



保良局
PO LEUNG KUK



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

2022-2023 Academy Year
"Parent Academy"

Parent Newsletter

Issue 2 | Apr-Jun, 2023





Interview with Celebrity

Parenting Experience by Ms. Snow Suen

Hong Kong Famous Model, TV Artist and Singer
Photo credit: Ms.Snow Suen

Q: The experience of cultivating children with positive emotions?

A: First of all, you must understand your child's emotions, because many parents will also deny their children's bad emotions. When a child loses his temper, parents often only scold and restrain him/her, making the child suppress his emotions. Adults have emotions too, so as children! Parents should put themselves in their shoes and use accurate words to communicate with their children. For example, 'I know you are very upset now because other children have taken the toy you wanted to play with!' Why do parents say this, because the child does not know how to express himself, when you retell, first: the child understands that his current emotion is called anger, and he learns how to describe it to his parents in the future. Second: The child understands that his parents also understand his emotions. When the child knows that his parents also understand his emotions, his bad emotions can be released, which is conducive to the development of positive emotions for the child.

As long as the parents understand and communicate more after the child's emotions are released, the parents will supplement them with rational explanations. Gradually, as the child grows up, he will learn not to suppress his emotions and how to release them, thus cultivating positive emotions.

Q: How to improve children's self-care ability?

A: If parents don't want to let go and lack confidence in their children, the children's self-care ability will be poor. Parents in Hong Kong are generally very busy. Most of the children are entrusted to the helpers to take care of daily life and food. In order to improve work efficiency, the helper often assists the child in completing tasks such as feeding and dressing. But it turns out that as long as parents believe in and encourage their children more, they can improve their self-care ability. For example: parents believe that a 2-year-old child is incapable of taking care of themselves, but when the parents choose to let it go, and the child is able to take care of himself as a result.

So instead of doing everything for your child, let go of daily life and food, point out directly what you want your child to do, and explain to them that they should learn how to take care of themselves if their parents are not around. If children perform well, parents should encourage and appreciate what they do well.

To be continued>>>

Interview with Celebrity

Q: How to discover your child's strengths?

Some parents think that we should protect children's weak points of character, but some parents think that we should let children's strong character side play more, and when children gain self-confidence, their weak points of character will also improve. It is also very important for parents to give their children opportunities to try, observe from the sidelines and be patient. For example: During the game, it is found that the child's is good at puzzling, which may mean that the organizational ability is strong. Or if she/he likes painting, can you let your child develop art skills? Every child has different strengths. Parents should not compare their children with others. Instead, they should observe their interests and give their children more opportunities to try and develop. For example, My child is weak in sports, and I did not give up and continued to let him try, and he is also making progress. But I found that my child is strong and sensitive in language, so he asked to learn Spanish because it is his interest.

Therefore, parents should not force their children to follow their arrangements. It will cause counterproductive effects and unwillingness to explore, never the last will affect their development.

Q: How to develop children's anti-epidemic ability?

A: Today's kids are smart. When the pandemic broke out, the child was asked to wear a mask for the first time, he was very resistant and asked why he was forced to wear it, but I kept explaining to him that wearing a mask was to prevent the virus from invading and protect himself. If the parents are infected with the pandemic, they have to leave him and go to other places for isolation. I found that the child has absorbed my message and understood the reason to wear a mask, so the child's anti-epidemic awareness is very high.

I still remember one time I forgot to put on a mask when I was photos shooting outside, my child was so nervous that he cried and reminded me to wear a mask because we had already left home. Therefore, as long as you explain to him more about what is happening in the world today, and develop good hygiene habits during the epidemic situation, such as: washing hands for 20 seconds and properly storing masks when not wearing them, etc., children's anti-epidemic ability will naturally improve.

To be continued>>>



Interview with Celebrity

Q: Any stress management tips for parents?

A: Parents in Hong Kong are stressed, and it mostly came from themselves and others. They try to give the best choice to their children, yet it has to be better than others. For example, when other parents are applying for 20 kindergartens and interview classes but they did not do so, they get stressed. Apparently, children will understand when parents are giving their best to love and care, therefore, parents in Hong Kong will need to adjust their emotions.

I am also a nervous mother. I need to calm down and think about it when I am nervous. If I find myself too nervous, I need to know how to release it. In addition, the support of the partner is also very important. Parents need to talk to each other, because ignoring will only increase the pressure, and active communication can relieve the pressure. In addition, you can seek ways to decompress yourself. For example, if a mother does not want to take care of the child 24 hours a day, but wants to do sports, she should discuss with her partner to adjust the schedule, and let the partner share the work of taking care of the child.

Parents should also realize that they are under a lot of pressure, communicate more with their hearts, and examine themselves, for example: have you often felt irritable and lost your temper with your children recently? If so, you should seek channels to relieve stress and share your feelings with your partner.

Suen Suet Wai

Snow Suen



Q: How to raise independent learners?

A: First of all, it is necessary to arouse the interest of the child. For example, my son doesn't like doing homework, he thinks his parents and teachers are forcing him to do it. I will choose to find interesting part in homework for him to do, such as he received homework that needs to draw lines. Because I understand my son's character, I said to him: "This chicken/turtle is going home, can you help him? As long as he connects the lines, he can go home", so he was interested in completing this homework.

The role of parents is to guide children to find what they like to do. I often accompany him to discover funny things in homework. Now my son no longer resists doing homework. On the other hand, cultivate his habit of having game time after finishing his homework, so that he will be interested in doing homework and have a sense of responsibility. Don't scold your child for not doing homework, because the more you scold him, the more he will not want to do it. Provide an atmosphere and motivation for independent learning, and don't force the child to learn what his parents specify in a fixed way.

Kid's Development Zone



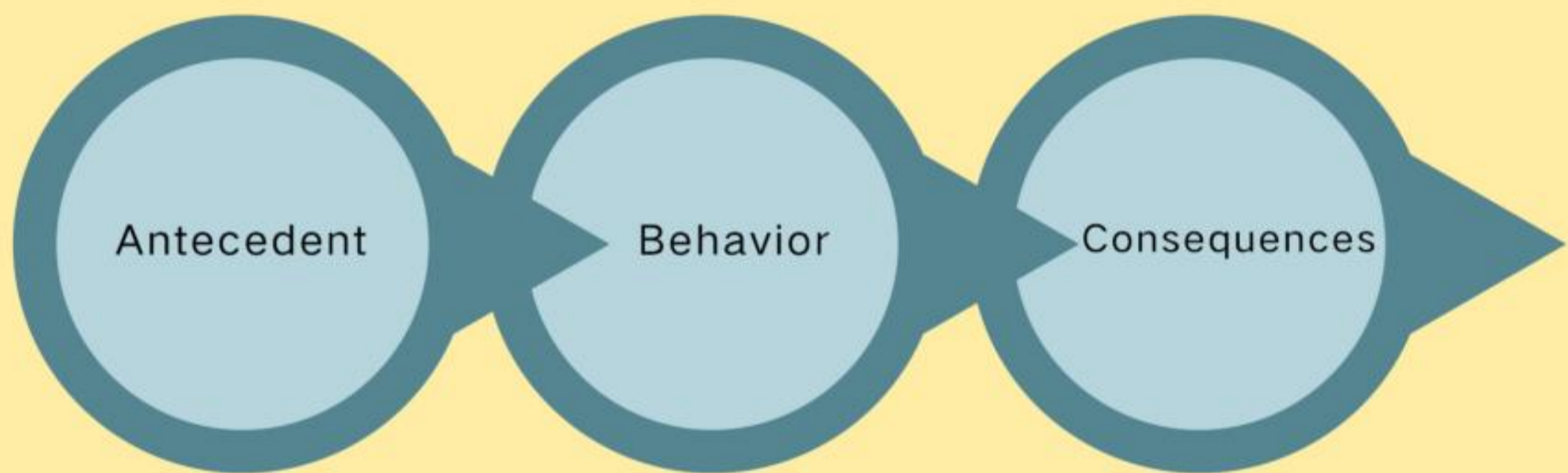
December, 2022 to April, 2023 Seminar Summary

Below are the summaries of previous seminars of "Methods and Techniques for Effective Parenting", "Methods and Techniques for Positive Parenting Relationships" and "To Build up a Healthy Physical and Emotional Habits for Children":

1. Methods and Techniques for Effective parenting

1. Techniques for Effective Parenting

- Positive parent-child relationship: e.g. communication (chatting and playing games)
- ABC behavior analysis and behavior recording, purpose: to observe and analyze children's behavior, and to improve the behavior through the external environment issue.



2. Techniques for Effective Parenting

- Develop good behavior
- Compliments need to be clear, simple, and quick
- Reward children: tangible or intangible
- Positive behavior records of children
- Ask before questioning, encourage appreciation
- Activity schedule: develop to complete things independently and sequentially



2. Methods and Techniques for Positive Parenting Relationships

- Positive education can help to cultivate children to have happiness, health, and good virtues, so as to face different challenges and enjoy a meaningful life
- 40% of our happiness is under our control → choose your favorite voluntary activities
- Cultivate children's "growth mindset", appreciation needs to be on time, on the spot, and honest.
- Use their character strengths in daily life
- Use the "sandwich method" to develop communication skill
- Make good use of the 5 steps of emotional coaching to help children express their emotions. While setting boundaries, discuss solutions to problems

The formula for happiness: $H=S+C+V$

<p>H=Happiness your enduring level of happiness</p>	<p>S=Set Range set range or set point.</p>
<p>C=Circumstances the circumstances in your life.</p>	<p>V=Voluntary Control factors under your voluntary control.</p>

Cultivate your child's "growth mindset" through your words

When Children says..

It's too difficult!

I'm happy with the current situation.

It's impossible for me to be smart like her.

I'm not good at reading.

I'm not good at this.

Adult may responds...

It might need more time and effort to achieve

This is great, but how can you perform it in a better way?

Looks how she's done it, now it's your turn to try.

Let's practice reading skills together!

You are improving!



2. Methods and Techniques for Positive Parenting Relationships

Let's introduce "Sandwich method" of communication skill:

First Layer: Recognition, affirmation

Second Layer: Suggest and correct misconceptions

Third Layer: Encouragement, Trust, Help

5 steps of emotional coaching (Gottman, 1996):

- be aware of your child's emotions
- Recognize emotions as opportunities to teach
- Listen carefully to your children's feelings and make them feel understood
- Help children use language to label their emotions
- While setting boundaries, discuss solutions together





3. To Build up a healthy physical and emotional habits for children

The benefit of sports for children

- Stimulates brain growth and integration
- Enhances nervous system development
- Enhance physical function and immunity
- Improve emotional and social skills
- Enhance parent-child relationship
- Improve the developmental problems of children with special needs



Healthy Diet!

Five Nutrients: Benefits of brain food

- Carbohydrate: complex sugars such as whole wheat bread and miscellaneous grains
- Proteins: milk, eggs, fish, legumes
- Fats: Vegetable oils such as olive oil, canola oil, sunflower oil
- Vitamin B, C, E: brown rice, pork, liver, egg yolk, beans, etc. (containing vitamin B); soybeans, brown rice, nuts, whole wheat products, etc. (containing vitamin E); c)
- Minerals: green leafy vegetables, red meat (contains iron), seafood, almonds, etc. (contains zinc), vegetables, nuts, etc. (contains boron), yeast, potatoes, etc. (contains chromium)



We need to be granaries to supplement brain nutrition. Because the weight of the brain only accounts for 2% of the body weight, but the energy consumed by the brain accounts for 20% of the body weight.

In terms of the three major nutrients: carbohydrates, fats, and proteins, in addition to supplementing in a balanced manner, eating should also be skillful.

Be Healthy: Five Good Habits:

- Eat protein before carbohydrates
- Avoid greasy food
- Chew carefully and swallow slowly
- Do not skip breakfast
- Maintain a balanced diet, never replace nutrition with vitamins + supplements

"Sunshine parents, Sunshine Child" Parent-child coloring competition Winning works sharing



Thank you for your participation in this "Sunshine Parents, Sunshine Child" - parent-child coloring competition in 2022!

Po Leung Kuk Academy of Professional Education is honored to have Dr. Anna Hui Na-Na, Associate Professor of the Department of Social and Behavioral Sciences, City University of Hong Kong (formerly the Chairman of the Kindergarten Education Curriculum Revision Committee and the Chairman of the Early Childhood Education Committee of the Curriculum Development Council of the Education Bureau, and a member of the Executive Committee of the Hong Kong Committee on the Rights of the Child), serve as the judge in the competition.

Let us appreciate the following award-winning art pieces created together by parents and children!



PLK Vicwood KT Chong Kindergarten



Champion: K2C 熊帥博



1st Runner up: K3A 陳嘉琪



2nd Runner up: K3A 王薪娛



Merit: K3A 楊一多



Merit: K2A 伍諾潼



Merit: K3A 李信澄



Merit: K2A 黃懿鳴



Merit: K2C 李羽鑫

"Sunshine parents, Sunshine Child" Parent-child coloring competition Winning works sharing



PLK Ng Tor Tai Kindergarten



Champion: K3E 鄭佑樂



1st Runner up: K1B 葉雅如



2nd Runner up: K2C 任希一



Merit: K1A 楊樂彤



Merit: K2C 許展培



Merit: K2D 方梓鎬



Merit: K1B 冼奕辰



Merit: K2C 譚茜文



PLK Tin Ka Ping Siu Hong Kindergarten



Champion: K3E 陳晧璇



1st Runner up: K1E 黃仲勳



2nd Runner up: K2E 陸嘉華



Merit: K2A 黃星妍



Merit: K3B 陸卓賢



Merit: K3D 莊凱婷



Merit: K1A 黃梓樂



Merit: K2B 謝煦晴

"Sunshine parents, Sunshine Child" Parent-child coloring competition Winning works sharing



PLK Tang Bik Wan Memorial Kindergarten



Champion: K2C 梁倬維



1st Runner up: K2B 生頌煊



2nd Runner up: K3B 韓曉欣



Merit: K1B 陳紫悅



Merit: K2A 陳駿浩



Merit: K2A 黃文嘉



Merit: K2B 林曉榆



PLK Tin Ka Ping Kindergarten



Champion: K2B 高鎧澄



1st Runner up: K2A 李璟昊



2nd Runner up: K2C 賴樂兒



Merit: K1C 張奕彤



Merit: K2D 張愛詩



Merit: K3C 梁鶴瑩



Merit: K3D 羅綿輝



Merit: K3E 張雅婷

"Sunshine parents, Sunshine Child" Parent-child coloring competition Winning works sharing



PLK Fung Leung Kit Memorial Kindergarten



Champion: K2C 譚亦舜



1st Runner up: K1B 陳芊緹



2nd Runner up: K2C 譚亦舒



Merit: K2A 吳昊斌



Merit: K3A 李卓賢



Merit: K3A 李嘉濠



Merit: K2A 陳恩寧



Merit: K3A 陳曉瑩



PLK Yip Ng Bun Bun Kindergarten



Champion: 上午K3A 陳嘉月



1st Runner up: 下午K3A 袁子樂



2nd Runner up: 上午K2A 林芊蔚



Merit: 上午K1A 蔡其臻



Merit: 下午K2A 馮翹煒



Merit: 上午K3A 陳梓樂



Merit: 上午K1A 周靖和



Merit: 全日K2A 鄭允妍

"Sunshine parents, Sunshine Child" Parent-child coloring competition Winning works sharing



PLK Mrs Chao King Lin Kindergarten



Champion: K3A 司徒浩軒



1st Runner up: K1A 伍柏霖



2nd Runner up: K3B 溫灝恩



Merit: K1B 李焯瑤



Merit: K2B 冼芍鈴



Merit: K1B 葉芯愉



Merit: K3A 劉欣霖



Merit: K3A 趙子宥



PLK Fiona Cheung Sum Yu Kindergarten



Champion: K2A 張紫月



1st Runner up: K3A 林伊瞳



2nd Runner up: K3B 陳怡嫻



Merit: K1B 鍾紫萱



Merit: K2A 謝浩文



Merit: K2B 梁諺汶



Merit: K3A 江宛宜



Merit: K2B 蔡昊軒

"Sunshine parents, Sunshine Child" Parent-child coloring competition Winning works sharing



PLK Yick Kwai Fong Kindergarten



Champion: K3D 梁心悅



1st Runner up: K2A 黎祉呈



2nd Runner up: K3B 潘巧兒



Merit: K1A 王鈺淳



Merit: K2C 林禹澄



Merit: K1B 何沁柔



Merit: K2A 陳安弈



Merit: K2D 許熙好



PLK Mrs. Vicwood KT Chong Kindergarten



Champion: K2A 張允謙



1st Runner up: K1A 林湘桓



2nd Runner up: K1B 黃睿希



Merit: K2A 蘇頌恩



Merit: K2A 葉雨錚



Merit: K3B 譚唏宇

"Sunshine parents, Sunshine Child" Parent-child coloring competition Winning works sharing



PLK Kam Hing Kindergarten



Champion: K3B 張閔程



1st Runner up: K2C 楊旻或



2nd Runner up: K2A 趙淑兒



Merit: K3A 杜宇晴



Merit: K3C 陳雋樟



Merit: K1C 梁凱淇



Merit: K1A 簡丞浩



Merit: K1A 程紫凝



PLK Chan Seng Yee Kindergarten



Champion: K2A 湯晴



1st Runner up: K1A 黃愷晴



2nd Runner up: K3A 鄧柏言



Merit: K2A 周俊皓



Merit: K2A 馮靜殷



Merit: K2A 賴芯賢



Merit: K2B 鄧正浩



Merit: K2B 林紹朗

"Sunshine parents, Sunshine Child" Parent-child coloring competition Winning works sharing



PLK Li Tsui Chung Sing Memorial Kindergarten



Champion: K2D 羅子添



1st Runner up: K3B 錢柏宇



2nd Runner up: K3D 朱雅熙



Merit: K2A 寇智恆



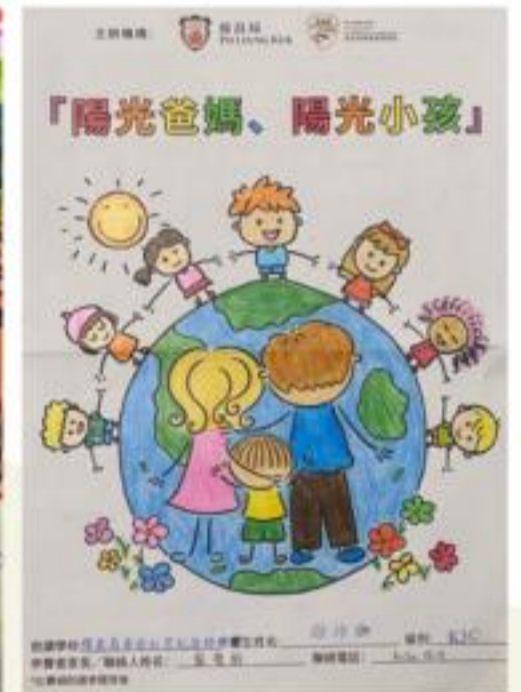
Merit: K2C 譚愷俊



Merit: K3A 李卓希



Merit: K3B 譚凱晴



Merit: K3C 謝沛珈



PLK Fong Wong Woon Tai Kindergarten



Champion: K1B 陳悅晴



1st Runner up: K1B 陳樂澄



2nd Runner up: K1B 周曉辰



Merit: K1A 吳祉瑩



Merit: K1A 李從光



Merit: K3C 李愷寧



Merit: K1B 蘇靖茹



Merit: K1C 田嘉雯

"Sunshine parents, Sunshine Child" Parent-child coloring competition Winning works sharing



PLK Mrs Fong Wong Kam Chuen Kindergarten



Champion: K2A 姜羽昊



1st Runner up: K1A 江倬逸



2nd Runner up: K1A 方韋傑



Merit: K1A 吳泓熹



Merit: K1B 施豐懿



Merit: K2A 薛希喬



Merit: K3A 鮑芷琳



Merit: K3A 劉皓宸



PLK Yip Ng Bun Bun Queen's Hill Kindergarten



Champion: K3E 何珮瑩



1st Runner up: K1A 曾俊鈞



2nd Runner up: K2B 張芷晴



Merit: K2B 鐘祁汎



Merit: K2F 周柏鴻



Merit: K2F 高卓朗



Merit: K3A 李幸錡

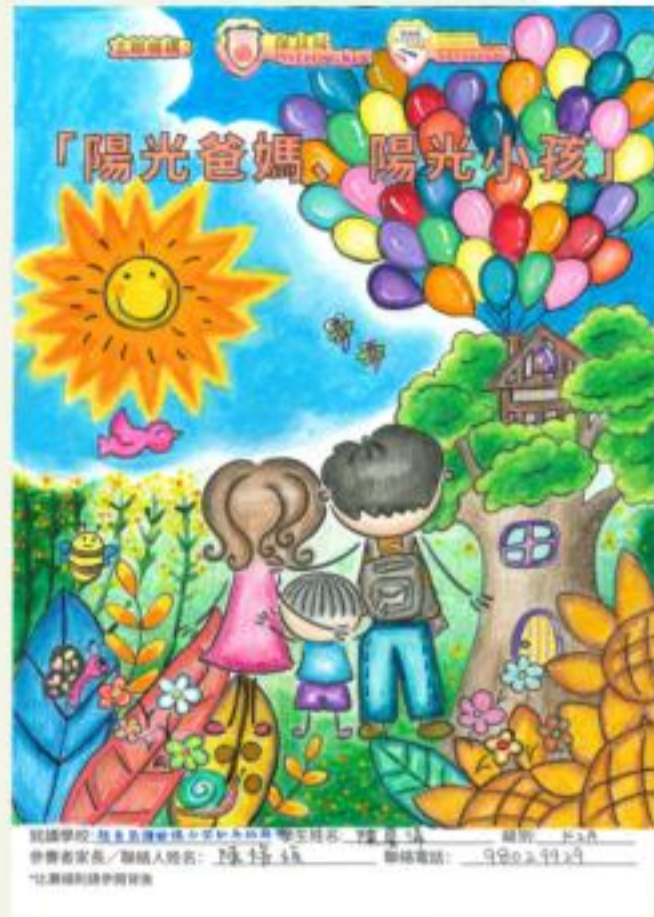


Merit: K3D 沈芷澄

"Sunshine parents, Sunshine Child" Parent-child coloring competition Winning works sharing



PLK Tam Au-Yeung Siu Fong Memorial Kindergarten



Champion: K2A 陳晨滢



1st Runner up: K3E 梁珈朗



2nd Runner up: K3A 陳邦堯



Merit: K1A 李梓熾



Merit: K1B 段焯妍



Merit: K1F
Malaichamy Inba



Merit: K2B 陳卓軒



Merit: K3E
Ahamed Mohideen
Rafeeqa



PLK Cheung Poon Mei Yee Kindergarten



Champion: K1B(a.m.) 杜希璇



1st Runner up: K3B(a.m.) 何芯閱



2nd Runner up: K1B(p.m.) 劉柏賢



Merit: K1A(a.m.) 孔智廷



Merit: K1B(a.m.) 陳芊嫫



Merit: K1B(a.m.) 岑曉雨



Merit: K3C(w.d.) 馮子嵐



Merit: K3C(w.d.) 戴綽雅

"Sunshine parents, Sunshine Child" Parent-child coloring competition Winning works sharing



PLK Choi Koon Shum Kindergarten



Champion: K1B 趙春芝



1st Runner up: K3A 徐心妍



2nd Runner up: K1C 李煒鈞



Merit: K1A 謝翊知



Merit: K1B 吳芯睿



Merit: K2C 葉家興



Merit: K2A 吳竣熙



Merit: K1A 彭明澄



PLK Mrs Tam Wah Ching Kindergarten



Champion: K2A 甘皓春



1st Runner up: K1A 余昊哲



2nd Runner up: K2B 張鈺淇



Merit: K1A 謝子喬



Merit: K1A 謝子渝



Merit: K1B 莫凱淵



Merit: K2B 鄒梓婷



Merit: K2A 鄭珈晉

"Sunshine parents, Sunshine Child" Parent-child coloring competition Winning works sharing



PLK Lau Chan Siu Po Kindergarten



Champion: K2C 盛焯楠



1st Runner up: K2A 趙賢臻



2nd Runner up: K1C 李依桐



Merit: K1A 李嘉兒



Merit: K1A 潘柔熹



Merit: K2C 王曉彤



Merit: K2C 陳焯賢



Merit: K2C 黃展敏



PLK Lee Shu Fook Kindergarten



Champion: K2B 雷盈希



1st Runner up: K2C 郭愷胤



2nd Runner up: K2B 李依穎



Merit: K2A 蔡爾樂



Merit: K3 潘梓穎



Merit: K2A 羅浩朗



Merit: K3B 蔡雨澄



Merit: K3C 葉晴朗

"Sunshine parents, Sunshine Child" Parent-child coloring competition Winning works sharing



PLK Eleanor Kwok Law Kwai Chun Kindergarten



Champion: K1B 陳俊宇



1st Runner up: K1A 李以曦



2nd Runner up: K2A 朱芊玥



Merit: K1A 蔡君麟



Merit: K2D 陶梓渝



Merit: K3A 李佳芯



Merit: K3C 張梓峯



Merit: K3C 劉子樂

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