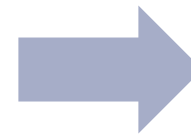




# MontfortCare

## Transition to Primary 1

Please register  
by scanning  
this QR link



In Partnership with:



## Areas to think about when your child enters Primary 1



### Routines

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

### 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?

## 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!”*



## Routines - What & Why



- A set of habits performed at the same time each day
- Gets required tasks done without reminders or hassles
- Reduces stress levels at home

## What time is bedtime?



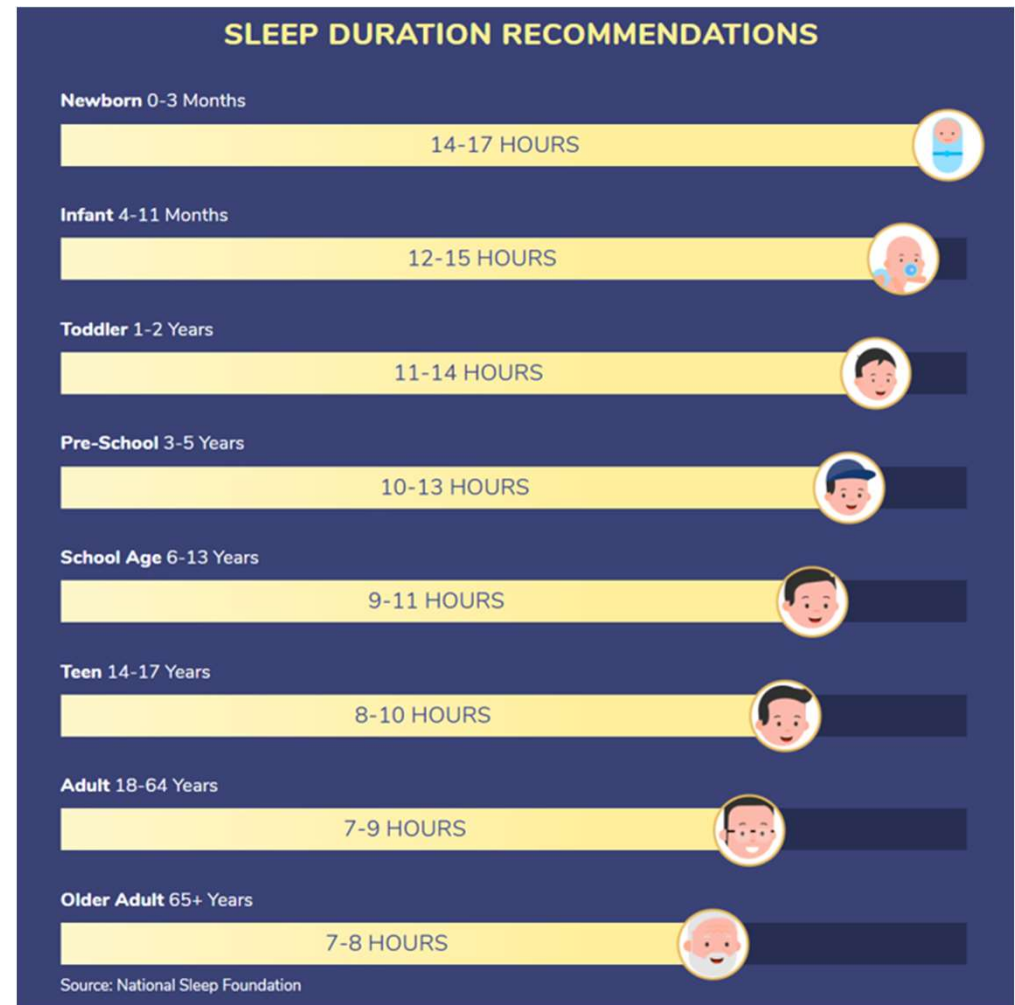
- What time does your child need to wake up?
- 9 hours of sleep
- Half to one hour before actual sleeping time



# What time is bedtime?



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



## Developing a Bedtime Routine



A bedtime routine may include ...












- Ensuring schoolbag is packed
- Ensuring water bottle is filled
- Ensuring uniform for the next day is ready
- Fold & keep my clothes
- Taking a quick shower
- Brushing and flossing teeth
- Collect pocket money for next day
- Setting/Turning on the alarm clock
- Getting goodnight hugs



# My Bedtime Routine



Week 1

| Name: <u>Johnathan</u>   | Sunday  | Monday  | Tuesday  | Wednesday  | Thursday  |
|--|--|--|---|---|--|
| Start on time: <u>8:30pm</u>   | ✓  | oops!  | oops!   | ✓   | oops!  |
| Check - schoolbag is packed <br>(if not ready, pack schoolbag)                | ✓  | ✓  | ✓   | ✓   | ✓  |
| Check - water bottle is filled <br>(if not ready, wash and fill water bottle) | ✓  | ✓  | oops!   | ✓   | ✓  |
| Check - school uniform is ready <br>(if not ready, prepare it)                | ✓  | ✓  | oops!   | ✓   | ✓  |
| <b>Keep My Clothes</b>   | ✓  | oops!  | oops!   | ✓   | ✓  |
| <b>Use Toilet</b>  | ✓  | ✓  | ✓   | ✓   | ✓  |
| Brush & floss my teeth    | oops!  | oops!  | ✓   | ✓   | ✓  |
| Set / turn on my alarm: <u>6am</u>    | oops!  | ✓  | ✓   | ✓   | ✓  |
| Give a goodnight hug & kiss   | ✓  | ✓  | ✓   | ✓   | ✓  |





**Daily Home Time-Table & Tasks**

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

Daily Home Time-Table & Tasks

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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** 2025

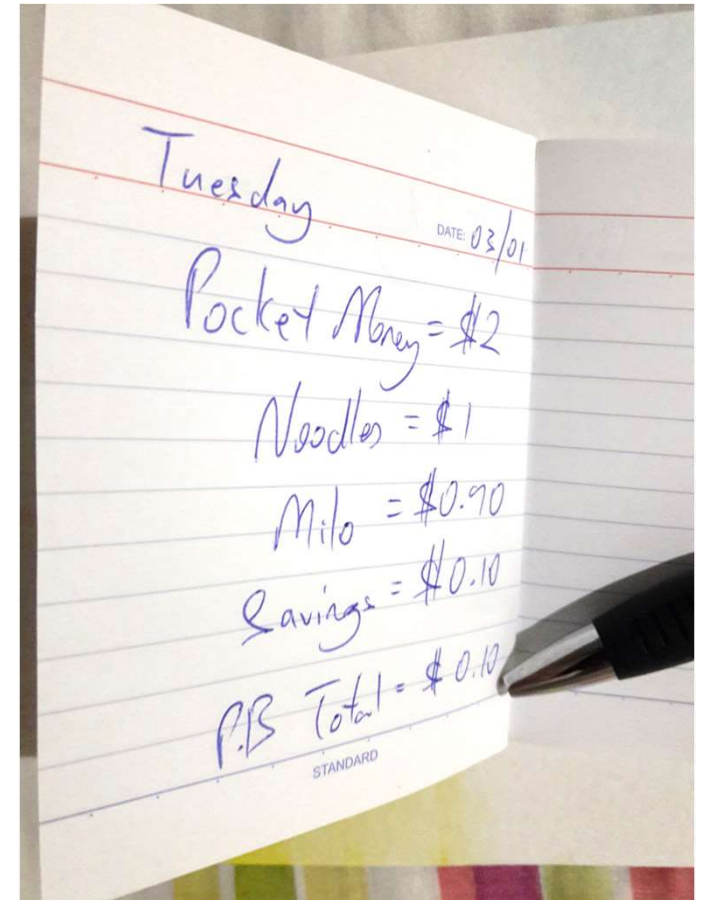
| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|-----|-----|-----|-----|-----|-----|
|     |     |     | 1   | 2   | 3   | 4   |
| 5   | 6   | 7   | 8   | 9   | 10  | 11  |
| 12  | 13  | 14  | 15  | 16  | 17  | 18  |
| 19  | 20  | 21  | 22  | 23  | 24  | 25  |
| 26  | 27  | 28  | 29  | 30  | 31  |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

FREE 2025 CALENDAR BY SHININGMOM.COM

\* Free printing resource @ [shiningmom.com](https://shiningmom.com)

## 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



## 2024 Malay Cooked Noodles & Rice



| Monday  |                 |
|---|-----------------|
| Nasi Lemak, Omelette, Vegetable + Fruit .....           | \$1.80 / \$2.30 |
| Mee Soup, Fish Ball, Fish Cake + Fruit .....            | \$1.80 / \$2.30 |
| Chicken Rice, Shredded Chicken, Vegetable + Fruit ..    | \$1.80 / \$2.30 |
| Tuesday   |                 |
| Nasi Lemak, Omelette, Vegetable + Fruit .....           | \$1.80 / \$2.30 |
| Mee Siam, Egg, Vegetable + Fruit .....                  | \$1.80 / \$2.30 |
| Fried Rice, Omelette, Vegetable + Fruit .....           | \$1.80 / \$2.30 |
| Fried Mee, Fried Egg, Vegetable + Fruit .....           | \$1.80 / \$2.30 |
| Wednesday   |                 |
| Nasi Lemak, Omelette, Vegetable + Fruit .....           | \$1.80 / \$2.30 |
| Mee Rebus, Egg, Vegetable + Fruit .....                 | \$1.80 / \$2.30 |
| Teriyaki Chicken Rice + Fruit .....                     | \$1.80 / \$2.30 |
| Mee Soup, Fish Ball, Fish Cake + Fruit .....            | \$1.80 / \$2.30 |
| Fried Maggie, Fried Egg, Vegetable + Fruit .....        | \$1.80 / \$2.30 |
| Thursday  |                 |
| Mee Soto, Shredded Chicken, Vegetable + Fruit .....     | \$1.80 / \$2.30 |
| Chicken Rice, Shredded Chicken, Vegetable + Fruit ..... | \$1.80 / \$2.30 |
| Nasi Briyani, Shredded Chicken, Vegetable + Fruit ..... | \$1.80 / \$2.30 |
| Friday  |                 |
| Nasi Lemak, Omelette, Vegetable + Fruit .....           | \$1.80 / \$2.30 |
| Mee Hong Kong, Fish Ball, Fish Cake + Fruit .....       | \$1.80 / \$2.30 |
| Longtong, Egg, Vegetable + Fruit .....                  | \$1.80 / \$2.30 |
| Laksa, Egg, Vegetable + Fruit .....                     | \$1.80 / \$2.30 |
| Side Dish   |                 |
| Pan-fried Crispy Chicken .....                          | \$1.20          |
| Fish Cake .....   | \$0.60          |
| Staff/Adult Meal Price .....                            | \$4.00          |

## 2024 COOL STATION MENU



| Fresh Fruit Juice .....                      | \$1.30 / \$2.00 |
|--|-----------------|
| Mixed Fruit Juice .....                      | \$1.50 / \$2.00 |
| Mixed Fruit Salad Cup .....                  | \$1.20          |
| Watermelon Cup .....                         | \$1.00          |
| Sliced Fruit .....                           | \$0.30 - \$0.50 |
| Flavoured Milk                               |                 |
| Milo (Packet) - 200ml .....                  | \$1.00          |
| Milo Peng Bottle - 225ml .....               | \$1.30          |
| HL Milk (Packet) - 200ml .....               | \$1.10          |
| Meiji Milk - 200ml .....                     | \$1.00          |
| Marigold Milk - 200ml .....                  | \$1.00          |
| Packet Drink                                 |                 |
| Pokka Packet Drink 5.8gm/ml .....            | \$0.80          |
| Yeo's Packet Drink - 250ml .....             | \$0.80          |
| Bottled Drink                                |                 |
| Pokka Green Tea (320ml) .....                | \$1.20          |
| Pokka Gulong Tea (320ml) (no sugar) .....    | \$1.10          |
| "IF" Coconut Drink - 350ml .....             | \$1.20          |
| Mineral Water - 250ml .....                  | \$0.60 / \$0.70 |
| Peel Fresh Drink - 250ml .....               | \$1.00          |
| Dessert                                      |                 |
| Meiji Yoghurt - 135g .....                   | \$1.00          |
| Jele Beattie Vitamins A.C.E Jelly 150g ..... | \$0.90          |
| Vitagen/Yakulk (80ml) .....                  | \$0.90          |

## 2024 Chinese Cooked Noodles & Rice

| Monday                                |                 |
|---------------------------------------|-----------------|
| Fried Rice + Fruit .....              | \$1.80 / \$2.30 |
| Char Siew Rice + Fruit .....          | \$1.80 / \$2.30 |
| Plain Rice with Chicken + Fruit ..... | \$1.80 / \$2.30 |
| Fried Bee Hoon/Mee + Fruit .....      | \$1.80 / \$2.30 |
| Fishball Noodles + Fruit .....        | \$1.80 / \$2.30 |
| Tuesday                               |                 |
| Laksa Noodles .....                   | \$1.80 / \$2.30 |
| Soya Sauce Chicken Rice + Fruit ..... | \$1.80 / \$2.30 |
| Fishball Noodles + Fruit .....        | \$1.80 / \$2.30 |
| Wednesday                             |                 |
| Curry Rice + Fruit .....              | \$1.80 / \$2.30 |
| Minced Meat Noodles + Fruit .....     | \$1.80 / \$2.30 |
| Thursday                              |                 |
| Laksa Noodles .....                   | \$1.80 / \$2.30 |
| Fishball Noodles + Fruit .....        | \$1.80 / \$2.30 |
| Chicken Rice + Fruit .....            | \$1.80 / \$2.30 |
| Friday                                |                 |
| Lor Mee + Fruit .....                 | \$1.80 / \$2.30 |
| Char Siew Mee + Fruit .....           | \$1.80 / \$2.30 |
| Fried Bee Hoon/Mee + Fruit .....      | \$1.80 / \$2.30 |
| Fried Rice + Fruit .....              | \$1.80 / \$2.30 |
| Chicken & Fish Porridge + Fruit ..... | \$1.80 / \$2.30 |
| Side Items                            |                 |
| Fishball (4 Pieces per pack) .....    | \$0.50          |
| Fried/Boiled Egg .....                | \$0.50          |
| Crab Meat .....                       | \$0.30          |
| Staff/Adult Meal Price .....          | \$4.00          |

## 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



## Toileting Skills



- Asking for permission
- Taking enough toilet paper
- Manage their clothes
- Wipe themselves effectively
- Flush & wash hands
- Confident toileting skills takes practice



## 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

## Key to Successful Parenting



\* Deposit categories adapted from - <https://5lovelanguages.com/>



Do sign-up for our upcoming Triple-P Parenting Seminar (18-Jan) through Parents Gateway!



# Feedback



<https://forms.office.com/r/LeeruM4qb5>

+ FAMILY VALUES +  
LOVE • CARE & CONCERN • COMMITMENT • RESPECT