

Tips for Parents - Prepare for the new school year

Daily Activity Planner

Time Monday Tuesday Wednesday Thursday Friday Saturday Sunday

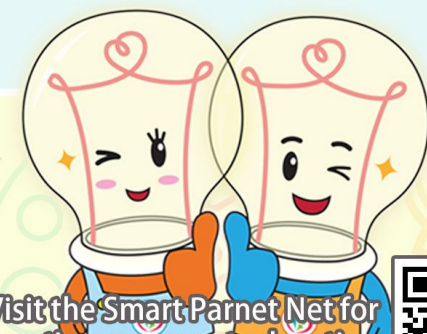
			✦ Do reading with your child				
	Do more exercise						
			Don't forget to spend time with your child				
	Enough play time						

Go to the countryside with your child in this happy family day

Healthy sleep habit is important ✦

Remind You

- 👍 Always show the love and care to your child
- 👍 Acknowledge your child's effort, not to blindly pursue perfection
- 👍 Maintain a positive and optimistic attitude, and be a positive parent



Visit the Smart Parent Net for more information on parent education
<http://www.parent.edu.hk>

