For more information on programmes and services to support your child through their schooling years, as well as your family, scan the QR code.

go.gov.sg/kslgraduation

KidSTART

A Continuum of Care Guide

Note from CEO

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In Singapore, we are fortunate to have a strong education system, underpinned by a minimum of six years of compulsory education. This ensures that every child has access to education. However, a child's readiness for school does not begin on the first day of Primary One – it begins much earlier, at home with their families and within the community.

This Continuum of Care guide is for parents and caregivers whose children are transitioning to primary school. It is designed to help you continue to nurture your child's learning and development at home, and know that there is a range of services and support options available to your family, from self-directed resources, to government programmes, and community-based services.

Support from the Government

Family Service Centre (FSCs)

FSCs are community-based social services that provide support for vulnerable individuals and families with social and emotional issues.

Some of their programmes to support parents and families include Positive Parenting Programme, Signposts and Parent-Child Grow.

Find the nearest FSC here: www.msf.gov.sg/our-services

Social Service Offices (SSOs)

Ministry of Social and Family Development (MSF) Social Service Offices (SSOs) provide financial and social support to individuals and families in need with various assistance schemes and community resources.

Find the nearest SSO through the ComCare Hotline 1800-222-0000 or here: www.msf.gov.sg/our-services#socialtab

Student Care Centres (SCCs)

For before and after-school care services for primary school students, SCCs offer supervision, meals, homework support and enrichment activities in a safe and nurturing environment.

Find the nearest SCC to you or your child's primary school here: www.msf.gov.sg/our-services#studenttab

Support from the Community

Singapore Indian Development Association (SINDA)

A Self-Help Group that addresses educational and socio-economic issues facing the Indian community in Singapore.

SINDA runs a wide array of programmes that not only serve to uplift the educational performance of Indian students, but also promote youth aspirations, family harmony and improve the social status of ethnic Indians.

For more information on the programmes and eligibility criteria, please visit www.sinda.org.sg

Your KidSTART Agency may also have suitable programmes for your family and children aged 7 years and above.

Do check their website for more details.

Allkin Singapore
www.allkin.org.sg

Care Corner Singapore
www.carecorner.org.sg

Fei Yue
Community Services
www.fycs.org

Kampong Kapor
Community Services
www.kkcs.org.sg

Montfort Care
www.montfortcare.org.sg

Singapore Children's Society
www.childrensociety.org.sg

Tasek Academy
and Social Services
www.tasek.org

TOUCH
Community Services
www.touch.org.sg

Reaching this transition is a meaningful milestone, and we would like to congratulate you on how far you and your children have come.

At KidSTART, we believe that when families are equipped with the right knowledge and support, our children are better prepared and adapt to changes more easily, and are ready to learn and succeed. Wishing you my best in your new journey ahead.

Continuum of Care

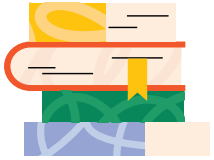
Support at home

How to Support your Child Entering their Next Stage of Education

Moving to an unfamiliar environment can be a significant shift for your child – and you as a parent.

Here are some ways that may help you support and encourage your child to adjust and thrive in their next education journey.

- Being prepared for school transitions will help you respond more calmly and confidently to your child's needs.
- You are not alone on this journey and can reach out to available support systems – so less stress and greater parenting confidence.
- Knowing your child's feelings and needs will help you better respond and guide them through the changes and any struggles they may face ahead.
- Giving thought to changing needs will enable you to make adjustments to routines, expectations, and strategies.
- Being invested in a partnership with teachers. When parents stay involved and keep up-to-date with school events and happenings, children are more likely to have positive school experiences and be motivated to learn.



As parents, our own positive attitudes towards school and learning influence our children. Treating the start of school with joy, curiosity, and optimism helps shape how children approach this new experience.

Once we have reflected on our own readiness and involvement, we are better able to support our child.

Support from the Community

Chinese Development Assistance Council (CDAC)

A Self-Help Group dedicated to supporting the Chinese community in Singapore. It offers a range of programmes and assistance schemes, including tuition and enrichment programmes, financial assistance and mentoring support.

Some of its programmes and services include Tuition Programme, SPOT: Beyond, Tinker Space & Holiday Programmes and Community Chinese Reading Project.

For more information on the programmes and eligibility criteria, please visit www.cdac.org.sg

Yayasan MENDAKI (Council for the Development of the Singapore Malay/Muslim Community)

MENDAKI supports families at different stages of life by nurturing confident learners, strengthening families, and enabling individuals to be future-ready through accessible and highly subsidised programmes. These programmes complement national initiatives while responding to the evolving needs of the community.

MENDAKI's ReadySetLearn programme empowers parents with children aged 16 and below to play an active role in their children's learning journey. Through practical guidance and resources, the programme supports parents in creating positive home learning environments and strengthening parent-child learning relationships.

To find out more, follow the ReadySetLearn.mendakisg page on Instagram.

For more information on MENDAKI's comprehensive programmes, please visit www.mendaki.org.sg.

Adjusting to Primary School

With the transition to a new environment and increased demands, some children may temporarily "act out" (e.g. cry, talk back, be withdrawn or become aggressive). They are not being difficult, but it is their way of communicating that they can trust you with their feelings – and are seeking understanding and help. Take this as an opportunity to connect with your child.

TIP 1 Stay calm

- Prepare your mind to expect that there will be times when your child will 'act up'.
- Trust yourself to handle these situations calmly.

TIP 2 Offer comfort

- Come down to your child's eye level. Children need to feel that they are accepted with all their feelings, strengths, and weaknesses.
- Provide comfort and assurance. Showing love, trust, and confidence helps children feel safe and secure.

TIP 3 Provide guidance

- Ask your child what happened and why it felt difficult.
- Clarify the information shared by putting these feelings and behaviours into simple words.
- Highlight what went well e.g. "I like that..." and what can be done differently e.g. "This is what we are going to do...".
- Set clear limits and guidelines for appropriate behaviours and explain the cause and effect of such behaviours.
- Be consistent.

Social and Emotional Changes

Moving to a larger, unfamiliar school environment can be a big shift for your child socially and emotionally. Encouraging enjoyment of learning, supporting healthy habits and self-care while promoting friendships are some ways that can help your child adjust well.

TIP 1 Encourage enjoyment of learning

- Give your child time to play. Include games that develop physical skills such as running, jumping, throwing, and catching, as well as activities that strengthen fingers and hands, such as helping with laundry.
- Read and tell stories, or even sing songs.
- Draw and paint. Display or keep these creations to show you value their efforts.

TIP 2 Support healthy habits and self-care

- Provide regular and nutritious meals that support healthy growth and development.

  Refer to www.healthhub.sg/programmes/nutrition-hub/eat-more/
- Teach self-help skills such as using the toilet independently, dressing, eating on their own, taking care of their belongings, and staying safe, etc.

TIP 3 Promote friendships

- Encourage your child to play regularly with other children.
- When conflicts arise during play, allow children to try to resolve them on their own, when appropriate.

Changes in Routines and Logistics

The transition to primary school brings big changes in a child's daily routines and expectations. They will have earlier wake-up times, fixed timetables and are expected to sit still for longer periods as well as manage homework. For many children, adjusting to these new schedules takes time.

TIP 1

Keep the parent-child bond strong

- Although your child will be spending more time away from you at school, continue to regularly show your love and affection.
- Set aside time each day to talk about your child's school experiences.
- Maintain family routines such as mealtimes and shared activities, whenever possible.

TIP 2

Model routines yourself

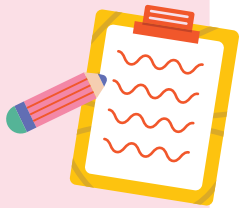
- Be consistent with your own routines, such as bedtime, mealtimes, or screen time use, etc.
- When your child witnesses how you are keeping to your routines, they learn that routines are a family value and not just a rule for them.

TIP 3

Review and adapt routines

- Consider the logistical changes that come with the start of the school year. For example, taking a bus to school may require earlier wake-up and preparation times, while homework may affect routines before or after dinner.
- Change only key routines rather than changing everything at once. Wake-up and bedtime routines are good starting points.
- Use visual charts to help your child understand and follow revised or new routines, if needed (See example here)

Our New Everyday Routine



1 Time:

2 Time:

3 Time:

4 Time:

5 Time:

6 Time:

7 Time:

8 Time: