

Help my kid to level-up to enjoy primary school life, I can do it!

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Importance of transition from kindergarten to primary school

Challenges of smooth transition to primary schools

Learning environment

Change of School premises

Higher teacher to pupil ratio

Social relationships

Teacher-student interactions mainly occurring in classroom

Increased peer conflicts

Curriculum/ Teaching

Knowledge-based lessons

Fast-paced teaching

Academic achievements focused

Routine/ Self-care abilities

High requirements for self-discipline and independence

Change in daily routine



Discrepancy in children's expectations of primary one

Before transition...

After transition...

Can write handbook

Need to write handbook everyday

It has my favorite recesses

Recesses are fun but they are too short

It means that "I am a big boy/ big girl now"

It is challenging to complete most tasks on my own

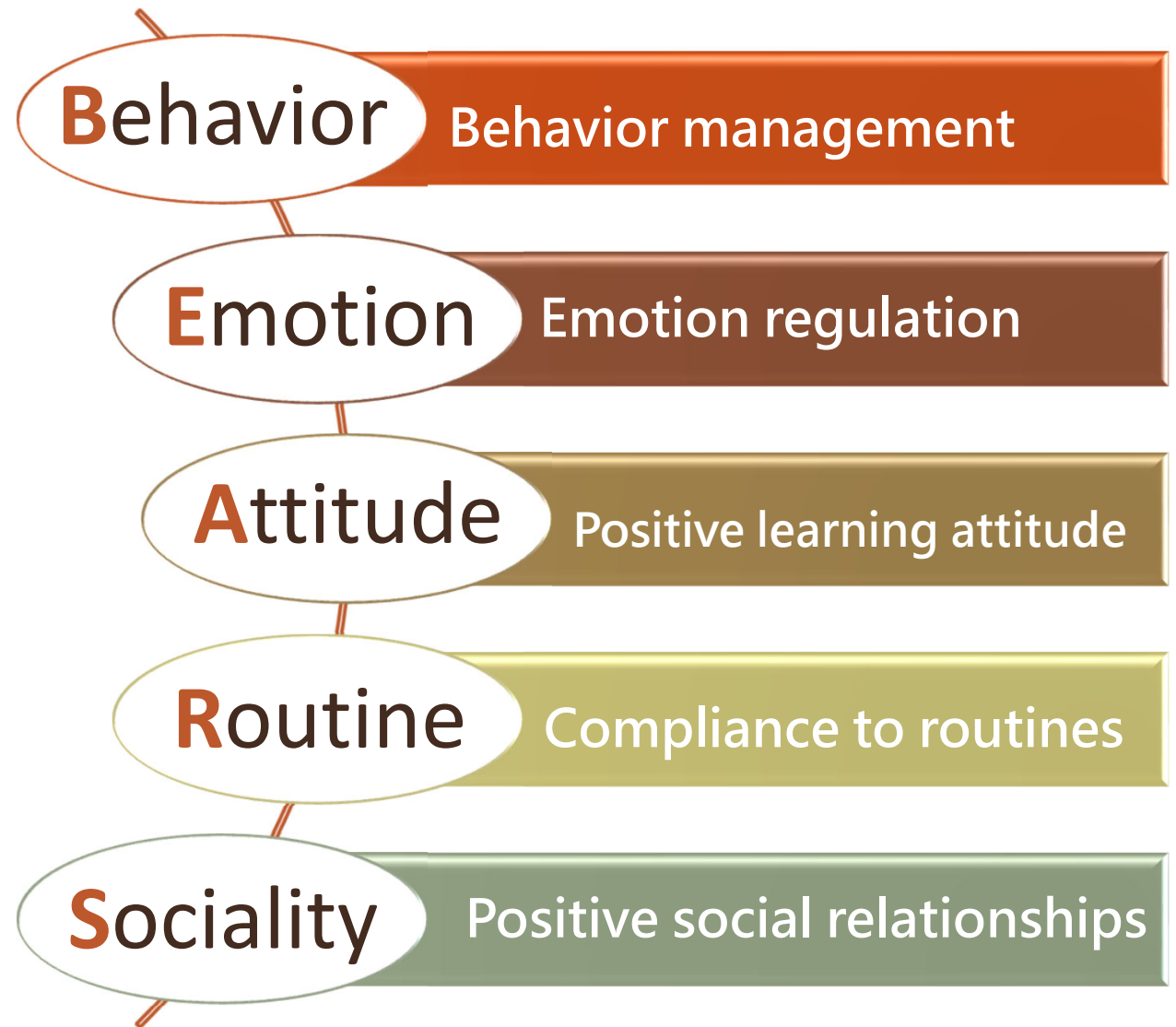
Can make lots of new friends

Being bullied because I am the youngest

Large school campus, lots of extracurricular activities

Need to walk more, increased the amount of homework and no time to play

Indicators of Primary One adaptation



Provide
support in
cognitive,
emotional,
and autonomy
developments



How to equip our children with ability to prepare for the transition?

Physically



- Gross and fine motor development
- Healthy body

Cognitively



- Ability to concentrate in class
- Fundamental cognitive concepts

Psychologically



- Emotion regulation
- Confidence

Learning



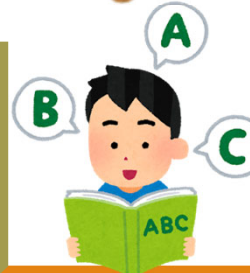
- Curiosity
- Proactivity
- Persistence
- Courage to seek help

Socially

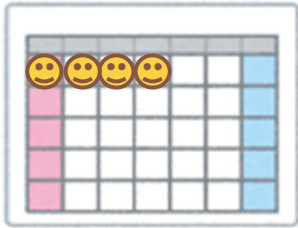


- Ability to solve basic peer relationship problems
- Interest in meeting new friends

Language



- Basic reading skills
- Correct pencil grip
- Ability to understand conversations and express oneself



Parental support at home



Enhance children's self-management abilities:

Timetable

Let children participate in planning

Be aware of the time distribution of each activity

Reward chart

Reinforce positive behaviors

Visual reminders

Encourage and remind

Maintain a good parent-child relationship:

Parent-child reading

Facilitate parent-child conversations

Build language foundation

Parent-child discussion

Share emotions and feelings

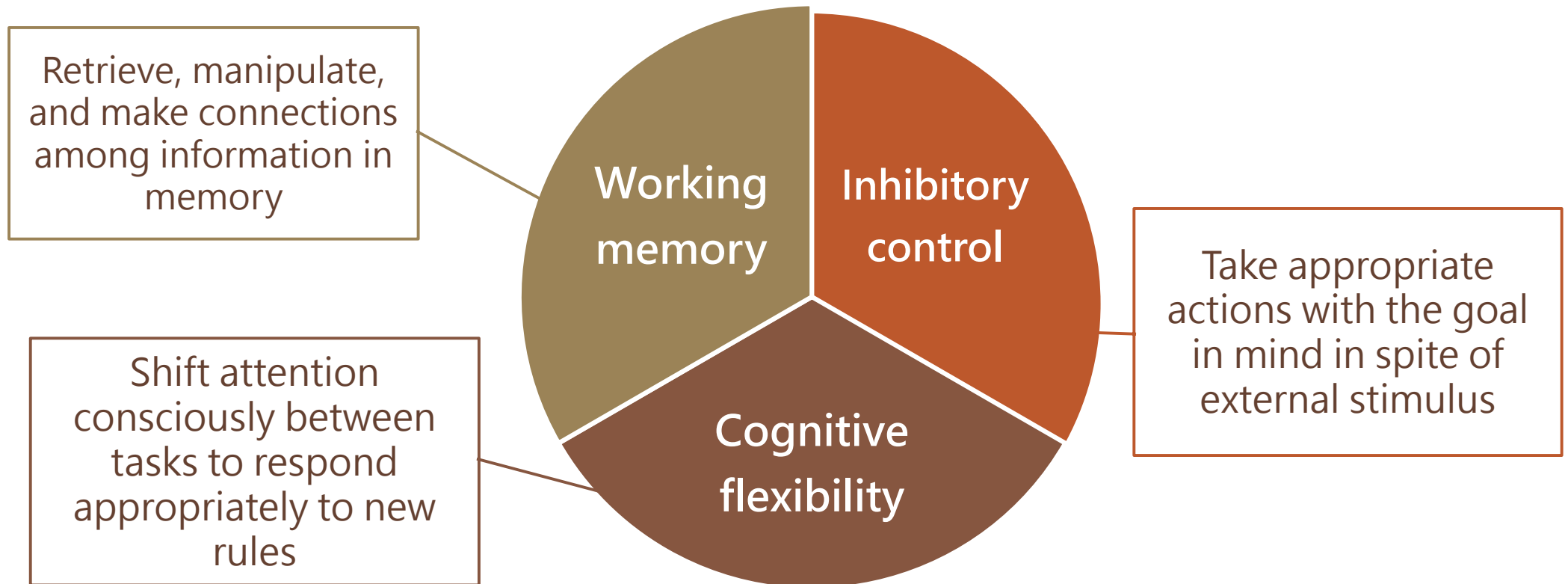
Learn about children's lives

Parent-child play

Be children's company

Relieve study stress

Games for nurturing executive functions



Home-school collaboration: Advantages

Children	Parents	Teachers
Provide a sense of security in new school	Feel supported by the school	Adjust curriculum according to children's ability
Boost self-confidence	Strengthen parents' confidence	Treat parents as schools' important resources
Maintain consistency in rules that can be followed	Gain educational knowledge and skills	Reflect and modify teaching based on parents' feedback

Home-school collaboration: Methods



How to set reasonable expectations and goals for children?



Case 1

A child who refuses to go to school

- Observe child's behaviors and emotions
- Show empathy
- Wake up and go to school on time



Case 2

Bullying

- Observe, listen and show empathy
- Ensure the values of the child
- Guide the child in finding solutions



Case 3

Poor academic performance

- Enhance attention
- Strengthen time management skills
- More praises and rewards



Q&A