



保良局  
PO LEUNG KUK



PO LEUNG KUK  
ACADEMY  
OF PROFESSIONAL EDUCATION  
保良局專業教育書院

2022-2024 Academy Year  
“Parent Academy”

# Parent Newsletter

Issue 3, Sep-Dec 2023

“Care for balanced development,  
positive resistance and confidence building”



# Welcome Po Leung Kuk Parents!



The 2022-2023 Po Leung Kuk Kindergarten Joint School Parent Education Program has come to a successful conclusion. The Joint School Parents Program for this school year continues from September 2023 to August 2024. Parents are welcome to actively participate!

To enable parents to actively participate in the role of parents and let their children grow up healthily, the Education Bureau has announced the newly revised "Parent Education Curriculum Framework (Kindergarten)", so that parents can systematically cultivate the knowledge and skills required to nurture their children.

With reference to the "Parent Education Curriculum Framework" newly compiled by the Education Bureau, Po Leung Kuk Academy of Professional Education provides kindergartens with parent education program that meet the needs of parents, including:

- "Understanding Child Development"
- "Promoting healthy, happy and balanced development of children"
- "Promoting home-school cooperation and communication"
- "Promoting the physical and mental health of parents"



## The “Parent Academy Scheme” includes lectures/workshops with details as follows:



Each parent can choose to participate in 1-2 lectures or workshops per semester, and a total of 2-4 sessions in the whole school year.

01

02

Grade lectures/Workshops will be conducted online or in person, 1.5 hours per session.

Lectures or workshops regardless of grade level are divided into 2 sessions per school year, parents can participate according to their interests.

03

04

Joint school seminar will be conducted once per school year.

Points are provided for each lecture or workshop, and parents will earn points when they attend the lecture or workshop in exchange for a gift/certificate.

05

# The Aims of the "Parent Academy" scheme

## 1) Promote lifelong learning

Learning is an essential element of everyone's life to the fullest. The "Parent Academy" scheme helps parents make good use of their time and acquire new parenting knowledge and skills.

## 2) Enhance physical and mental health

Parents participating in the "Parent Academy" scheme can maintain physical and mental health and enhance parent-child relationship.

## 3) Home-school Cooperation

Through the "Parent Academy" scheme the school will understand parents' expectations and thereby promote the cooperative relationship between the school and parents.

# The Speaker of the "Parent Academy"

## About Eos... 關於顏珺



- 畢業於美國三藩市州立大學 - 心理學榮譽學士和工商業心理學碩士
- 英國心理協會認證的心理測評師資格
- 情商管理的認證講師，也在澳洲墨爾本大學獲取兒童及青少年情緒教練 ( Tuning in to Kids & Teens ) 的認證講師資格
- 美國 察覺教養認證教練 ( Conscious Parenting® Certified Coach )
- 曾在英國Grantham學院接受經濟、心理學和信息系統的高級教育
- 過去的二十年，作為專業的顧問和教練，致力於培養世界500大企業裡的人才及領導者。成為母親後，深刻體會在企业發展人才和在家裡發展未來的人才 ( 我們的孩子 ) 有著很多共同之處，近年來一直致力於研究如何運用科學的方法提高教養素質，讓家長與孩子共同成長和進步。

## The strategy to balance parent-child relationship and boundary lines

Effective strategy of setting up "FENCE" boundary lines:

F Flexibility 靈活性

E Empathy 同理心

N Natural Consequences 自然後果

C Connection 與孩子連結

E Emotion Regulation 情緒調節





## How to balance the discipline and punishment - Setting up boundary line for kids?

The benefits of setting up a healthy boundary lines between parents and children:

1

### **Promote emotional regulation**

Setting up a clear boundary let the kids realize what they can do and when not to cross our bottom line, it helps them to recognize their emotion effectively.

2

### **Educate them to be self-regulated and independent**

With a boundary line that well suits their age, parents can teach their kids to be responsible for their decisions and behaviors.

3

### **Promote healthy relationship**

A healthy boundary helps kids to understand the importance of respecting each other; being honest and trustfulness.

4

### **Enhance their problem-solving skills**

Let the kids solve different problem on their own in a healthy boundary.

5

### **Promote physical health and sense of security**

A healthy boundary ensures the children's safety and sense of security by setting up certain bottom lines.

It was with great honor that we had Ms Or Ngan Fung attended our Zoom seminar hosted on 16/09/2023.

### Introduction of Ms. Or Ngan Fung

Holder of educational master degree , with over 35 years of teaching experiences and parenting support services. She was also a former kindergarten principal and officers of childcare center, she also conducts parents volunteer team and parents fellowship team. She now works in university as a part time teacher and on site supporting officer.

### **Topic: Understanding The Needs of Pre-nursery / Nursery Grades of Kids**

Ms. Or had shared a few tips on how to enhance children's development:

#### Summary of the talk:

The key points to enhance children's development in a whole:

- 1) Play games that focus on children.
- 2) Commit to them with our whole heart, no phone nor TV when parents spend time with them. Quality is always over quantity.
- 3) Explore different parent-kid activities (not extra-curriculum activities) such as hiking; playing in park; amusement park; board games; riding bicycles; ball games and watching movies together.

# Interview with Celebrity

## Parenting experience by

## Mr. Keith, Mok Ka Kam

Hong Kong artist, father of 2 sons

Photo credit: Mr Ketih Mok



### **1. Build up self-confidence and learn self-care skills at home:**

Learning basic self-care skills, such as how to eat, wash, and dress independently, can build self-confidence through the family. My son started to take a bath by himself at the age of three, and he built up his self-confidence and self-esteem early on, believing that he has the ability to manage his own life and take care of his needs.

### **2. Encourage children to express their emotions:**

Encourage children to express positive emotions, such as happiness, satisfaction, confident, excitement, etc. This can be achieved by sharing joyous moments with your child, praising their efforts and achievements, and encouraging them to engage in various activities.

### **3. As a parent, we often face various pressures, it's important to learn how to take care of ourselves:**

Exercise regularly, relax ourselves and getting enough sleep helps to release the pressure and anxiety.



# Interview with Celebrity

## 4. 2-6 years old is an important period to develop their potential skills, it's essential to provide them diverse learning opportunities:

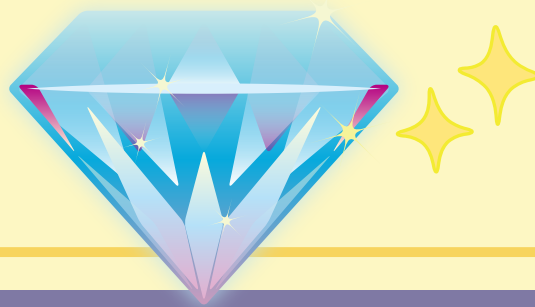
Providing diverse learning opportunities, such as painting, music, dance and sports etc., can help children discover their potential, develop interests and talents. Cultivate their creativity such as encouraging them to complete tasks on their own, allowing them to develop creativity, encouraging them to think outside the box and problem solving on their own, etc.



## 5. Giving them the freedom to explore the world on their own:

Giving them the opportunity to explore on their own; encourage them to try new things; develop their curiosity and the power to innovate.





Every parent wishes their child can have a shine and bright personality. However, there is one thing we can never forget: our life is like a diamond, at first it is dull and dark, we can only reveal our brightness after many attempts of grind and polish in order to become a smooth and shiny diamond.

Parenting is challenging, and every child has different personal needs and pace of development. To meet these challenges, parents need to master the basic knowledge and skills of parenting. Through the implementation of the Parent Academy Scheme, parents can help their children acquire appropriate values and attitudes, and parents themselves can grow together with the children.

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