



Ministry of Education
SINGAPORE

PARENT KIT

Easing into Secondary School Life!



Students moving from primary to secondary school are entering a **new phase of life!**

Their lives will get busier, their circle of friends will expand, and you may even notice changes to the way they relate to you.

Throughout this phase and across these changes, it is important to let them know that your support and care for them remains the same.

Read on for more tips on how to **support your child's transition to secondary school.**

Some changes you can expect to see:

- 1. Busy Days Ahead**
- 2. New Relationships**
- 3. New Ways of Communicating**



1. BUSY DAYS AHEAD

In secondary school, your child's schedule fills up quickly!

Your child will have:

- **Longer days** at school.
- **More subjects**, more assignments.
- **More after-school activities**, such as Co-curricular Activity (CCA, which is compulsory at secondary level) and group project work.

You can:

- **Check in regularly** to find out how they are doing, e.g. during meal times.
- **Acknowledge their efforts** when they try new things as it takes courage to step out of their comfort zone.
- **Take interest** in the things they are learning/doing. These could be new subjects, new CCAs.
- **Encourage your child** to seek help from teachers, friends or trusted adults in the school community as they may feel overwhelmed with a busier schedule.



1. BUSY DAYS AHEAD

Tips for better time management:

- **Ask your child** to inform you about days they will return home late. Mark these days on a calendar.
- **Guide your child** in planning their schedule. This encourages them to take responsibility for organising their time, including balancing time for school, home, leisure and rest.
- **Some conversation starters:**
 - *How are you planning your time now?*
 - *What do you enjoy most about your CCA? Why?*
 - *How can I support you during this time?*



Visit your child's school website for more information on their new subjects and CCAs.



2. NEW RELATIONSHIPS

It's a new school with new programmes and activities, as well as new classmates and CCA mates.

Your child will be:

- **Adjusting to a new environment and routines.**
- **Developing new friendships.**
They may also spend more time with these friends.
- **Entering their teenage years,** they will experience changes in their physical and emotional growth.

You can:

- **Show interest** in their friendships.
- **Show understanding** if they need more time to adjust socially and forge new friendships.
- **Be aware** that their friends' opinions may matter more than before.



Several changes happen in your child as they enter teenagehood. Read more about [how you can understand these changes and stay connected with your child.](#)

Click Here



2. NEW RELATIONSHIPS

Encouraging your child to make friends:

- Friendships are a part of one's social support system. If your child does not have buddies yet, **encourage them to try talking to classmates or CCA mates.**
- **Understand how your child spends time with their friends.** Make the effort to know more about their friends and the activities they do together.
- **Some conversation starters:**
 - *Who did you go for recess/ lunch with?*
 - *Which friend/group of friends did you spend the most time with today in school?*
 - *Who are some buddies you are comfortable to talk to in school?*



3. NEW WAYS OF COMMUNICATING

Your child may:

- Start to keep more to themselves.
- Spend more time on their devices and engage more on social media and with their friends.



Read more on [how to identify excessive usage of mobile devices](#) and find avenues of support.

[Click Here](#)



Check out the National Library Board's eBook on [having meaningful conversations with your child](#).

[Click Here](#)



Pick up [communication tips on relating well to your child](#).

[Click Here](#)



You can:

- **Talk** to them about topics they are interested in.
- **Share** about your day. Take the lead, and they may reciprocate.
- **Respect** their personal space by giving them some “me time”.
- **Guide** them in [creating a healthy balance](#) between online and offline activity. Come to an agreement with them on device usage.

[Click Here](#)



MAINTAIN A POSITIVE RELATIONSHIP USING T.E.E.N

Try these easy-to-remember ways to keep the connection going strong!

Time

Consciously set aside time to spend with your child. Find regular opportunities to do this, such as at meals or taking walks together.

Expectations

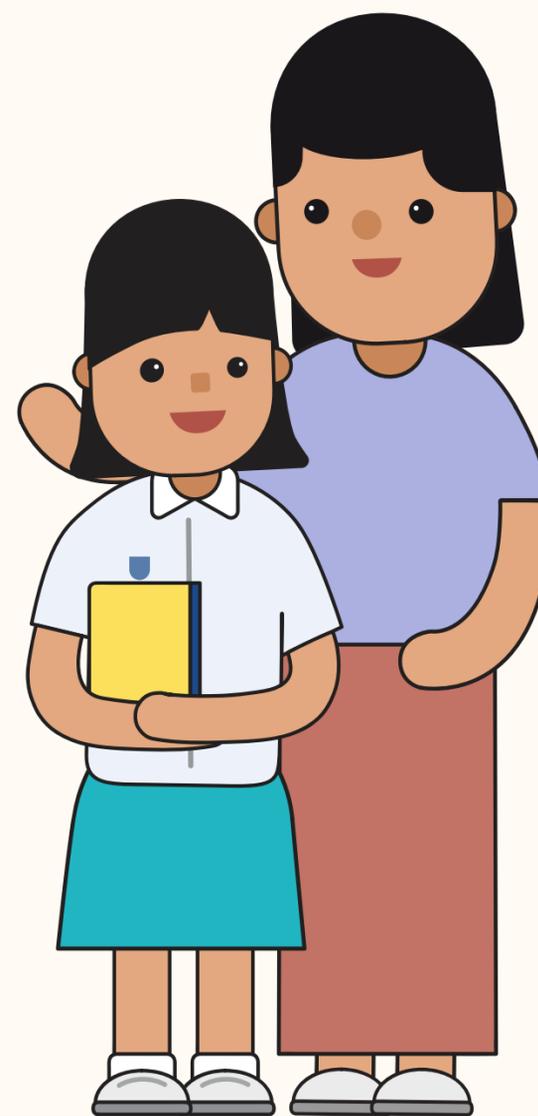
Help your child discover their own goals and identity. While you may have expectations for your child, they have their own sets of strengths and interests.

Empathy

Encourage your child to share their thoughts and feelings, and listen without judgment. They will be more willing to listen knowing you are seeking to understand them.

Nurture

Seek to be a facilitator, rather than a supervisor. Let them try, discover solutions themselves, and let them experience challenges to learn.



The Ministry of Social and Family Development runs the *Positive Parenting Programme (Triple P)* to help parents strengthen bonds and stay connected with their child as they enter adolescence.

[Click Here](#) 



Your constant presence, regular communication, and support for their social and emotional needs, are important for your child's transition to a new phase.

Journey alongside them in this new and exciting phase ahead in secondary school!



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