

# Setting up for Success at Home

RISING ABOVE COVID DURING FHBL & HOLIDAYS

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Dear Parents/Guardians,

With the everchanging happenings and regulations related to Covid, we would like to support you with this guide. In here, you will find suggestions for you to set up home structures to support your child during full home-based learning and the school holidays.



Stay safe and take care!

Ms Li Jiayi

Allied Educator (Learning & Behavioural Support)



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# **Set Routines: Planning for Safety**

# Create a Safe & Clean Environment



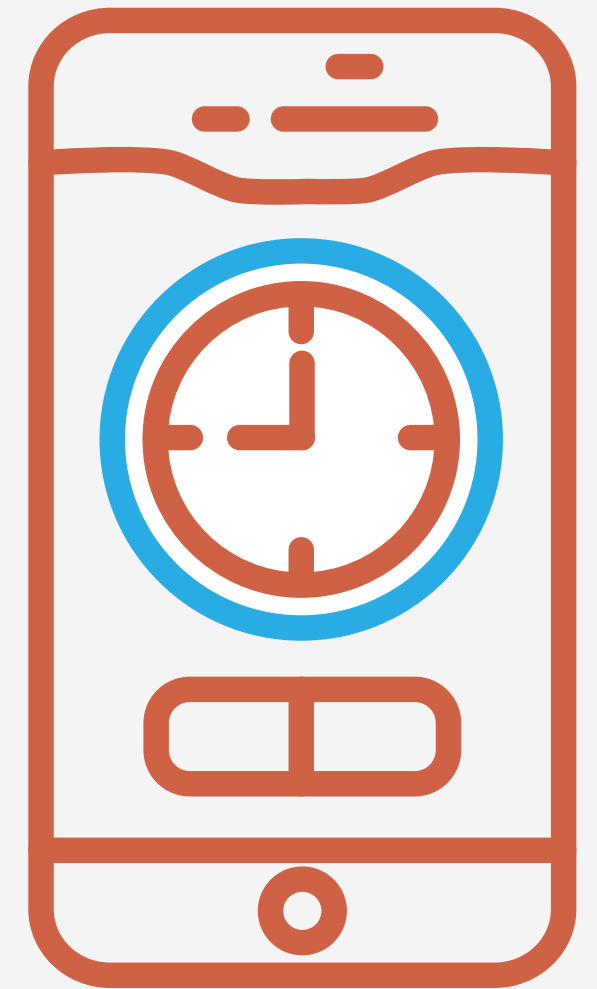
# Stay Healthy & Fit



REST  
ENOUGH



PLAN FOR  
EXERCISE



LIMIT  
SCREEN TIME

The background is a solid orange color. There are several white abstract shapes and lines scattered across the page. At the top left, there is a large, irregular white shape. A dark orange line starts from the top center, loops around, and extends towards the right. At the bottom right, there is another large, irregular white shape. A dark orange line starts from the bottom center, loops around, and extends towards the right.

**Create Schedules:  
Prep for a "New Normal"**

# Ensuring Predictability

Make a schedule to include major happenings of the day.

- E.g. wake up time, HBL, screen time, meal times, leisure time, bedtime.

Schedules help to:

- Facilitate a sense of safety for our children
- Safeguard against too much screen time
- Support engagement in productive activities



# Download & Print



Daily Schedule  
(Template)

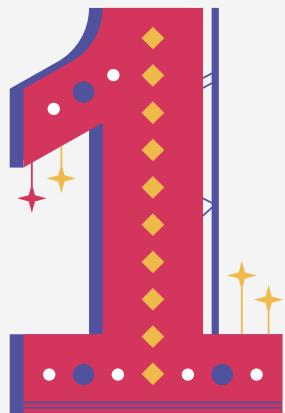


Weekly Schedule  
(Template)



# Set & Teach Expectations

# Establish Expectations



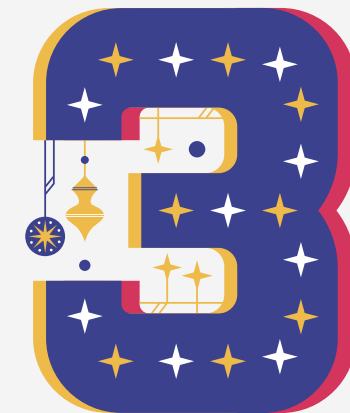
Make expectations specific & visible (limit to 3-5).

E.g. "Put your phone away",  
"Complete all work by 2pm"



Teach & explain why these expectations are important

E.g. "It's important for you to keep your phone so that you can focus on the work."



Acknowledge your child when they meet expectations.

E.g. "I am proud of you for completing your work on time!"

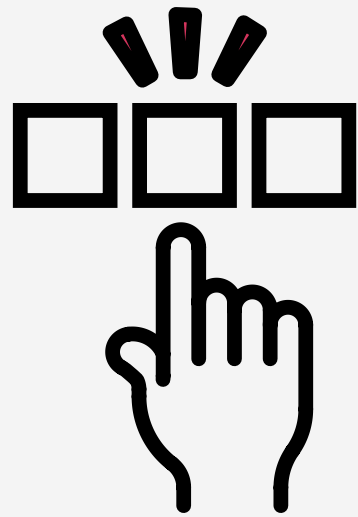
# Simple Strategies

# Strategies for Interaction



## Behaviour-Specific Praise

Focus on praising behaviors your child can control (e.g., effort). Instead of saying “good job!”, say “I am proud of you for putting your phone away”. This helps your child to understand exactly what was valued.



## Choice

Create 2 or more options. Then, ask your child to decide which one they prefer. E.g. “Do you want to do science or social studies first?”



## Precorrection

Remind your child on expectations set. E.g. “Remember to put your phone away before you start SLS.”



## Active Supervision

Move about, observe what is happening, and interact with their child.

The image features a minimalist, abstract design. A large, irregular orange shape occupies the left and center portions of the frame. To the right, a white circle is partially visible, set against a light orange background. The overall aesthetic is clean and modern.

**Thank you**