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?
- Praise the child, immediately and genuinely
- Reflect the meanings and emotions of the child
- Imitate the child; play in the same way as the child does and describe the intention
- Describe the child’s behaviors, helping the child to understand what he or she is doing
- Enjoy the time with the child

Learning starts from Play

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

**Tips for Parents on Happy Transition to Primary One**

(Parent Seminars 2018/19)