

# Stay Home, Stay Safe, Stay Curious!

## School Holiday Edition



Parent Kit

PART

05

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Unlike previous mid-year holidays, your children will be spending their holiday at home. In case you're wondering how you can occupy them, we've pulled together some activities that you can do as a family while staying home during the May holidays. Take this chance to strengthen bonds, have fun and keep on learning!

**#StayHomeStaySafeStayCurious**



Your child should also have received a [Holiday Care Pack](#) from their schools. This Care Pack also shares fun activities and resources for your child on how to stay positive, healthy and safe this holiday.



# Discover your child's interests

*"During the holidays, we usually go to places of interest. Now let's take virtual trips to learn new things together!"*

**With everyone at home, we can take the time to learn more about each other. Uncover more about what your child likes, is good at, and what makes his/her eyes light up.**

- Set aside some time to bring your child on a virtual outing to [local heritage sites](#), [museums](#) and [zoos](#).
- Discover the chef in your child! [Click here](#) for healthy recipes for home-cooked meals.
- Get your child to participate in activities under [SYFgoesOnline 2020](#). Sing, dance, and take part in a virtual percussion ensemble... the list goes on! You can even participate as a family.



# Discover your child's interests

- Does your child get excited trying new things? Let them try some DIY science experiments by [Science Centre Singapore](#) or [click here for other suggestions](#).
- Work out and stay healthy together with [ActiveSG's activities and challenges](#), or do some household chores together.



[Click here](#) or check out the [Families for Life Facebook page](#) for more family activity ideas.

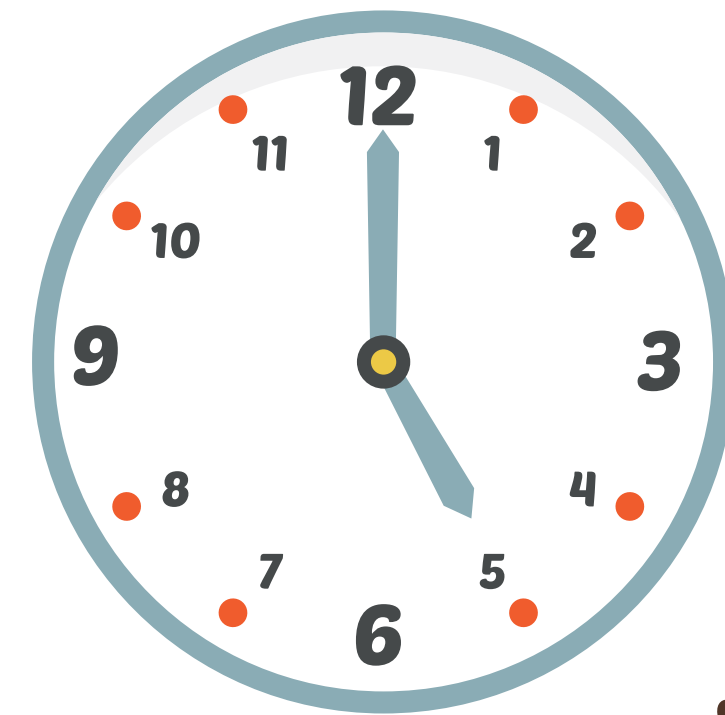


Observe what makes your child excited and involved, and have a conversation with them on their strengths and interests thereafter. The more we know about what our children value and are good at, the better we will be able to guide them to pursue their strengths and interests.



# Encourage your child to do things independently and responsibly

- Continue to have a daily routine for your child during the holiday, so that they spend their time purposefully while you work from home. (see pg 11 for a sample schedule)
- Get your child to come up with their schedule together with you, and decide on activities that they want to do. This encourages them to take ownership and responsibility of their time.
- Put your child in charge! Kids feel great when they are the boss. Get them to help out with simple tasks like checking that the lights and fans are switched off, making breakfast for the family, washing dishes, or hanging and folding clothes.



# Encourage your child to do things independently and responsibly

*"During the holidays, we usually go to the library to borrow books. Now let's read e-books and listen to audio books!"*

Here are some activities that your child can do independently while you work or have some "me time":

## Read Books

- NLB's Libby app offers [narrated e-books](#) for children, with words highlighted as the narrator reads aloud. Borrow these books instantly and for free.
- Audible provides [free audiobooks](#) for children.



Guide your child in selecting age- and theme-appropriate books.



Explore more DIY resources to foster the love of reading [here](#).

## Express Themselves Through Craft

- Set up a dedicated art corner for your child – all you need is a table and chair for your child to work at. Provide materials usually found at home\*, and let your child create and explore freely! This develops your child's self-expression and creativity.

\*E.g. paper, colour pencils, crayons, markers, paints, stickers, magazines, glue, scissors, recycled materials

# Guide your child to develop positive emotions

Have regular check-ins with your child to ensure that he/she is coping well.

## Possible conversation topics include:

- What was his/her favourite part of the day?
- How does he/she feel about the current situation with COVID-19?
- What is he/she thankful for?



[Click here](#) for more tips on supporting your child emotionally this COVID-19 period.



# Teach your child to stay connected and to relate with others

*"During the holidays, we usually hang out with our extended family and friends. Now, let's still spend time with them through video/phone calls!"*

- Together with your child, proactively reach out to extended family and friends via phone calls, texts or video calls to see how they are doing.
- Create notes/cards as a family to appreciate each other, and others such as extended family, teachers or essential workers. Send these gestures of care and encouragement digitally. (Psst... Mother's Day is nearing!)
- Support the community as a family through [food and other donations](#). Your child will also learn values such as empathy, compassion and generosity.





# Take care of yourself so that you can take care of your children

## Have 'Me Time'

Set aside some time to do something you enjoy and have it in your daily routine.

## Maintain a Healthy Mind and Body

Getting enough sleep and exercise helps to boost the immune system so that you have the physical and mental strength to go about your day.

## Rest Your Eyes After 30-45 Minutes of Continuous Work

You can look out through the windows at faraway objects for a few minutes, or even play a game with your children by asking them to count how many birds they can see outside your home. [Find out](#) how else your children and you can maintain good eye care habits.

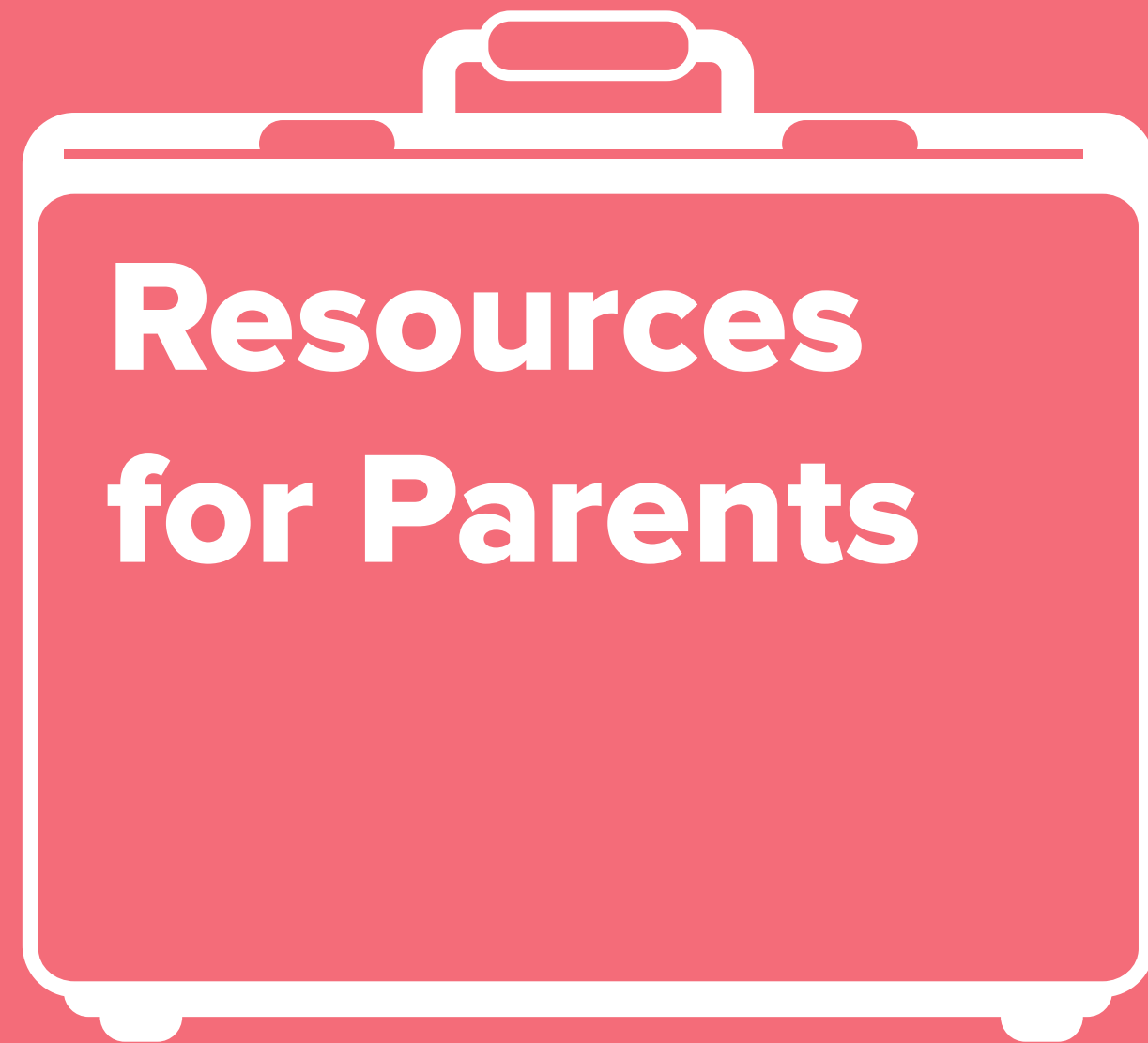
## Find Support

Reach out to people who can help you with the issues you are facing. It can be a friend, family member, other parents in the school community or close colleague. There are also community helplines like the Ministry of Social and Family Development (MSF) [Parenting Support Providers](#) that you can reach out to.

Take this opportunity to foster stronger relationships through family bonding activities and having regular conversations with your child. Learn new things about each other, and create new memories as a family.

Happy holidays! #SGUnited





- Sample Daily Routine

# Sample Daily Routine

<i>7.30am</i>	<i>Wake up, brush teeth and make bed</i>
<i>8am</i>	<i>Breakfast</i>
<i>8.30am</i>	<i>Independent reading</i> <i>Selected activity e.g. craft, music, art, experiment</i>
<i>10am</i>	<i>Snack and free time</i>
<i>11am</i>	<i>Physical activity e.g. follow a video workout</i> <i>Tidy and chores e.g. pack up toys/belongings, set table</i>
<i>12pm</i>	<i>Lunch</i>
<i>1pm</i>	<i>Nap / quiet time</i>
<i>2pm</i>	<i>Tidy and chores e.g. pack up toys/belongings, set table</i>
<i>3pm</i>	<i>Snack and free time e.g. TV time</i>
<i>4pm</i>	<i>Engage in a hobby</i>
<i>6pm</i>	<i>Dinner and daily family conversation</i>
<i>7pm</i>	<i>Chat with grandparents / extended family / friends</i>
<i>8pm</i>	<i>Family fun e.g. game, documentary, movie</i>
<i>9.30pm</i>	<i>Bedtime</i>

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