

Nurturing the
Socially and Emotionally
Competent Child :
*Tips to ease transition
for our P1 children*



Transition to P1:

How can parents/caregivers help?

Common Developmental Characteristics

- Need secure attachment to their parents
- Need parents to be attentive and sensitive to their social and emotional needs
- Learn through play
- Learn about themselves through peer interactions
- Increasingly rely on peers to lend them emotional support, and build their self-esteem.

Socially and emotionally competent children...

- ✓ **Are happier, more contented**
- ✓ **Have fewer behavioural problems**
- ✓ **Have increased school achievement**

5 Social & Emotional Skills



- ✓ Self-Awareness
- ✓ Self-Management
- ✓ Social Awareness
- ✓ Relationship Management
- ✓ Responsible Decision-Making

SOCIAL & EMOTIONAL LEARNING

TIPS TO HELP EASE TRANSITIONS



S A F E

Support Affirm Familiarise Empathise



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SOCIAL & EMOTIONAL LEARNING

TIPS TO HELP EASE TRANSITIONS

S

Support



- Commit some time every weekend to play games and have fun together
- Visit places or take part in events that **both of you enjoy**
- Encourage your child to make new friends
- Carry out *FTGP Family Time* activities

SOCIAL & EMOTIONAL LEARNING

TIPS TO HELP EASE TRANSITIONS

A

Affirm



- **Encourage your child** when they make unusual observations.
E.g. Say “That’s interesting!” and ask why he/she said that.
- **Recognise small successes.**
E.g. Say “You write your numbers neatly now – well done!”

TIPS TO HELP EASE TRANSITIONS

F

Familiarise

- **Find out** what primary schools have in store for students these days.
- **Do practical things** to ease your child into new routines.

E.g. Plan the daily routines together, teach your child new habits like packing his/her bag.



TIPS TO HELP EASE TRANSITIONS

E

Empathise



- Help your child learn words to identify his/her feelings.
- **Acknowledge your child's emotions**
E.g. "I know the start of Primary School is tough."
- Discuss together what can be done if he/she has worries at school.
- Start bedtime early.

TIPS TO HELP EASE TRANSITIONS



T A D

Talk Ask Discuss

CHAT WITH OUR CHILDREN

TIPS TO HELP EASE TRANSITIONS

T

Talk

Talk about fond memories of your own school days.

E.g. Kind teachers and cheeky classmates ; what you did in primary one.



CHAT WITH OUR CHILDREN

TIPS TO HELP EASE TRANSITIONS

A

Ask

Ask about his/her thoughts and feelings about the school.

E.g.

- CCE/FTGP/PAL activities
- How the school day was



CHAT WITH OUR CHILDREN

TIPS TO HELP EASE TRANSITIONS

D

Discuss

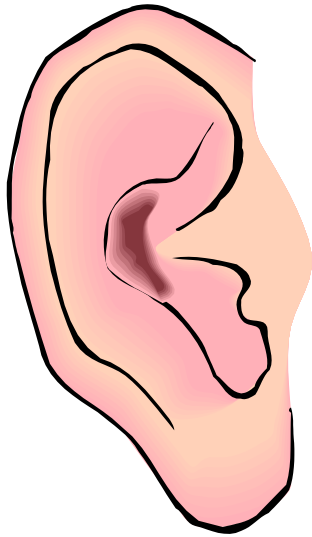
Discuss the characters in a book/show.

E.g.

- Explore how people deal with conflicts.



TIPS TO HELP EASE TRANSITIONS



Listen without interrupting.

- Nod your head and **ask questions** to show interest and affirmation.



LISTEN TO WHAT CHILDREN ARE SAYING

Summary



- *Parents provide strong support to help their children transit to primary schools.*
- *Parents can build strong relationships with their children by knowing and appreciating who they are.*

Remember SAFE & TAD 😊



Support



Affirm



Familiarise



Empathise