

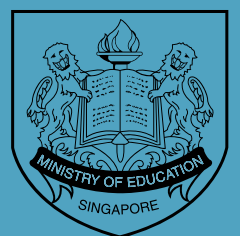
Supporting Your Child During Full Home-Based Learning



Parent Kit

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Ministry of Education
SINGAPORE

From 19 May 2021 to 28 May 2021, our children will be spending more time at home with the ongoing Full Home-Based Learning (Full HBL).

For most of us, Full HBL is something we have experienced and learnt from last year. We did well in staying home, staying safe, and keeping our children positive in the process.

To support you, we've put together a quick refresh of all your best tips to help you support your child at home for the next two weeks. For parents who are going through this for the first time, we hope these tips will help ease you and your child into Full HBL.

You've got this!



Quick Tips to Support Your Child During Full HBL

TIP #1:



Get Ready Together

Set up an area conducive for learning, such as at the dining table or study desk. This should not be where your child sleeps!

Check that your child has the necessary resources, such as:



Passwords and Login IDs

Access the online portals that the school will be using (e.g. SLS) with your child and get them to note down their login details.

TIP #1:



Get Ready Together



The Full HBL timetable and relevant materials

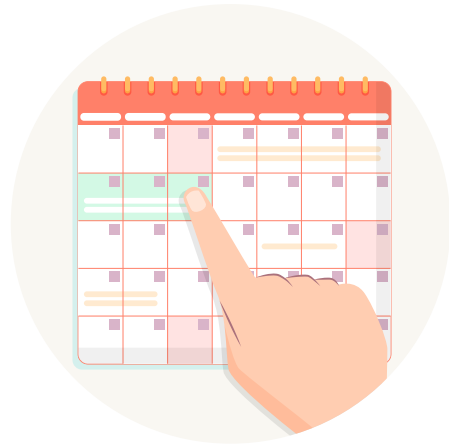
Ensure that your child knows the schedule and prepares the necessary materials for the lessons. Arrange the materials by subjects in the study area for easy access.



Point of contact for Full HBL queries

Teachers will inform your child about their preferred mode of communication – they are not required to share their mobile numbers.

TIP #2:



**Establish
A Structure
Together**
(For Primary
School Students)

or

**Agree On
A Structure
Together**
(For Secondary &
Post-Secondary
School Students)

Unlike in school, an adult may not always be present to supervise your child. It is important to work out a routine with them on:

1



**Study, meal,
rest timings**

2



“School” time
(e.g. change out of
pyjamas before
starting Full HBL)

3



“Recess” time
(e.g. healthy,
balanced meals
and snacks)

4



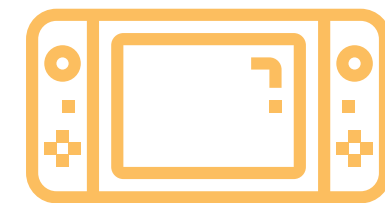
Recreation time
(e.g. 15 mins
after completing
each subject)

5



**Recreational
activities at home**
(e.g. reading
storybooks, craft
work, exercise)

6



**Recreational
activities online**
(e.g. decide how
much time he/she
should spend online)

TIP #3:



Talk To Your Child About Their Experience

At the end of the day, have a conversation with your child about their experience.

You may wish to talk about:

The Full HBL experience

- What did they learn?
- Was it challenging/manageable?
- Would they need to make changes to their study area or routine?
- What support would they require?



The COVID-19 situation

- How do they feel about the current situation with COVID-19?
- How are they feeling about being away from their friends?
- Affirm them for being positive and adaptable.

TIP #4:



Set Guidelines for Positive Screen Time

For more tips on Cyber Wellness, check out what you “otter” know [here](#).



If you are concerned about how much time your child spends looking at the screen, here are 3 tips:



Make screen time predictable.

Discuss and set guidelines on the use of devices (i.e when and for how long). Follow through on the guidelines to prevent devices from being a distraction.



Make screen time productive.

Given the current situation, an increase in screen time is likely. Screen time can be used positively to help them pick up new hobbies, skills, or knowledge through [educational content](#).



Make screen time precious.

Use screen time as bonding time for the family. You can do so through [exercising together](#) with online fitness videos or [cooking together](#) with a video recipe.

Supporting Your Child's Well-Being



With this drawn out pandemic, your child may feel anxious about changes in the current situation. Acknowledge that worries are normal during times of uncertainty. Ask them to share their concerns with you and encourage them to focus on things that are within their control. This will help them manage their anxiety.

Encourage your child to practise gratitude:

- Take note of the things that made them smile throughout the day, even if it is for just a second
- Keep a personal gratitude journal
- Keep a family gratitude jar (see slide 10 on how to do this)
- Share what they are grateful for at mealtimes or in the family chat group



To get your child to be more comfortable and open to sharing their emotions with you, you can start by sharing your own emotions with them. For instance, you can share about a struggle you faced today and how you overcame it, as well as a positive experience you encountered and how you are grateful for it.



This will help your child understand that it is normal to face a range of emotions during trying times.



Filling Up a Gratitude Jar

1. Find a box or an empty jar.
2. Get an A4 size paper and cut it up into 8-10 small pieces.
3. On each piece of paper, write down some prompts. These prompts will serve as conversation starters for you and your family to show gratitude. Be creative! Some examples of prompts could be:
 - I am grateful for three things I see...
 - I am grateful for something Mum/Dad/friend/teacher said/ did...
 - I am grateful for the time to...
 - I am grateful for having technology to...
 - I am grateful for three things I smell...
 - I am grateful for my ability to...
 - I am grateful that even while staying at home, I am still able to...
4. Start this conversation at the dinner table before a meal or at night before bed.
5. Each family member picks a prompt from the box or jar without knowing what the prompt is.
6. Remember to thank each family member for sharing what he/she is grateful for! :)



As we strive to support our children for Full Home-Based Learning, let's remember that our well-being is what matters the most!

We'll get through this together, just like the last time. Stay safe!



Parent Kit

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