

# Tips for Parents



## Learning starts from Play

Parents should involve children in different types of play

### Rough & tumble play

- playful wrestling
- hugging & tickling
- running around

### Constructive play

- Lego
- play-doh
- blocks

### Pretend play

- play kitchen
- hero play
- drama

### Games with rules

- chess
- card games
- board games

## What can parents do during free play?

- P**raise the child, immediately and genuinely
- R**eflect the meanings and emotions of the child
- I**mitate the child; play in the same way as the child does and describe the intention
- D**escribe the child's behaviors, helping the child to understand what he or she is doing
- E**njoy the time with the child



## The Myth of Winning at the Scratch Line

### Finland

- Learning should be interesting and meaningful that children can enjoy, and discover their strengths and interests

### Germany

- Prior to primary education, children just need to grow happily

## What parents should do to prepare their children for “winning at the scratch line”?

- Play with children more often
- Ensure children have adequate rest and play time
- Provide autonomy in daily life to nurture children's independence
- Arrange prime time with children to establish secure attachment
- Provide relevant stimulations from the environment to promote the development of executive functions
- Provide opportunities and encourage children to explore the environment
- Talk and read with children frequently



# How to Cater for Learning Diversity of Children

## Nurture a Growth Mindset

- Emphasize effort and improvement
- Encourage seeking for feedback and curiosity

## Strength-based Parenting

- Explore children's strengths
- Provide suitable environment, tools, practice opportunities and role models to facilitate the development of strengths
- Hold an autonomy-supportive attitude

## Timely support with proper scaffolds

- Set challenging but realistic learning goals
- Provide adequate support to help children attain the levels
- Practise repeatedly to internalise the skills

## Multiple Intelligences

- Verbal / Linguistic
- Logical / Mathematical
- Visual / Spatial
- Bodily / Kinesthetic
- Musical / Rhythmic
- Inter-personal / Social
- Intra-personal / Introspective
- Naturalistic

## Executive Functions

- Self control
- Working memory
- Mental flexibility



# Positive Parenting: Growth comes from No Comparison

## Key points on parenting

- Teach children to behave in ways considered appropriate
- Help children develop self-regulation
- Parents should understand the reasons behind child's behavioral problems
- Parents should be warm and consistent
- Methods and strategies of parenting should be adjusted according to the child's age and development

## Parenting strategies

### Support and love

- Spending time together
- Expressing love and care
- Active listening

### Express the thoughts

- No labelling
- No blaming
- Reframing
- "I" message

### Realistic expectations

- Respect each other
- Supporting development
- 6-step plan

### Reinforcing the behaviors

- Praise sincerely
- Praise immediately
- Natural consequences
- Logical consequences



# Tips for Parents on Happy Transition to Primary One

## Indicators of smooth transition to primary one

- Able to manage their emotions
- Interact harmoniously with peers
- Follow teachers' instructions
- Interested in school activities
- A sense of belonging to school

## Set reasonable expectation to prepare children for school

- Understand child's development
- Use scaffolding to provide cognitive, emotional and autonomy support
- Do not compare children with others
- Accept child's limitations
- Be clear and consistent
- Be positive and flexible
- Praise little improvements and achievements
- Encourage child's self-development

