



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

(2022 Issue 01 Sept - Dec)

Welcome Po Leung Kuk Parents!

Since the launch of the Parents Academy in early September 2022, 3 seminars, including **"A New Stage of Life: Adapting to the Life in Kindergarten"**, **"Developing Children's Ability for Self-Directed Learning (SDL)"**, and **"Developing Children's Emotional Resilience"**, have been successfully completed in September and October, where around 1,200 PN, K1, K2 and K3 parents have participated.

K1-K3 parents are now invited to join our new seminar tour, totally 7 sessions, in the topic of "Coping with Issues in Marriage for Positive Parenting", which is conducted in the November 2022 to January 2023. The seminar aims to provide parents with the concepts and practical approaches about mitigation of the discords and conflicts between the partners that maybe inevitable during the course of their marriage, with particular focus on how proper handling of the such challenges may turn into opportunities for restoring harmonies in the family and strengthening the bonding with children and making positive impacts on their developments.

We look forward to seeing you there!



Interview with Celebrity

Parenting Experience by Ms Astrid Chan

Hong Kong Famous TV Artist
Photo credit: Astrid Chan



Q: How do you think a child can develop with positive emotions?

A: Children are born with their own characters and talents, such as those depicted in Helen Palmer's Enneagram of Personality and Howard Gardner's Theory of Multiple Intelligences. Children's morality, behavior and emotions can be developed gradually and their main teachers are their parents. Teaching by example means a lot to little kids. They are like a photocopier, copying what they see and hear from others. There are many cases in reality demonstrating parents who like to curse with bad languages or even hit their children. Those actions will directly affect their children to become their miniature versions. IQ is determined at birth, but EQ, CQ, and AQ can be learned and developed from parents and the environment. Thus, there is a term called "Family Education".

Q: How to enhance your child's self-care skills?

A: Many families hire domestic helper nowadays which makes their children lack of self-care ability compared to previous generation. Parents should start from the root and educate children to deal with all kinds of daily tasks by themselves after figuring out the root issue, such as tying shoelaces, wearing clothes, combing hair, washing face and so on. In addition, parents can ask children to help with simple housework, such as folding clothes, cleaning the dining table, and clearing the dishes after meals. Words of praise are very important to children. It can not only enhance their self-confidence and positive energy, but also indirectly make their performance in school with more leadership ability. The other key point is the performance of the parents. If the parents often call the helper to do things, the children will of course follow the way.

Q: How to discover the strengths of children's personality?

A: It is easy to discover your children's strengths and weaknesses when observing their emotions. Parents can read more articles about Gardner's Theory of Multiple Intelligences. It is easy to find out that one or two intelligences of their children are particularly high. Children can gain affirmation and satisfaction in those fields if nurturing well and other inferiors can be indirectly improved. There are two key points you should keep in mind: 1) Do not focus on only cultivating your children's greatest talent as it is important to grow up with all round personalities. 2) Do not compare your children with others. Children are like leaves, no more than one leaf is the same, and no children are exactly the same, not even twins. Combine the Gardner's Theory of Multiple Intelligences with the research on the classification and fusion of 9 types of personality test, you will find that educating your children is not exhausted as you expected.

Interview with Celebrity

Q: How to cultivate children's awareness of epidemic prevention?

A: Children are like sponges. When they see what is happening and saying around them, they will follow them in exactly the same way until they start to have the ability to tell right from wrong. Therefore, it is necessary to start with the awareness of epidemic prevention in the family. In addition, let them learn more about the news of the epidemic, the consequences of contracting viruses and bacteria, and watch videos on correct epidemic prevention measures.

Q: Can you share some stress management tips with parents?

A: No matter you are the working parents or a housewife/husband, you always have to take care of children but other people cannot share your workloads. Therefore, the most important thing is self-reminder and self-comfort. I often ask myself: 1) Will he/she still need your care after he/she enters middle school? 2) What did the child want me to learn when he/she came to this world?

After thinking about it, I feel a little more emotionally relieved. After that, make use of time management, when the children are sleeping and going to school, date with your partner. For example, watching movie, drama series, buying food as a date, etc., changing the mood to do the same thing, the effect will be very different. In fact, it is also a pleasure to go to park, build models together, and exercise together with children. He/she can be your best friend.

Q: How to raise children to learn independently?

A: I remember that after my daughter started to know how to ask questions, I would go online with her to find the correct answer. When she was able to learn by herself, she asked me questions again, and I asked her to find the answers herself, and then tell me so that I could learn more or refresh myself. Over time, in addition to having more topics, the most important thing is to cultivate children's appropriate learning concepts and attitudes, which will be of great help to their college days.

There is no subject that teaches us how to be parents, so the whole process requires self-discovery, and seeing children as their own mentors to enhance their abilities and wisdom. My daughter is off to college and I miss the days when she needed me so much. To this day, I am still learning how to be a good mom; thank God for such a lovely, reliable mentor.



Chan Chi Ching

Astrid Chan

Kid's Development Zone

Summary of the Seminars in September and October

The summaries of the 3 seminars, including "A New Stage of Life: Adapting to the Life in Kindergarten", "Developing Children's Ability for Self-Directed Learning (SDL)", and "Developing Children's Emotional Resilience", are attached herein for your review.

17/9: "Adapting to Kindergarten Life in a New Stage of Growth"



These are just transitional periods, and will gradually decrease or disappear after adapting to kindergarten life. To accept and agree with the child's feelings, let the child adapt slowly



Helping young children overcome separation anxiety:

- When saying goodbye to children, let them feel the atmosphere of going to school with a happy and positive attitude.
- Say goodbye to the child when leaving, and make it clear that the parent will definitely come to pick him up from school.
- Parents should avoid saying to children: "I don't want you", "You are not allowed to come back" or "If you are not obedient, you will tell the teacher to punish him" and so on to intimidate them, to let them have the fear of being abandoned.



Kid's Development Zone

Summary of the Seminars in September and October

22/10: "Nourishing children with self-directed learning (SDL)"



The definition of self-directed learning (SDL):

Self-directed learning (SDL) means that learners actively plan, choose and use strategies to regulate their personal feelings, behaviors and environments, so as to effectively achieve the set goals.



Tips

- Parents and children learn together - teaching by example
- Rewards & recognition - Well done
- Make good use of good relationships



Kid's Development Zone

Summary of the Seminars in September and October

29/10: "Nourishing child resiliency"



- People who are more resilient with positive self-image and values, self-confidence
- With optimistic attitude
- With good self-functioning skills
- With good support network

All parents wish their children can shine brightly.
However, don't forget: "Life is like a diamond, it must go through pressure and be polished so as to shine brightly!"



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