



Supporting Our Primary 2 Children at Home

**Ms Adeline Tan
School Counsellor**

What We'll Be Sharing Today

Part 1: Understanding Primary 2 Children & Self-Management

- *What children are going through at this stage*
- *Common behaviours parents may notice*

Part 2: Sleep Habits & Device Usage

- *How sleep and device use affect learning, behaviour and emotions*
- *Practical ways parents can support their children at home*

Part 1:

Understanding Primary 2 Children &

Self-Management

Growing and Learning in Primary 2

At Primary 2, children **typically**:

- Want to do more things independently
- Are learning to make their own choices
- Still rely heavily on adults for guidance
- Get mentally and physically tired after school

This stage involves growing independence with limit self-control.



Every Child is Unique

What Is Self-Management in Primary 2?

At this age, self-management involves learning to:

Understand and follow routines

- Children may not yet be clear about routines or expectations. They are still learning what to do, when to do it and how to stay consistent, which is why they often need reminders and adult support.



Manage emotions

- Children experience big feelings and are still learning how to recognise and handle them appropriately.

What This Looks Like at Home (Examples)

As children are still learning self-management, they may:

What you may see	How parents can help
Upset when plans change	Prepare children early and explain changes simply
Big reactions over small issues	Stay calm, acknowledge feelings, guide calming strategies <i>(Pg. Student Handbook 26 and 27)</i>

Self-management skills take time to learn and require repeated practice and adult support.

How Daily Routines Support Children

Daily routines help children to:

- Take turns and learn to wait
- Follow instructions with less resistance
- Manage big emotions, especially during transitions
- Communicate better with parents about their school day



Clear routines reduce power struggles by helping children know what to expect.

Example of a Simple After-School Routine

A simple routine may look like:

- Snack and short rest
- Homework
- Play or device time
- Dinner
- Prepare for the next day
- Wind-down/ check in/ bedtime



Simple routines are easier to follow and maintain.

Every family is different

Part 2:

Sleep Habits and Device Usage

Understanding Device Use

When we talk about device use, this includes:

- Phones, tablets, TVs and computers
- Activities like watching videos, gaming or online learning

What matters most is not just the device, but:

- **When** screens are used
- **How long** they are used
- **What content** children are accessing
- **How children cope** when it's time to stop



What Research Tells Us About Early Screen Habits

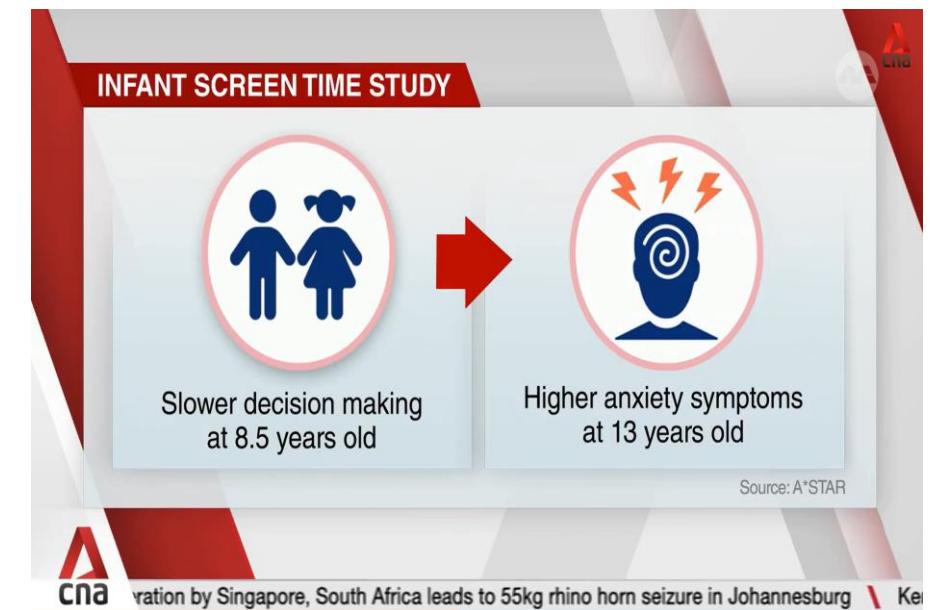
- Very high screen exposure in early childhood may be linked to later differences in attention, decision-making and anxiety.

Importantly:

- Children's development continues throughout childhood.
- Positive routines, guidance and balanced screen use can still support children's learning and well-being at every stage.

Singapore Early screen exposure linked to slower decision-making, higher anxiety in children: Study

But it is never too late to reverse the side effects faced by children who have had too much screen time as infants, said researchers.



Why Structure Around Device Use Matters

Without clear routines, device use may lead to:

- Arguments when asked to stop
- Emotional outbursts
- Difficulty settling down for bed
- Poor focus the next day



Structure helps children cope better.

Helpful Device Use Practices at Home

Helpful practices include:

- Clear device use timings
- “First–then” routines
(e.g. *first homework, then device time*)
- Advance reminders before stopping
- No devices close to bedtime

Predictability reduces conflict.



Why Sleep Is So Important

Sleep helps children to:

- Regulate emotions
- Focus and learn better
- Cope with stress and daily demands
- Stay physically healthy



Sleep is the foundation for learning and behaviour.

What Happens When Children Don't Get Enough Sleep

When sleep is insufficient, children may:

- Be more irritable or emotional
- Struggle to focus and follow instructions
- Have difficulty managing behaviour
- Feel tired and overwhelmed in school

These reactions are often linked to tiredness, not attitude.

How much sleep is required?

The amount of sleep required gradually reduces with age.

**Primary school children (7–12 years):
9–11 hours of sleep per night**

Some children may also need:

- A short nap after school
- But night sleep should make up the majority of the 9–12 hours.

Quality and consistency matter more than perfection.

- **Newborns:** 14 to 17 hours/day
- **1 to 11 months:** 12 to 15 hours/day
- **1 to 2 years old:** 11 to 14 hours/day
- **3 to 5 years old:** 10 to 13 hours/day
- **6 to 13 years old:** 9 to 11 hours/day
- **13 to 17 years old:** 8 to 10 hours/day

Helpful Sleep Practices at Home

Helpful practices include:

- A consistent bedtime and wake-up time
- A calming bedtime routine
- No devices close to bedtime
- A quiet and comfortable sleep environment

Consistency supports better sleep.



How Sleep & Device Use Affect Self-Management

When sleep and device routines are well-managed:

- Emotional outbursts reduce
- Attention improves
- Coping skills strengthen

Sleep and routines support self-control.

What Parents Can Focus On First

Parents can start with:

- One simple routine
- One device rule
- One sleep habit

Small, consistent changes matter.



Key Take-Home Messages



Home-school partnership

- Challenges at this age are normal
- Many families experience similar struggles
- Children develop at different paces
- Support is available — you are not alone!

- Form or Subject Teachers
- Year Head (Mr. Cavin Lee)
- Assistant Year head (Ms. Junisha)
- School counsellors
(Mrs Cheong & Ms. Adeline)

Thank you for your time and partnership.

Together, we support our children's growth and well-being.

Resources

- [What Every Parent Should Know About Screen Time](#)



<https://go.gov.sg/screentimeguide202>

6