

**Parent Seminar:  
Let kids go, let kids grow  
The art of promoting young children's  
self-care skills**

**Organised by  
The Education University of Hong Kong  
as commissioned by the Education Bureau**

## How to let go

Don't be overcontrolling  
and overprotecting



Do not always call  
your child "baby"



Have reasonable expectations  
for your child's self-care skills



Tell your child clearly about  
your expectations



Hold on, don't complete the task  
for the child because of  
your impatience



# How to teach self-care skills

Break the skill down into a series of steps, and gradually increase the task difficulty



Let children practise self-care skills through games



Spell out the main points and use mnemonic



Provide concrete feedback to children, e.g. encouraging words, appropriate reward system



## Warm reminder

Different caregivers should maintain consistent expectations and caregiving practices



Parents are the role models for young children



EDB Parent Education  
Information at  
Kindergarten Stage



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