



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"
**Parents
Newsletter**

**JAN-APR 2024
Issue 4**





Welcome Po Leung Kuk Parents!

First of all, we would like to express our heartfelt gratitude to the parents for your enthusiastic participation in the two-year Po Leung Kuk Kindergarten Joint School Parent Education Program. Now, as this program comes to a close, we want to extend our sincere appreciation for your involvement and support. This issue of the parent newsletter is also the final edition of the program.

The Parent Academy has been dedicated to promoting parent education since 2022. In the 2023/2024 academic year, a total of eight parent seminars were organized, covering topics such as “Understanding the developmental needs of young children” “Self-Care and Stress Management for Parents”, “Nurturing Children with Positive Emotions” and “Transition from Kindergarten to Primary Education”. Approximately 1,300 parents of PN, K1, K2, and K3 students participated in these seminars.

The next joint school seminars will be held in June, 2024. The seminar topic is **"Overcoming Frustration and Discouragement in Parenting."** We sincerely encourage parents to engage and participate in the seminar!



Kid's Development Zone

January Seminar Summary

13/1 Seminar: "Self-Care and Stress Management for Parents"

Speaker: Dr. Eunice Yim

Sources of parental stress:

External: Demands from outside of self

Internal: Self-imposed pressure,
Unrealistic expectation

Cope with Stress:

- Take responsibility of your state of mind
- Get rid of unconstructive thoughts
- Revise unhealthy rules
- Engage in positive self-talk
- View stress as an opportunity for growth
- Build supporting network:
Encouraging, guiding, and counseling.
- Manage time effectively

Dr. Yim is the founder of EduCare HK. Her research areas include behavior analysis, early childhood education, special education, and parent education, with publications in international journals. She has designed courses, provided trainings, and offered professional consultations for various teacher training institutions in Hong Kong.

Venue: Po Leung Kuk Camões
Tan Siu Lin Primary School



Kid's Development Zone

February Seminar Summary

17/2 Online Seminar
"Nurturing Children with Positive Emotions"



How to develop high EQ?

- 意識情緒 (AWARE)
- 調節情緒 (REGULATE)



Become Child's Emotional Coach

Speaker: Ms. Eos Ngan

Graduated from San Francisco State University. Acquired certification as a Conscious Parenting Certified Coach for Child and Adolescent Emotional Coaching from the University of Melbourne, Australia.

Aware 察覺

Aware the emotions of your child/yourself.

ACE Method

Connect 連結

- Listen to and accept their emotions.
- Assist them in expressing their emotions.

Explore 探索

- Discuss the problem-solving strategies and boundaries with child





Kid's Development Zone

March Seminar Summary

9/3 Online Seminar

"Establishing good behavior in children"

Speaker:
Dr. Eunice Yim

■ Distinguishing the **cognitive flexibility** of K2 children in handling situations.

■ **Creating opportunities for specific behaviors:** increasing positive behaviors such as express appreciations, encouragement or rewards to reinforce the frequency of positive behaviors.

■ **Reduce punitive behaviors** towards the child, such as avoiding the use of pain and blame as methods. Instead, adopt more positive and proactive approaches to guide the child.

■ **Facilitate self-management strategies of Child:** Understand the concentration range of child, records appropriate and inappropriate behaviors, aiding the child in distinguishing between right and wrong.

■ **Establishing motivation for children to complete tasks:** Help them understand the significance and value of task completion, and encouraging them to actively engage in the tasks with greater enthusiasm.

Kid's Development Zone

April Seminar Summary

Curriculum /
homework
formats

Adaptation
issues

13/4 Online Seminar: "Transition from Kindergarten to Primary Education"

Social Skills

Self-
management
Skills

Tips for Parents

1. **Assist in preparing the child's school supplies**, establish a regular routine, and educate the child basic subject names.
2. **Provide support to the child:** Offer praise, closely observe their changes in emotions, engage in parent-child communication, and spend quality time together.
3. **Take care of yourself:** Maintain emotional stability, minimize the mindset of comparison., allocate time, and incorporate leisure activities to balance and enhance well-being.
4. Strengthen **Home-School collaboration:** Actively engage in school activities and maintain positive communication with teachers.

Speaker: Ms. Or Ngan Fung

Former kindergarten principal with over 35 years of experience in the field of education. Experienced on conducting parent workshops and mentor training programs at social welfare organizations and delivering lectures on parenting and child development topics.





Interview with Celebrity

Parenting experience by Mr. Joe Yau

Hong Kong artist
Father of 1 son and 1 daughter

Photo Credit: Mr. Joe Yau



The importance of discovering children's strengths.

Exploring different activities can help uncover a child's talents and potential. By encouraging children to try various activities and courses in different fields, we can observe their reactions and performances. For example, my son is currently learning taekwondo, which helps him understand the significance of goals and effort. On the other hand, my daughter has a passion for art, particularly music. When I accompany her to art-related classes, I can see her love for music. I recommend parents to provide children with opportunities to establish and pursue goals, gradually nurturing their sense of achievement.

The primary factor in fostering positive emotions in children is parents serving as positive role models.

Sometimes, parents may scold their children, which can make them feel anxious as they tend to imitate their parents' behavior. It is essential for us to demonstrate proper behavior in front of our children, such as refraining from using phones during meals and engaging in interactive communication with them. Furthermore, we should teach children to care about others' feelings and perspectives. When children have needs or desires, we should guide them to think critically in a caring and polite manner, fostering their positive emotions.



Parental Stress Management Tips: Family Stress & Children's Academic Pressure



Parents may have different ideas about nurturing their children's direction and methods. Therefore, it is important to establish a unified stance and let one person make the final decision. Only one conclusion will be made because we are a team. This approach promotes family harmony and reduces family stress.

Additionally, regarding academic pressure, parents may feel the pressure to keep up with their child's early learning milestones. However, it is important for parents to avoid comparing their child to others and adjust their own family's schedule. By incorporating games and learning activities together, a harmonious family environment can be maintained.

My reflections on children's Self-learning

Parents' role modeling is crucial as children look up to their parents as examples. When parents demonstrate an interest in reading or learning, children are influenced and become willing to engage in self-learning. Indeed, school also plays a vital role in cultivating a reading culture. The school we choose does not place strict demands on academic achievement. They allocate dedicated reading time and encourage children to have a certain amount of daily reading. At home, parents can purchase books or borrow them from the library to develop a reading habit in children. Sibling interaction can also promote self-learning: when one child reads, the other can accompany them, allowing them to share the joy of reading and positively influence each other.



PARENTS TALK IN JUNE ANNOUNCEMENT

JUN Seminars For K1-K3 Parents

THEME: Overcoming Frustration and
Discouragement in Parenting

SPEAKER: Dr. Eunice Yim

TARGET AUDIENCE: Parents of K1-K3

Section 1 (For Non-Chinese Speaking Parents)

DATE: 1/6/2024 (Saturday)

TIME: 10:30 a.m.-12:00 p.m

MODE: Zoom Online

LANGUAGE: English

Section 2

DATE: 15/6/2024 (Saturday)

TIME: 10:30 a.m.-12:00 p.m

VENUE: Po Leung Kuk Stanley Ho Sau Nan Primary School
(11 Muk Hung Street, Kowloon City, Kowloon)

LANGUAGE: Cantonese

Welcome Parents to Participate!