

# Transition to Primary 1



## Home

- Morning Routine – Difficulties waking up? Rushing?
- Afternoon Routine – Student Care or Home Care?
- Night Routine – School bag packed? Sleeping too late?

## Parents

- Am I aware that my child needs time to adjust and I will stay calm?
- Am I prepared to guide my child to be independent?
- How can I show empathy and give positive attention to my child

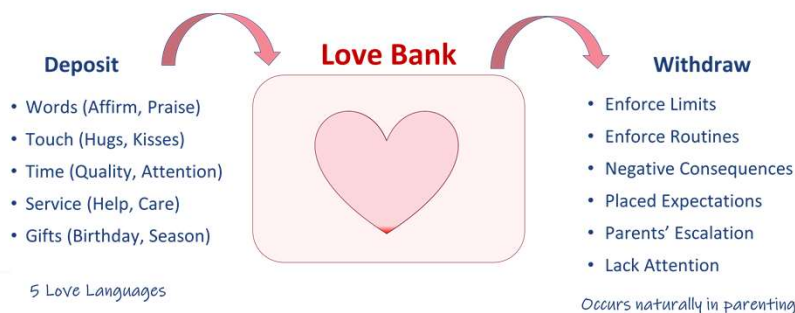
## Child

- Does my child know how to make new friends?
- Does my child know how & who to ask for help?
- When is a good time for my child to share with me about his/her day?

## Teach – Say – Show – Praise

- Parent **Teach** Keep it simple, split into steps if necessary
- Child **Say** Child to repeat instruction/steps back verbally  
*Prompt – “Tell me...”*
- Child **Show** Role play: Child to perform instruction/steps  
*Prompt – “Show me...”*
- Parent **Praise** Give recognition for verbal repeat or doing  
*Say – “Well done!” or “Good listening!”*

## Key to Successful Parenting



## Social Skills

- Ask and talk about their friends (instead of their homework)
- May have to coach word for word:
  - How to make new friends
  - How to join in a game
  - How to invite others
  - How to ask for help (teacher, general office)
- Good social skills contribute to a successful and happy school life

## Stay Connected

- Be contactable (school, teachers)
- Participate in activities for parents
- Connect with school's Parent Support Group (PSG)
- Build connections with other like-minded parents

Daily Home Time-Table & Tasks

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

## Areas to develop

- Routines
- Lifeskills
- Social skills
- Teach, Say, Show, Praise

## Not forgetting ...

- Staying connected
- Building your own network
- Prioritizing your relationship with your child

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## 小一开学的准备

### 家里

- 早上的日常- 困难起来吗? 会太赶吗?
- 放学后的日常- 去学生中心还是回家? 谁监督?
- 晚上的日常- 书包收拾了吗? 几点睡觉?

### 父母

- 我明白孩子需要时间适应而我会保持情绪平稳吗?
- 我有心理准备要帮助孩子学习独立吗
- 我如何能体谅孩子和给予孩子正面的关注?

### 孩子

- 孩子懂得如何交新朋友吗?
- 孩子知道如果和向谁求助吗?
- 什么时候是孩子最愿意和我分享他的生活和感受的呢?

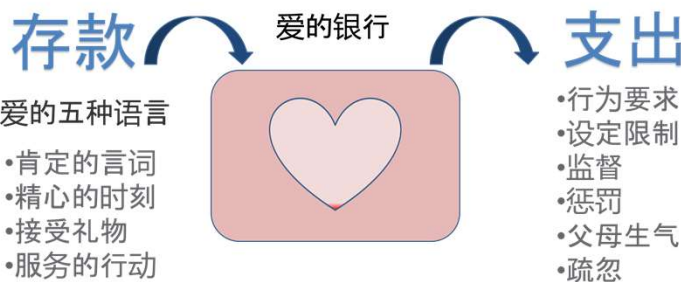
## 社交能力

- 询问和让孩子谈谈他的朋友 (不要一味的谈功课学业)
- 必要时需要教导孩子如何:
  - 主动交友, 如何开始对话
  - 如何参与游戏
  - 如何邀请他人加入
  - 如何求助 (老师, 学校行政部)
- 优良的社交能力可以让孩子有个快乐和有成就的学校生活

## 教导, 回应, 示范 + 赞美!

1. 父母**教导** - 简略, 分步骤
2. 孩子**回应** - 孩子重复诉说步骤 "告诉我..."
3. 孩子**示范** - 孩子用行动来示范步骤 "示范给我看..."
4. 父母**赞美** - 表扬孩子 "做的太好了! 学的真快!"

## 成功的亲子教育



## 保持关系

- 让学校和老师可以联络到您
- 参与学校的活动
- 支持家长支持小组 Parent Support Group (PSG)
- 和其他的父母多多联络交流

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## 要注意的方面

- 日常例行 (时间表)
- 独立的能力
- 社交的能力
- 教导, 回应, 示范 + 赞美!

## 不要忘了。。

- 保持关系
- 建立父母朋友圈
- 把亲子关系排第一!

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