

# WE'VE GOT MAIL!

Parents share tried-and-tested strategies for preparing their children for new experiences.

 Having open communication and building up excitement and anticipation in the child are key to easing the transition to preschool. Prior to joining preschool last year, we brought our daughter to tour the centre's compound and facilities. She clapped her hands in joy after seeing the variety of books and toys in the classroom. We let her choose her new schoolbag and had little pep talks with her. It was also important to align her sleeping patterns at home with the preschool's schedule. We started her on a half-day childcare programme for a few weeks to give her time to adapt to the new environment, and then progressed to a full-day programme. She is now a happy toddler, always looking forward to preschool and playing with her friends.



A tour of the preschool builds up anticipation

**LINA FOO**, mother of a 2.5-year-old girl and a 9-month-old boy



Guan Jun encourages her children to be more independent

 Entering primary school is a completely new experience for children. It is useful to create a timetable for your child and set goals for the new school year with him. We encouraged our son's independence by teaching him how to buy food during recess and getting him to pack his own school bag. Spend time going through books and videos about school life with your child. Give your child a heads-up about challenging situations that he may face in school, and discuss how and where he can turn to for help.

**GUAN JUN**, mother of two, aged 8 and 5

 We believe in simulating experiences for our children to go through so that we can guide them to handle situations. For example, the children played a board game that involved buying and selling grocery items, which is similar to the canteen experience in primary school. This helped my then-K2 child learn how to count money to buy food when she went to Primary 1. She also practised sentences she would say to purchase the items.

**SHARINAH BINTE MOHD AGBAR ALI**, mother of three, aged 8, 6 and 3



Board games can help children learn skills needed for school

## DEVELOPING RESILIENCE IN YOUNG CHILDREN

Parents, tell us about a challenging experience faced by your child and how you helped him or her overcome it. How do you build their confidence and help them deal with frustrations? Attach a photo with your anecdote and your submission may appear in the next issue of *Beanstalk!*

Send your story to [beanstalk@mediacorp.com.sg](mailto:beanstalk@mediacorp.com.sg) with your name and contact details.

**BRANCHING OUT**



We showed you how to make a leaf-and-twig hanging mobile in the Oct–Dec 2019 issue and here's what some of you have created!



**SRIшти S RAHUL**, 3



**DARIUS ONG**, 4



**HERMIONE ROSE TANGALIN**, 5  
(posted on Facebook)



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