

Helping ZHPS Parents through this journey  
of Transition

Helping ZHPS Parents through this journey  
of Transition



# My Amazing Child On The 1<sup>st</sup> Day

## 1 CARE



## 1 COLLABORATION



## 1 EXCELLENCE



## 1 HARMONY



# My Amazing Child On The 1<sup>st</sup> Day

## 1 INNOVATION



## 1 INTEGRITY



## 1 RESILIENCE



## 1 RESPECT





# My Amazing Child During Recess

**Julius, 1CE, “Daddy, see! I can take the plate of rice by myself”**



**Alifah, 1EE, “Mummy, yummy fruits!”**



**Jazreel, 1HY,  
“Mummy, Thank  
you so the lunch  
box!”**

# My Amazing Child During Recess

**Gavis, 1CN, “I am careful with hot soup!”**



**Draven of 1EE, and friend “Yeah! We ordered and paid for our meals!”**



S.A.F.E.

S.A.F.E. Tips:

Support, Affirm,

Familiarise, Empathise.



# Support

- Commit some time everyday to talk with your child.
- Commit some time during 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.
- Role play with your child on ways to make friends.

# Affirm



(Story of Connie 1EE, Mummy Gladys)

1. **Encourage** your child when he/she makes **observations**.

- E.g. Say: “ That’s interesting!” and ask why he/she said that.
- E.g. Say: “ How come?” and “tell me more”

2. **Recognize small successes**.

- E.g. Say “ you’ve made another friend in class –well done!”
- E.g. Say “you’ve have raise your hand to ask the teacher a question? Ask for permission to go to the toilet –fantastic, I like your bravery, keep it up.”



# Familiarise

**1. Find out what primary schools have in store for students for these days.**

- Prepare your child what to expect for the first three day.

**2. Do practical things to ease your child into new routines.**

- E.g. Plan daily routines together, teach your child new habits like packing his/her bag.
- Put in stationery that are necessary



In courtesy: Photo of Syafiyyah  
(Supported by Daddy Azahari)

# Empathise

## 1. Teach your child words that describe feelings

E.g. Glad, sad, mad, scared, anxious

## 2. Acknowledge your child's emotions.

E.g. "It's okay to feel anxious about starting school."

## 3. Understand your child's needs.

E.g. Start bedtime early. Children need a lot of sleep



(Story of Nurin 1RT with Mummy Amina)



# Talk



# Discuss



# Ask

Story of Kisya, 1 RE, Mr Muhammad



# Quick Tips

- Listen without interrupting
- Nod your head and ask questions to show interest and affirmation
- Hold on to your emotions and clarify when in doubt
- Be involved.

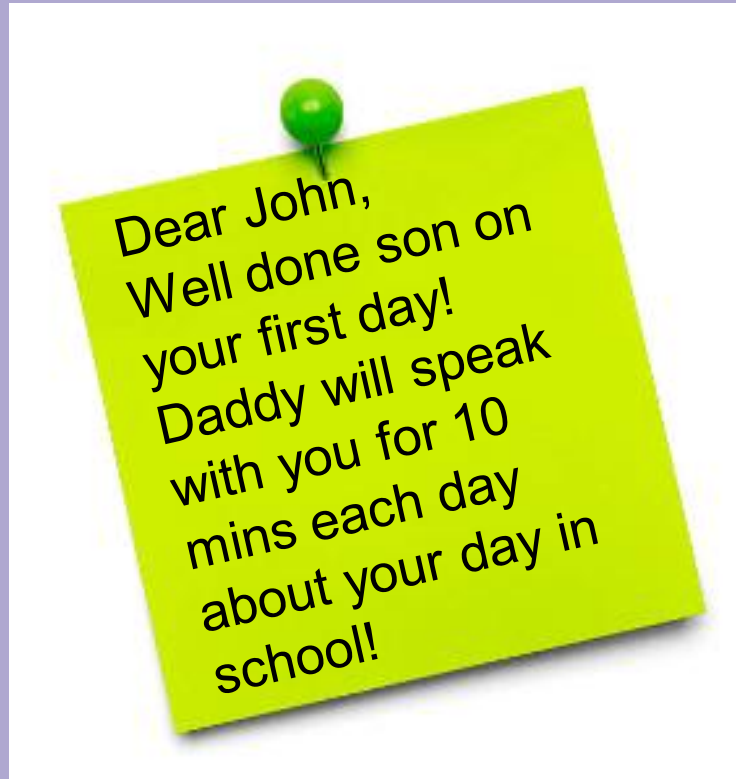


# Amazing Parents and Support



**Parents are forming support, to support themselves and children! Zhenghua Spirit!**

# Commitment Pledge



# Thank you, Parents!

