

教育局 Education Bureau



Faculty of Education The University of Hong Kong

香港大學教育學院

Parents' Education Talks 2019/20

EQ Easy
20 October 2019

Speakers: Dr Sylvia Liu

Mrs Kit Chan

Faculty of Education,
The University of Hong Kong



EQ Easy



Education Bureau Parent Education Information at Kindergarten Stage

Five Essential Steps of Emotion Coaching Dr John Gottman

4 Communicate empathy and understanding



Recognise emotion as an opportunity for connection and teaching



Set limits and problem solve

3

Help your child verbally label emotions

1 Rewar

Beware of your child's emotions

Emotion Coach EQ Training Habits Dr Sylvia Liu

- Handle one's mood first, everything comes next
- Know yourself and know your child, both win
- Parent's demonstration, a role model for your child
- Apply what you have learnt, adept and adjust



For more information:

HKU Faculty of Education



Jockey Club "Play n Gain" Project