

## Curriculum Framework on Parent Education (Kindergarten)

### Positive Parenting: Parenting Strategies

#### Notes for Parents

#### 1. Good Parenting-child Relationship

- Parents should provide more quality time together with children to develop a close parent-child relationship.
- Quality time with children: Tips for parent-child interactions

	<b><u>R</u>eflect</b>	<u>Reflect</u> children's intentions and emotions.
	<b><u>I</u>mitate</b>	<u>Imitate</u> children's way to play games, describe your own intentions.
	<b><u>D</u>escribe</b>	<u>Describe</u> children's actions and behaviours.
	<b><u>E</u>nthusiasm</b>	<u>Enjoy</u> the quality time with children.

#### 2. Praise and Reward

- Praise: Sincere, Immediate and Expressive

<p><b>Sincere</b></p> <p>Sincerely praise the children. Keep your facial expression consistent with your words and actions.</p>	<p><b>Immediate</b></p> <p>Praise the children immediately when they have positive behaviours.</p>	<p><b>Expressive</b></p> <p>Clearly express your appreciation of children's positive behaviours.</p>
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○ Good Children Reward Scheme

Set Target Behaviour	Prepare Record Table	Set Execution Period	Determine Rewards
<ul style="list-style-type: none"> <li>▪ Choose one behaviour only</li> <li>▪ Be positive</li> <li>▪ Be concrete</li> <li>▪ Easy to achieve</li> </ul>	<ul style="list-style-type: none"> <li>▪ Match children's interest</li> <li>▪ Simple and clear</li> <li>▪ Put it in an eye-catching place</li> </ul>	<ul style="list-style-type: none"> <li>▪ On a weekly basis</li> <li>▪ Check performance regularly</li> </ul>	<ul style="list-style-type: none"> <li>▪ Attractive</li> <li>▪ Mainly non-material rewards</li> <li>▪ Reward in special ways</li> <li>▪ Work with praise</li> </ul>

**3. Precise Instructions**

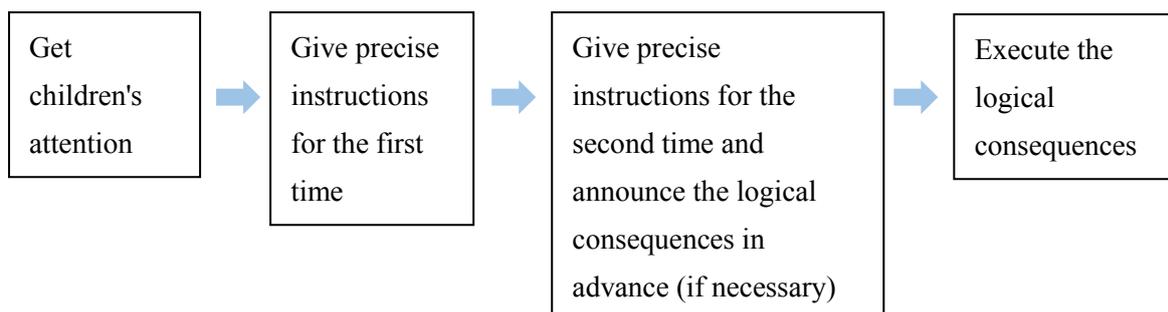
- Principle: Be concrete, concise, positive.  
Example: “Cole, please tidy up the toys now.”
- Give precise instructions in a warm and firm manner, and give enough time for the children to respond to the instructions.

**4. Managing Behavior**

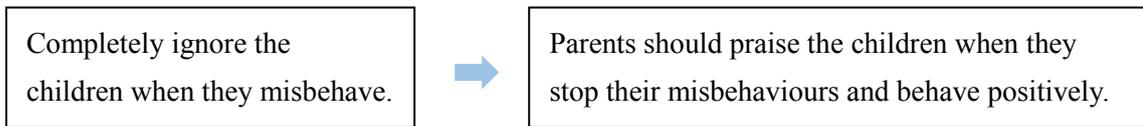
- Logical consequences



- Giving precise instructions step-by-step



- Planned ignoring
  - Parents ignore children's misbehaviours intentionally with plans, i.e. pay zero attention to children.
  - The aim is to let children understand they cannot get attention from parents by misbehaviours, and thus reduce or stop such behaviours.



## 5. Be Your Children's Emotion Coach

- Emotion coaching in four steps
  - Teach children to express, understand, regulate emotions and solve problems.



- Ways to regulate emotions
  - Teach children the ways to regulate negative emotions, e.g. take a deep breath, drink water, count numbers, etc.