

Positive Parenting: Parenting Strategies

Instructor Guide

1. Objectives of the Session

By the end of the session, participants will be able to:

- a. Understand the skills of brushing up parent-child relationship; and
- b. Understand the parenting skills of raising well-behaved children.

2. Procedure (90 minutes in total)

Section	PPT Page No.	Time	Objective	Content	Resources
1	Introduction Slides 1-5	5 mins	Introduce the main points of the session	<ul style="list-style-type: none"> Instructor introduces the procedure of the session, and evidence-informed effective parenting strategies. 	PPT slides, notes for parents
2	Importance and skills of building up parent-child relationship Slides 6-15	15 mins	Allow participants to understand the importance and skills of building up parent-child relationship	<ul style="list-style-type: none"> Instructor presents the importance and skills of building up parent-child relationship: <ol style="list-style-type: none"> a. Reflect b. Imitate c. Describe d. Show enthusiasm Parents practise in groups regarding the skills introduced to them. 	PPT slides, notes for parents
3	Importance and skills of giving praise and reward Slides 16-26	15 mins	Allow participants to understand how to promote children's positive behaviour	<ul style="list-style-type: none"> Instructor presents how parents can promote children's positive behaviours by giving descriptive praise and reward scheme. Parents discuss in groups regarding the examples of praise and reward given. 	PPT slides, notes for parents
4	Giving precise instructions to children Slides 27-31	15 mins	Allow participants to understand the principles and skills of giving precise instructions to children	<ul style="list-style-type: none"> Instructor presents how to encourage children to behave positively with the principles of giving precise instructions. Parents discuss in groups regarding the examples of parent-child conversations and see if the principles of precise instructions are applied. 	PPT slides, notes for parents

Section	PPT Page No.	Time	Objective	Content	Resources
5	Managing misbehaviour Slides 32-47	10 mins	Allow participants to learn skills of managing misbehaviour	<ul style="list-style-type: none"> Instructor presents how parents can manage children's mild and severe behaviour problems by using planned ignoring, clear instruction and logical consequence. Parents practise the skills introduced to them through a role-play exercise. 	PPT slides, notes for parents
6	Emotion coaching Slides 48-56	15 mins	Allow participants to learn emotion coaching strategies	<ul style="list-style-type: none"> Instructor introduces the four steps that parents can teach children to express and regulate emotion by using emotion coaching strategies. Parents practise the skills introduced to them through a role-play exercise. 	PPT slides, notes for parents
7	Parent-child homework briefing Slide 57	5 mins	Allow participants to understand the aims and details of parent-child homework	<ul style="list-style-type: none"> Instructor introduces the aims and the activity details of parent-child homework. 	PPT slide, homework exercise
8	Conclusion Slides 58-59	10 mins		<ul style="list-style-type: none"> Summary Q & A Participants complete evaluation forms 	PPT slides, notes for parents

References:

- Leung, C., Tsang, S., & Dean, S. (2011). Evaluation of a programme to educate disadvantaged parents to enhance child learning. *Research on Social Work Practice*, 21, 549–561. doi:10.1177/1049731511404904
- Leung, C., Tsang, S., & Heung, K. (2014). The effectiveness of Healthy Start Home Visit Program: Cluster randomized controlled trial. *Research on Social Work Practice*, DOI: 10.1177/1049731514533390