

## **Curriculum Framework on Parent Education (Kindergarten)**

### **Learn Through Play**

#### **Notes for Parents**

#### **A. Objectives**

##### **1. By the end of the session, participants will be able to**

- a. Understand the importance of play on child healthy development and learning;
- b. Understand how children play;
- c. Understand parent's roles and skills in using play to facilitate children learning; and
- d. Learn about some resources on parent-child play.

##### **2. Allow participants to acquire**

###### **a. Knowledge**

- i. Learn that play is the child's right and enterprise;
- ii. Learn that play benefits the child's holistic development;
- iii. Learn that the child can learn through play;
- iv. Parent should allow the child to play freely with limited restrictions and let children play with their own rules and ways;
- v. Free choice and free exploration are important elements in learning through play;
- vi. Learn to choose suitable play materials for the child, not necessarily buying toys;
- vii. Learn that when the child advances in development, his/her play gets more complicated and abstract, and he/she also learns more in play;
- viii. Learn that parent can perform different roles to facilitate the child's play.

###### **b. Skills**

Parent can learn how to facilitate the child to develop through the "cooking game", for example, to:

- i. Bring the child's attention to concepts like colours, numbers and counting;
- ii. The child practise hand-eye coordination by putting a spoon into the bowl;
- iii. The child learns table manner when eating with others.

### c. Attitude

Parents should understand that the child's development and learning can be better enhanced through involving in parent-child play happily.

- i. Acquire a positive attitude, enjoy parent-child time, and understand the child can make progress through playing games happily;
- ii. Appreciate that parent-child relationship can be enhanced while having relaxing and fun-filled parent-child activities.

## B. Content

### 1. Introduction: Play is the child's right and enterprise, and what benefits it brings to the child (including promoting the child's holistic development)

- a. Moral development: To learn manners and develop basic concepts of right and wrong.
- b. Psychological development: To have basic cognitive, language and communication abilities.
- c. Physical development: To have strong body and healthy physical and psychological development.
- d. Social development: To enjoy social life and acquire basic social skills.
- e. Aesthetic development: To love artistic creation and appreciation, and develop creativeness and imaginations.

### 2. Understand types of play through child development areas

- a. Moral development ↔ Problem solving rehearsal games
- b. Psychological development ↔ Exploratory and manipulative games
- c. Physical development ↔ Gross motor and fine motor games
- d. Social development ↔ Imaginative and social games
- e. Aesthetic development ↔ Musical and artistic games

### 3. Clarify on some common myths on play

- a. Play does not necessarily involve a lot of toys.
- b. Play does not require lots of monetary expenses.
- c. Parents should choose toys that are safe for children.
- d. Use toys creatively.
- e. Do not use electronic devices alone to stimulate children learning.

During play, parents perform different roles to facilitate learning.

### 4. Parents can facilitate child learning through "cooking game"

- a. Knowledge: Enrich the child's knowledge; let him/her learn how to behave and speak in proper manners.
- b. Skills: Allow the child to practise hand-eye coordination, block-building skills and counting.
- c. Attitude: Develop proper attitude for the child, e.g. help tidy up cutleries, follow rules.

## 5. Roles and skills of parents that facilitate child learning during “cooking game”

- a. Opportunities provider: Provide the toys and materials.
- b. Companion: Enjoy the play with the child in the “cooking game”.
- c. Respondent: What the child invites you to eat “chicken leg”, pick up the plastic chicken leg toy and “eat” happily.
- d. Cheers: When the child invites you to eat meat and vegetables, appreciate and say “thank you”.
- e. Narrator: Say “We have meat and vegetables in this meal. They are delicious”.
- f. Model: In the clean-up time after the meal, stack up dishes and cups separately to show an easier way to tidy up
- g. Facilitator: “We have had chicken in this meal. What kind of poultry, just like chicken, can we eat next time?”
- h. Others: Who will clean the dishes? Who will pay for the food?

### Conclusion:

Happy parent-child play can promote parent-child relationship and child development → Play is good!

### References and resources:

- Playright. Retrieved from <https://www.playright.org.hk/en/>
- St. James’ Settlement. Positive Education Centre. Retrieved from <https://sowgood.sjs.org.hk/en>
- 香港保護兒童會 (2017)。「家」出小玩意。取自：<https://ccd.hkspc.org/enews-share/game-parent-child-time/> (Chinese only)
- 賽馬會童亮抗逆親子盒 第一、二套 (2020, 2021)。取自：<https://family.caritas.org.hk/zh-hk/services/view/123#.YL72pvkzZPY> (Chinese only)