

Ministry of Education
SINGAPORE

Home-Based Learning

Don't worry, be steady!

For parents of Primary, Secondary and JC/CI students



Debunking Myths on Home-Based Learning (HBL)

MYTH

01

My child must spend the whole day on the computer.

FACT

HBL can consist of one or more of the following:

- **E-learning** (e.g. online assignments through the Student Learning Space (SLS) or other online learning platforms)
- **Emails** (e.g. notes or worksheets through emails)
- **Hardcopy Assignments** (e.g. worksheets or textbooks)

Every school has a different plan, based on the needs of their students. So don't compare, ok?



MYTH

02

I only have one internet device. It is impossible for all my children to do HBL using the same device.

FACT

Each child's HBL will occupy him/her for 4 (Pri), 5 (Sec) and 6 (JC/CI) hours each day. Not all of the time will require the use of an internet device. Schools will also provide students with sufficient time to complete any online work. Teach them to take turns!

MYTH

03

My child's learning will be affected if I do not have an internet device or access to the internet.

FACT

If your child's HBL plan requires the use of a computer/device, schools can loan devices to students who need them. Schools can also assist if your child does not have internet access at home.

MYTH

04

I have to take over the role of teaching my children at home.

FACT

You do not need to take over the role of your child's teachers. Support your child to learn independently at home.

Encourage them to ask their classmates and teachers if they do not understand their assignments. For younger children, you may need to supervise them to some extent e.g. provide reminders and ensure that they are on task, but allow them to attempt the assignments on their own. We also encourage parents to read recreationally with, and to your child.

The key is to continue the momentum of learning!



MYTH

05

Schools will be closed during HBL days.

FACT

Most teachers will work from home and there will be teachers who can assist your child online.

There will be teachers in school in case a few students need computer access or other support.

If you know of a parent who needs assistance, let them know they can approach their child's school.



Have more questions?

[Click here.](#)

?



Here are some quick tips to support your child in **Primary** School:

TIP

Get ready together

01

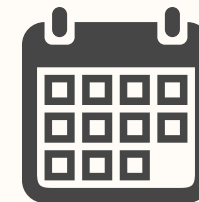
Set up an area conducive for learning, such as at the dining table or study desk. This should not be where your child sleeps!

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.



The HBL timetable and relevant materials

Ensure that your child knows the schedule and brings the materials home the day before.



Point of contact for HBL queries

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

Arrange the materials by subjects in the study area for easy access.

TIP

Establish a structure together

02

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:



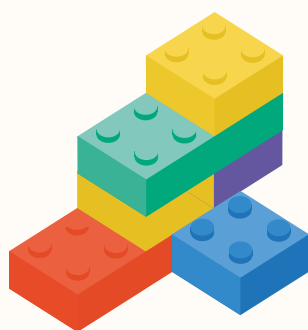
Study, meal, rest timings



"School" time
(e.g. change out of pyjamas before starting HBL)



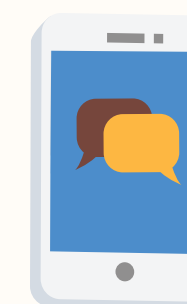
"Recess" time
(e.g. healthy, balanced diets)



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



Recreational activities at home
(e.g. reading story books, craft work, exercise)



Recreational activities online
(e.g. decide how much time he/she should spend online, establish boundaries such as not chatting with strangers)

TIP

Have regular check-ins

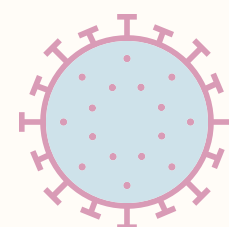
03

At the end of the day, have a conversation with your child about his/her experience. You can talk about:



The HBL experience

- How was his/her day?
- What did he/she learn?
- Was it difficult/manageable?
- Would he/she need to tweak the learning area/routine?
- What other support would he/she require?



The COVID-19 situation

- How does he/she feel about the current situation with COVID-19?
- How is he/she feeling about being away from his/her friends?
- Does he/she have any questions about COVID-19? It is ok if you don't have the answers - look for the answers and learn together!
- Affirm him/her for adapting and showing the spirit of resilience.

TIP

Plan ahead

04

Working parents should take this time to think about alternative childcare arrangements should the situation change and the number of days for HBL is increased.



Continue on for differentiated tips if your child is in Secondary School, JC/CI!

Want more Parent Kits? Click [here](#) to tell us what you'd like to know – about HBL and beyond!





Here are some quick tips to support your child in **Secondary School, JC/CI:**

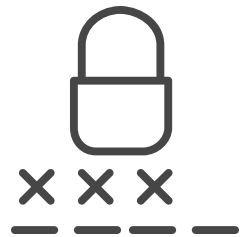
TIP

Guide your child to get ready

01

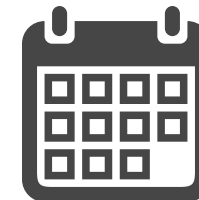
Set up an area conducive for learning, such as at the dining table or study desk. This should not be where your child sleeps!

Make sure your child is familiar with and has the following:



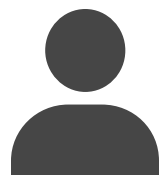
Passwords and Login IDs

Access to the online portals that the school will be using (e.g. SLS), and he/she has taken note of the login details.



The HBL timetable and relevant materials

Check that your child knows the schedule and has the materials he/she needs to complete his/her work.



Point of contact for HBL queries

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

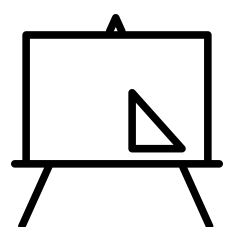
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TIP

Guide your child to get ready

01

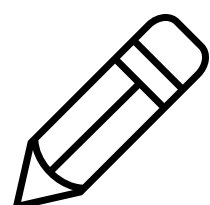
Make sure your child has access to the following tools:



Digital tools available on different platforms (e.g. annotation function on SLS, whiteboard function on Zoom)



Digital shortcuts
(e.g. use bookmark or folders for electronic learning materials for easy access)



Note-taking techniques
(e.g. make notes, list questions that arise during HBL and organise them by subjects for clarification back in school or over e-consultation with teachers)

TIP

Agree on a structure

02

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



Study, meal, rest timings



"School" time
(e.g. change out of pyjamas before starting HBL)



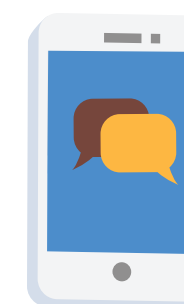
"Recess" time
(e.g. healthy, balanced diets)



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



Recreational activities at home
(e.g. reading story books, craft work, exercise)



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

TIP

Have regular check-ins

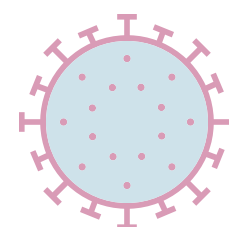
03

At the end of the day, have a conversation with your child about his/her experience. You can talk about:



The HBL experience

- How was his/her day?
- What did he/she learn?
- Was it difficult/manageable?
- Would he/she need to tweak the learning area/routine?
- What other support would he/she require?
- Any queries that he/she may wish to speak to the teachers on but not sure how to go about doing it?



The COVID-19 situation

- How does he/she feel about the current situation with COVID-19?
- How is he/she feeling about being away from his/her friends?
- Does he/she have any questions about COVID-19? It is ok if you don't have the answers - look for the answers and learn together!
- Affirm him/her for adapting and showing the spirit of resilience.

TIP

Remind your child to stay at home

04

For working parents, do remind your child to stay at home, so that he/she can remain safe, minimise any exposure to the coronavirus and practise social responsibility. Specifically:

- Remain at home as much as possible
- Minimise visitors to the house
- Minimise time spent in public places and contact with others
- Monitor his/her health and temperature
- Follow his/her HBL plan closely to continue with learning



Ministry of Education
SINGAPORE

Home-Based Learning

Don't worry, be steady!

We are starting with one day of HBL a week, to allow our students and parents to be better prepared for more days of HBL, should the situation call for it.

We hope that the tips would come in useful in supporting you to guide your child.

Want more Parent Kits? Click [here](#) to tell us what you'd like to know – about HBL and beyond!

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Home-Based Learning

Don't Worry, Be Steady!

For parents of Primary and Lower Secondary students

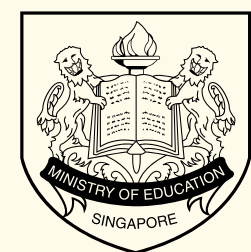
Parent Kit

PART

02

Missed our last issue?

[Click here](#) for Part 1 of Parent Kit on Home-Based Learning



Ministry of Education
SINGAPORE

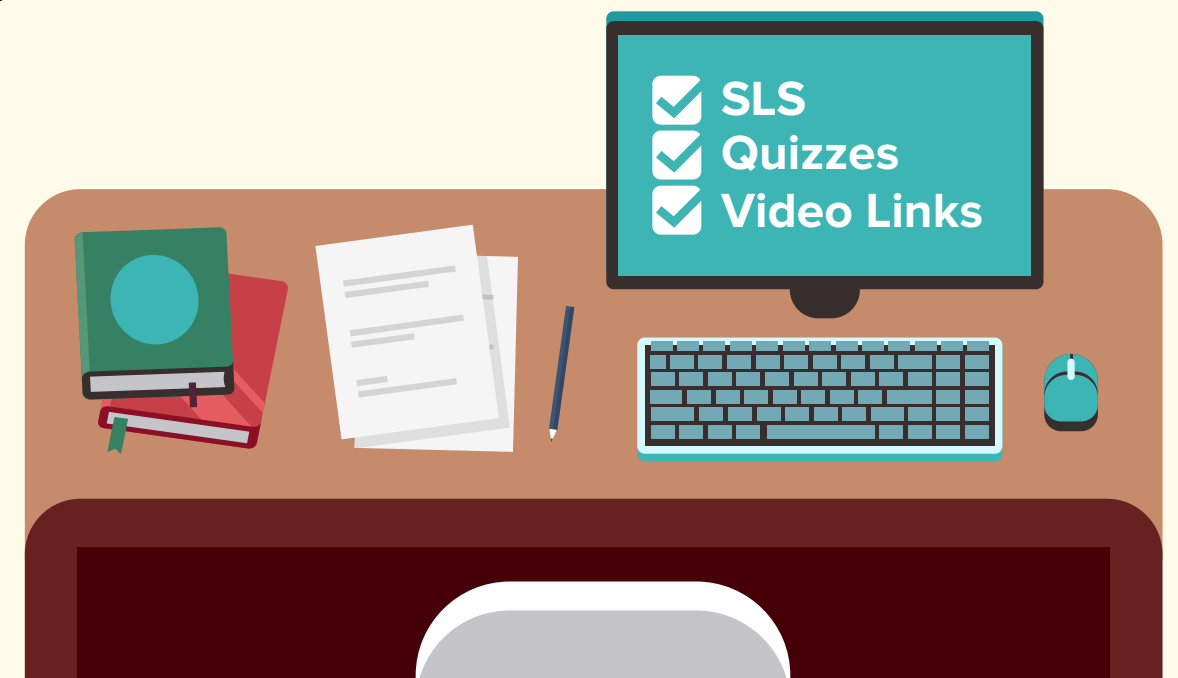
What is Home-Based Learning?

(for those who are still puzzled...)

HBL ≠ e-learning

HBL is a plan to help students learn from home. It can comprise a mix of online and offline modes of learning, such as:

- E-learning (e.g. online assignments through the Student Learning Space (SLS) or other online learning platforms, online quizzes and games, and “live” lessons through video conferencing)
- Emails (e.g. notes, worksheets and resources such as links to videos and articles through emails)
- Hardcopy Assignments (e.g. worksheets, textbooks, workbooks and coursenotes)



Schools will use a blend of online and offline lessons to ensure that your child has a break from screen time. "Live teaching" is only one form of teaching and learning. Too much of it can increase screen time, and reduce self-directed learning which is an important skill for students.

How do I keep track of my child's progress?

Teachers will use a variety of ways to assess your child's progress, and provide you with timely feedback.

You can continue to support your child's learning by:

- Using the teacher's feedback or comments on assignments and daily work to learn about your child's strengths and areas for improvement
- Affirming your child in areas he/she has done well on, and sharing ideas on how he/she can improve on the areas identified by the teacher
- Encouraging him/her to check-in with his/her teachers if or when help is needed

If needed, you can also email your child's teacher for clarifications.



National examinations such as PSLE and 'O'/'N'/'A' levels will proceed as these are major milestones for our students. MOE will ensure that your child is not disadvantaged (e.g. if curriculum time cannot be fully recovered, certain topics will be removed from the examinations).

Here are more quick tips to support your child:

TIP #1:



**Create
Physical
Space**



Everyone in the family is now learning or working from home.

How can I ensure the environment remains conducive for my child to learn?



Discuss and decide on the various areas at home for learning, working, resting and bonding together. For instance, your child could do his/her HBL at the dining table while you work in the living room.

Set up your respective areas as a family.

Here are more quick tips to support your child:

TIP #2:



**Create
“Digital”
Space**



**1 laptop, 3 children having HBL.
How do I manage?**



There might not be a need to get more devices.
Try these:

- Find out the different lessons and tasks assigned to your children
- Get them to prioritise these lessons/tasks based on urgency and importance
- Together, work out a schedule to decide who uses the device at what time



Your children can use Wi-Fi-enabled mobile phones for online lessons that involve video conferencing! Free up the laptops and tablets for assignments and SLS lessons that are easier to access on these larger devices.

Here are more quick tips to support your child:

TIP #3:



Create Routines



Now that I work from home, my child keeps asking me for help. I don't want to hurt his feelings by shutting him out, but I have work commitments too. Help!



It is natural for your child to approach you for help, but there are ways you can make this more manageable for yourself. Try these!

- **Set Ground Rules with your child** – For instance:
 - Exercise responsibility (e.g. follow the timetable, no TV/online games until assignments/tasks are completed)
 - Be respectful (e.g. when someone is engaged in a “live” lesson or teleconference, don't interrupt)
 - Set boundaries (e.g. what does your child need to seek permission on, when should your child approach you)

TIP #3:



Create Routines

- **Draw up a family timetable together** – Mark out the timeslots that each family member is busy and/or going “live” (for lessons or teleconferencing). This allows the family to know when they have to give privacy.



Try to start and end work at your usual office hours. We know it is easy to get carried away when working from home. Use the time saved from travelling to create new experiences with the family!

- **Agree on Check-in Slots** – Agree on structured time (e.g. 10 min per hour) for your child to seek your help or advice (e.g. requesting for snacks, logging on to devices). This will help you juggle your work, while supporting your child.



As your child gets used to the routines, he/she will come to you at the appropriate times.

Here are more quick tips to support your child:

TIP #4:



Create an Independent Learner



How can I help my child learn more independently?

You can consider these:

- Create a space (online or hardcopy) for your child to note down questions and encourage him/her to find out the answers from his/her classmates and teachers. Make the relevant contact details of the teachers easily available for your child.
- Guide your child to search for answers on his/her own (e.g. through the SLS MOE library).
- Encourage your child to share his/her learning with you daily.



At the end of the day, let your child know that it is ok not to get the right answers all the time – what matters is that he/she has put in his/her best effort!

Here are more quick tips to support your child:

TIP #5:



Create Moments



I will be spending much more time with my child at home, what if we run out of things to talk about and do?



Use this opportunity to bond with your child. Try these activities together:

- Start a new hobby
- Prepare a meal for the family
- Keep your home clean and conducive to family life



Continue to have conversations with your child. You can even check-in with him/her on the latest trends and happenings, and what they are interested in!

TIP #5:



Create Moments

Your child may be anxious about this disruption to his/her usual schedule. Remember to:

- Pay attention to his/her feelings
- Encourage him/her to share, and listen to his/her worries and concerns
- Let him/her know it's normal to feel worried and anxious in stressful and uncertain times
- Guide him/her to be positive (e.g. encourage him/her to reflect on his/her successes, and things he/she is thankful for)



[Click here](#) for more resources on how you can build your child's resilience!



Home-Based Learning

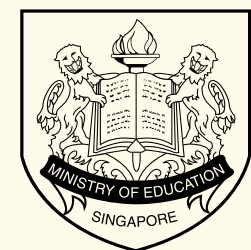
Don't Worry, Be Steady!

We hope the tips are useful for you as you guide and support your child during this Full HBL period. Let's remind one another to exercise social responsibility and take staying home very seriously.

Protect your loved ones - Stay home, Stay safe.

Want more Parent Kits?

[Click here](#) to tell us what you'd like to see – about HBL and beyond!



Ministry of Education
SINGAPORE

Home-Based Learning

**Stay Home, Stay Safe,
Stay Curious!**



National Library Board
Singapore



Ministry of Education
SINGAPORE

Parent Kit

PART

03

**Missed our
last issue?**

[Click here](#) for our
previous Parent Kits
on Home-Based
Learning



We know that working from home and supervising your kids can be tough.

Read on for some suggestions on how you can manage these common situations...

“My children interrupt me too frequently.”	Pg 2
“My children are often bored.”	Pg 3
“My children can’t stay focused to complete schoolwork effectively.”	Pg 4-5
“My children are spending too much time looking at the screen. Help!”	Pg 6-9

We also have some resources that you may find handy...

‘Work hours’ Chart	Pg 11-12
Activities for Young Children	Pg 13
Stay-at-home Bingo: Family Edition	Pg 14

My children interrupt me too frequently

Make expectations clear

- Explain the importance of letting you focus during work hours, and make it clear when they can or cannot interrupt you.
E.g. Have a 'work hours' chart to show the times you can/cannot be disturbed.



See pg 11-12 for a sample 'work hours' chart

Lower primary: Consider using an object that signifies when your children cannot disturb you. Young children, especially, may respond better to visual cues.

Upper primary: Give them a limited number of requests they can make when you are at work (e.g. at regular intervals during work hours). This helps them learn self-discipline and to prioritise requests they need to ask immediately, and which ones they can try to resolve themselves.

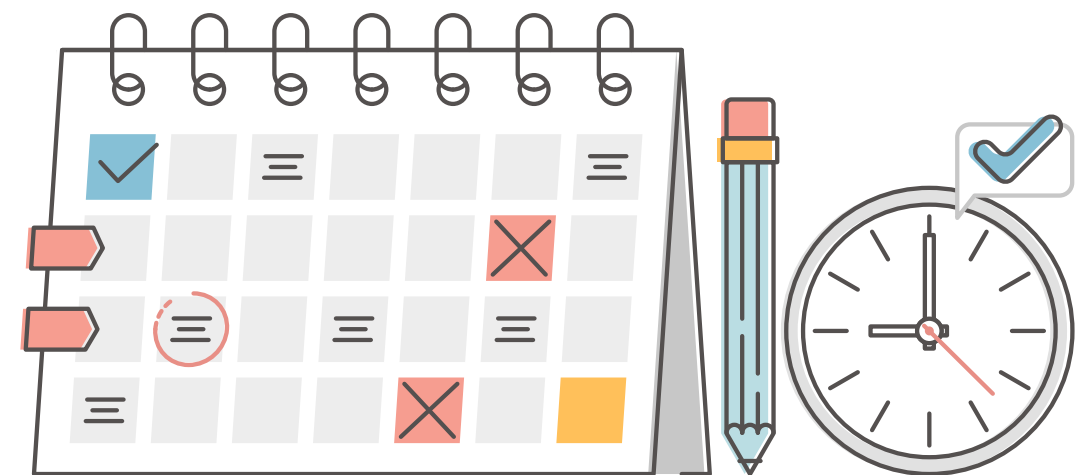
Teach independence

- Teach them basic skills such as preparing a snack and washing dishes so that they do not interrupt you if they want a snack.



Tip for parents:

Adjust your expectations too!
With your kids around, you probably cannot sit down for long periods to focus on your task. **Break up your tasks into smaller segments where possible, so you can attend to your children when needed.**



My children are often bored

Ask them what they would like to do

- Giving your children a choice on how they would like to spend their breaks or free time will give them a sense of ownership.

Lower primary: Allow your children to choose from a pre-determined set of activities that you are comfortable with, and work the activities into their schedule for the day as well as your work schedule.

Upper primary: Allow your children to build their activity of choice into their timetable. This will also give them something to look forward to after their HBL.

If your children still get bored/restless, have a list of agreed activities that they can do during a break (e.g. selected games, puzzles, books).



Tip for parents:

Remember that you need breaks too! Join in your children's activities to get away from work and spend some quality time with them.



[Click here](#) for more tips and ideas on how you can build a better connection with your child.



Need ideas for activities for young children? See pg 13!



My children can't stay focused to complete schoolwork effectively

Reinforce structures and routines

- After setting up a schedule, stick to it as best as you can. This will ensure your children have the right balance of work, play, rest and sleep.
- Incentives are also a good way to keep your children on track. This could take the form of activities they like to do, a favourite snack or maybe even additional break times. This way, they will have achievable milestones to work towards.



My children can't stay focused to complete schoolwork effectively

Reinforce structures and routines



Tip for parents:

Be kind to yourself and give yourself a couple of incentives to stay on track as well! Sticking to your timetable can also ensure that you get enough rest.



[Click here](#) for more tips on how you and your family can get a good night's sleep.

If your children are unable to do their assignments independently because they do not understand some parts, get them to note down parts they need help with, while they continue with other tasks. Guide them to ask the teacher their questions thereafter.



Bonus: Get your children to ask their older siblings (if they have any) for help so that they can all learn together! Your children's teachers will still be able to help if needed.

It will take some time for you and your family get used to the routines you enforce. Hang in there and persevere. We know you are trying your best and things will get better!



My children are spending too much time looking at the screen. Help!

Make screen time predictable

- Have a set time in their schedule for using devices (i.e. when and for how long). Follow through when the scheduled time is over. Switch off the devices so that they don't become a distraction.



Recommended screen time for primary students:
30 minutes each time
followed by a short break



Tip for parents:

Your children learn from you. Role model the behaviour by putting away your work laptop or switching off the computer when you are done with work for the day. Limiting your own screen time is also good for your well-being!



My children are spending too much time looking at the screen. Help!

Use screen time to learn

- Given the current situation, an increase in screen time is very likely. However, you can use this time to help your children pick up new hobbies, skills or knowledge through educational content.

E.g. websites/videos that feature storytelling, songs and games in both English and Mother Tongue languages

Upper primary: Let your children research on something that interests them. To guide them, you can limit the websites they can browse, and get them to share with you what they've learnt at the end of the day.

Useful links for children to explore independently:

- [Singapore Science Centre's Youtube Channel](#)
- [NLB's discoverReads DIY resources](#)
- [National Geographic Kids](#)



Check out NLB's daily "Storytime with our Librarians!", featuring stories in our four languages! Find out more on [Facebook](#).



Tip for parents:

Keep your children safe online. Guide your children to ignore suspicious links or files sent by strangers or in pop-up boxes. Get them to check with you when in doubt.

To cut down screen time further, get your child to consider hobbies that can be learnt online, but take place offline. (e.g. Learning origami via a Youtube video, but making the origami away from the screen)

My children are spending too much time looking at the screen. Help!

Use screen time to bond

Screen time can also be used as bonding time for the family. Here are some ways:

- Exercising – Online fitness videos can be fun for the whole family and can boost your endorphins!
 - **Lower primary:** Dance to these [sit less, move more](#) workouts to get moving.
 - **Upper primary:** Try these [Disney-inspired workouts](#) to capture your children's attention.
- Cooking masterclasses – with tons of recipes and instructional videos online, a healthy, nutritious meal is a few clicks away. Get your children to help out!
 - Get inspiration from these [healthy recipes](#) or simply follow these [easy tips](#).



My children are spending too much time looking at the screen. Help!

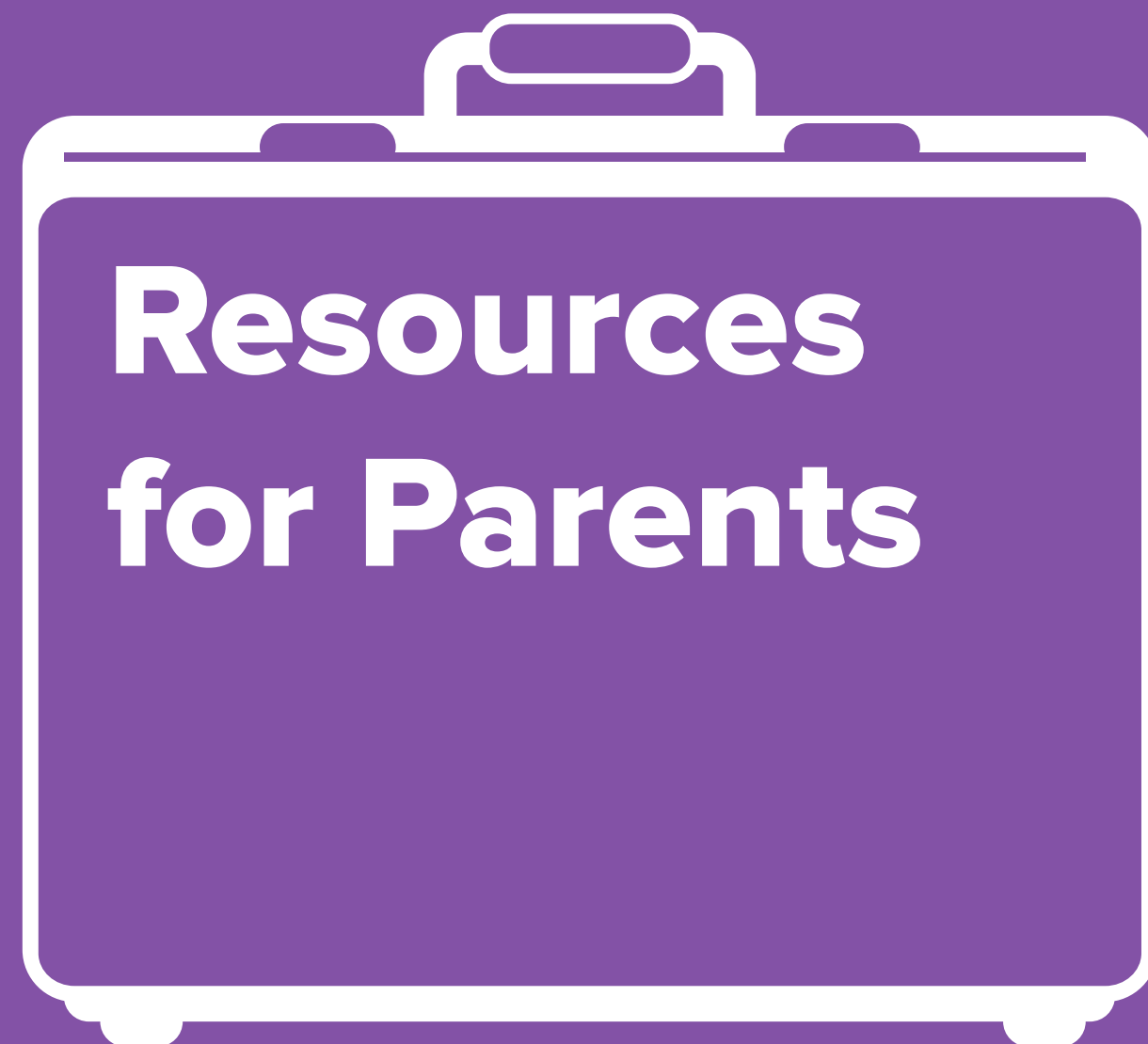
Use screen time to bond

Screen time can also be used as bonding time for the family. Here are some ways:

- Exploring the world – Virtual museums and other virtual travel sites are the rage now.
 - Explore [virtual tours](#) of the Singapore Philatelic Museum.
 - Use [Google Arts and Culture](#). A few famous museums around the world also offer virtual tours.
- Reading a book together – With a wide array to choose from, find books to read with your children.
 - Use NLB's app, [Libby](#), to borrow e-books and audiobooks instantly and for free.
- Searching for family activities – From making inter-generational Tik Tok videos to charting your family tree, there are lots of family activities available on the web.
 - What are you waiting for? Start your search [here](#).



We also have a Stay-at-home Bingo: Family Edition, which you can use on your social media on pg 14!



1. Work hours chart
2. Activity ideas for younger children
3. Stay-at-home Bingo: Family Edition

Daddy's and Mommy's Work Hours

Monday to Friday

_____ am – _____ pm

For assistance, please knock only during
the following timeslots:

<i>E.g. 9am – 9.10am</i>	_____ pm – _____ pm
_____ am – _____ am	_____ pm – _____ pm
_____ am – _____ am	_____ pm – _____ pm

Please check **going “live”** hours before knocking

Who is going “live”

	MON	TUE	WED	THU	FRI
AM	<i>E.g. Ah boy: 9.30am – 10.00am (English)</i> <i>Mommy: 10am – 11am (Meeting)</i>				
PM	<i>Daddy: 2.30pm – 3.00pm (Meeting)</i> <i>Everyone: 7.00pm – 8.00pm (Video chat with Grandpa & Grandma)</i>				

Activity ideas for younger children

I Spy



- One person thinks of an object
- Provide some hints about the object (e.g. “I spy something that is soft and small.”)
- The rest to guess the object. First person who guesses correctly gets a point.
- Play the game again, taking turns to give hints.

Shape Hunt



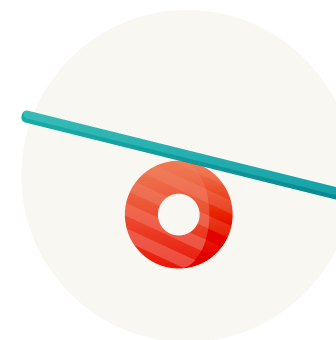
- One person decides on a shape (e.g. a triangle, square, circle, rectangle, oval, etc.)
- Go around the house to look for objects with that shape.
- Each person makes a list.
- Person with longest list after 5 minutes gets a point.
- Play the game again, taking turns to decide on the shape.

Treasure Hunt



- Draw a map of the house.
- One person hides an object in one part of the room.
- Mark the location of the hidden object with an “X” on the map.
- First person to find the object gets a point.

Balancing Act



- Choose an object and place it on your head/shoulder (e.g. soft toy, snack pack, etc.)
- Walk across the room with the object on your head/shoulder.
- Person who completes without dropping the object gets one point.
- Increase the challenge by using two or more objects at one time.
- Increase the challenge by walking faster!

STAY AT HOME BINGO

Family Edition

Tag us at [#moesingapore](https://twitter.com/moesingapore)

1. Screenshot this page
2. Check off the things that your family has done
3. Share this with your friends to show them what your family has been up to!

Found good work & study spaces for everyone

Made sure to get at least 8 hours of sleep every day

Cooked a meal together

Organised a karaoke/ sing along session

Allowed each other to focus during work and school time

Explored a new hobby as a family

Took short breaks to rest our eyes and recharge

Caught up with grandparents over the phone

We had PE together as a family

Took our temperature twice a day to monitor our health

Created an art masterpiece

Ate healthily most of the time (some snacks allowed)



Talked about how our day went during meal times

Texted/called our friends to check in on how they're doing

Washed our hands regularly

Carved out time for reading

Did household chores as a family

Played games together

Decorated the home together

Used a virtual tour to explore the world together from our home

Conducted a science experiment at home

Listed 3 things we are grateful for

Had a movie/TV night to bond

Thanked each other for making the day fruitful for family

Share this with 3 people to find out how their families are doing too! (Remember to share the blank template)

Juggling Work-from-Home and HBL is not easy, and it's okay if things are not perfect at the start

As we get used to the new routines for HBL, things will become more manageable. Our children will also become more independent.

Stay connected with other parents! Keep in touch with parent support groups in your school or community that may be able to provide you with support and practical tips to help you adjust to working from home and HBL.

Let's be positive, and use this Circuit Breaker to spend more time with our family, create new experiences, make new discoveries and stay safe.



For more ideas on how to make Work from Home and Home Based Learning work, you can watch this [FB Live](#) by Families for Life!

For other additional parenting support, you may reach out to the Ministry of Social and Family Development (MSF) Parenting Support Providers by clicking [here](#).

Home-Based Learning

**Stay Home, Stay Safe,
Stay Curious!**



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