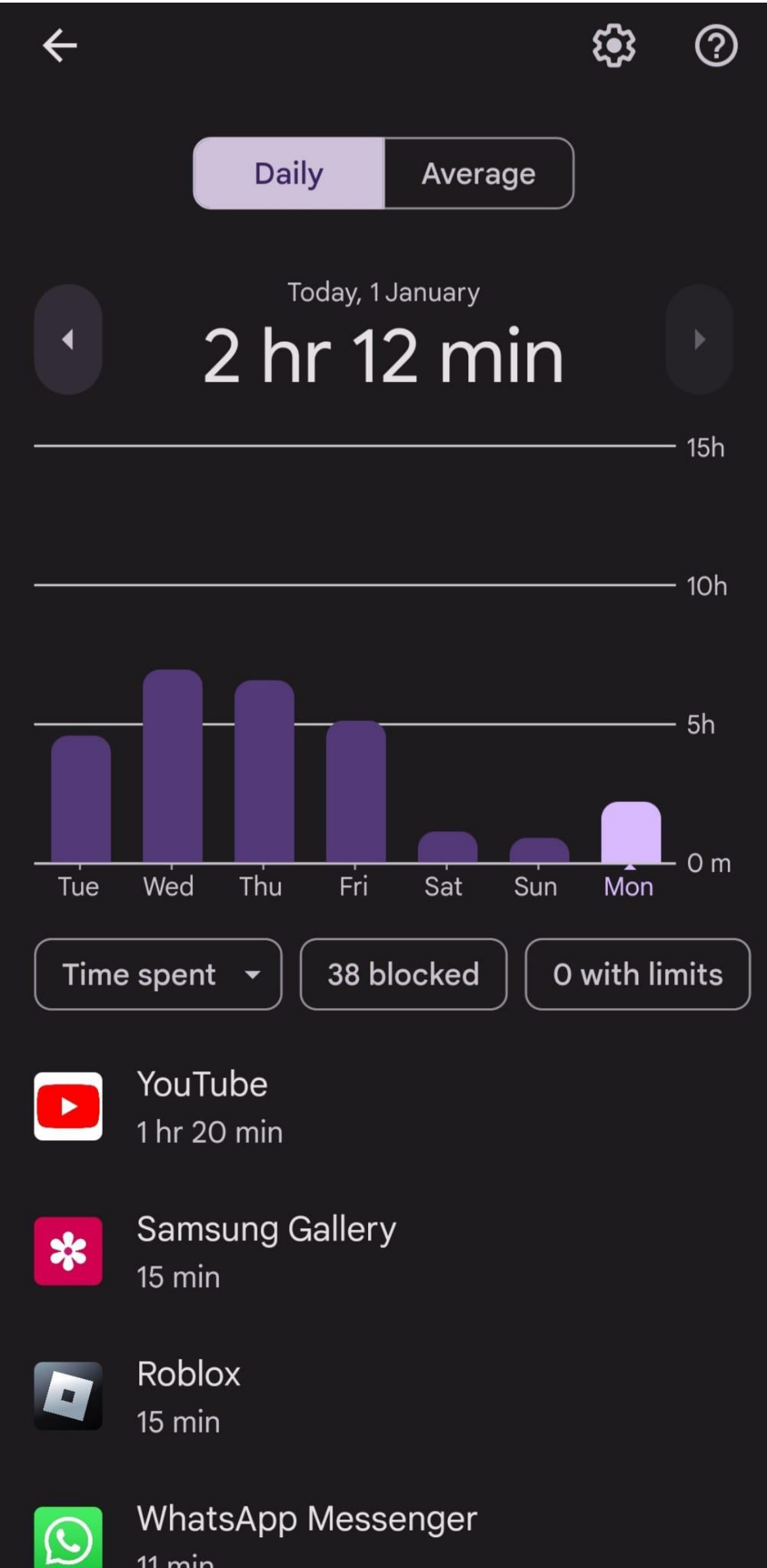


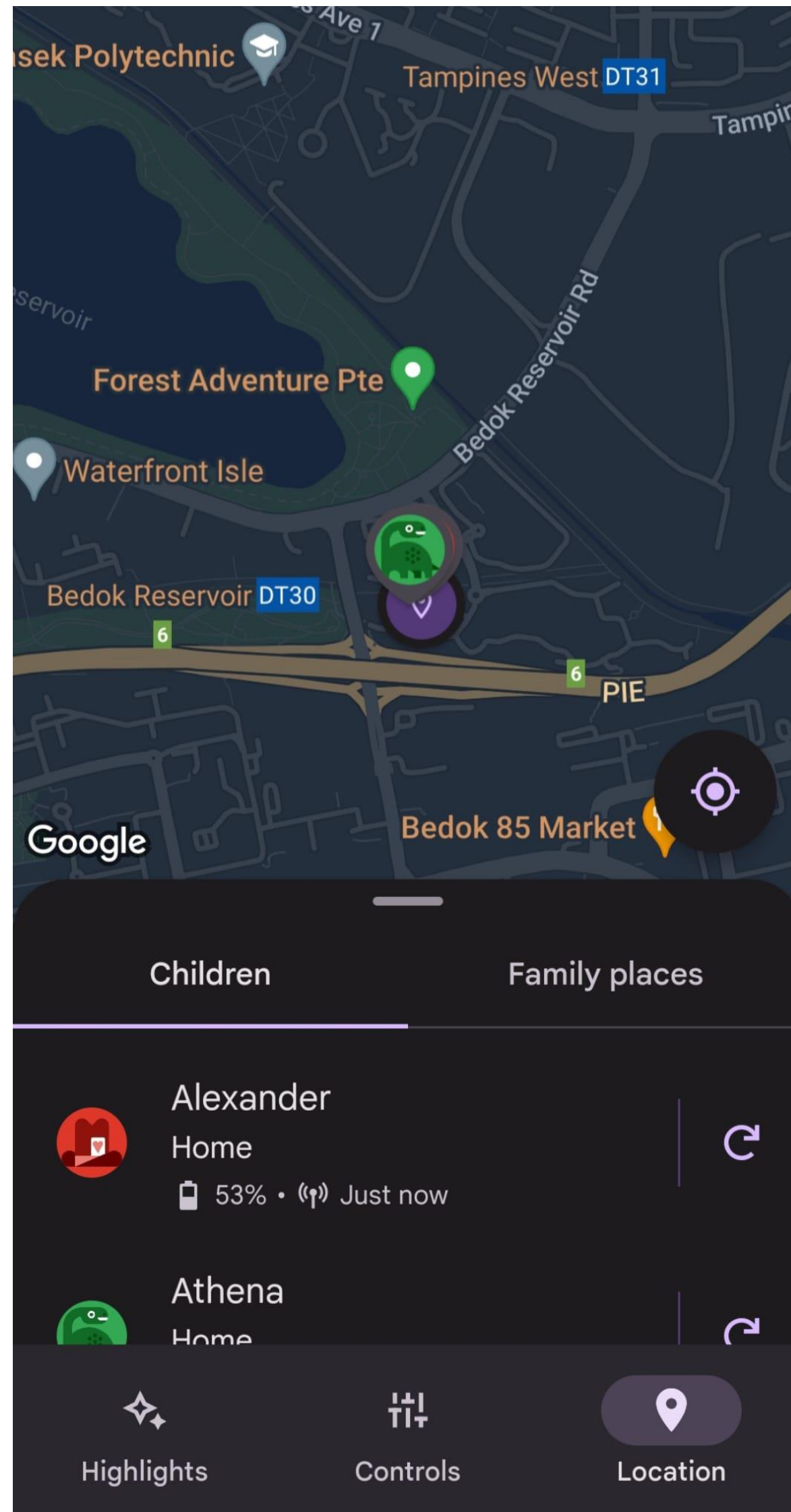


Google Family Link



Setting individual daily app limits is recommended for children 7 yrs – 12 yrs. For teenagers, only the bedtime settings are recommended.





Google Family Link



- Create child's google account
- 5 years younger than actual age*
- Add child's account to family group
- Install Family Link on child and parent phone
- Discuss limits with child
- Setup bedtime / app limits

Thank You!



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