



# Enjoy Kindergarten with Pleasure Learning



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# PERSONAL PROFILE

## Professional Background

Psychotherapist

Accredited Play Therapist

Registered Nurse

Registered Midwife

Member of Play Therapy International

Member of Hong Kong Psychological Society

Member of Hong Kong Professional Counselling Association

## Educational Background

Postgraduate Diploma of Play Therapy (with Distinction)

Master Degree in Counselling

Bachelor Degree (Hon) in Psychology

Bachelor Degree (Hon) in Nursing




# Outline

- Child development: from 3 year-old
- Health & Habit
- Adapt to kindergarten life
- Self-learning skills
- Home-school cooperation



# Child development at 3 year-old

1. Include cognitive, language, and emotional/social skills
2. Recognize the various developmental stages and signs of a child
3. Help your child grow healthily
4. No two children grow in the same, don't compare
5. They develop in certain predictable ways, as show in the videos 
6. Know what to do next if your child is delayed



# Cognitive Development



- Correctly name familiar colors
- Understand the idea of same and different
- Pretend and fantasize more creatively
- Follow three-part commands
- Remember parts of a story
- Understand time better (for example, morning, afternoon, night)
- Count, and understand the concept of counting
- Sort objects by shape and color
- Complete age-appropriate puzzles
- Recognize and identify common objects and pictures





# Language Development

- Say his or her name and age
- Answer simple questions
- Speak clearly
- Tell stories



? How do a children acquire language



# Emotional and Social Skills

- Fewer tantrums
- Cooperate with his or her friends & take turns
- Imitate parents and friends
- Understands the idea of "mine" and "his/hers"
- Show being sad, angry, happy, or bored



# Play to learn



- Writing by free painting, play-doh, bead-threading, up to 4-5 year-old
- Creativity/ intellectual development by drawing, play-doh and building blocks
- Emotional development by sand and water (at beach)
- Speaking by imitating what adults said
- Language development by role play and singing, communicate from words to sentences
- Logic and concepts: words and symbols





# Health & Habit

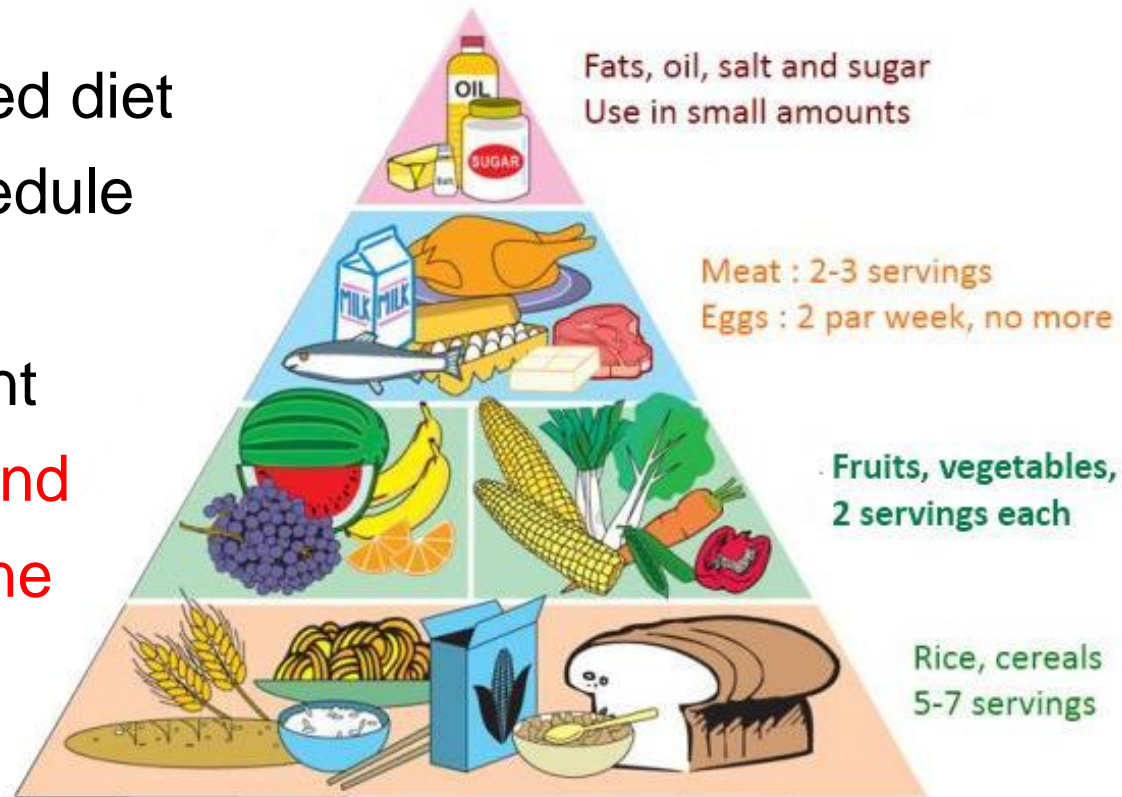


- Notify school if your child has allergic history, special diet
- Self-care: learn to eat, wash hands, wipe mouth, and go to toilet by themselves
- Learn from real life experience: see, hear, taste, touch and communicate with others
- Give them more opportunities to try



# Health & Habit

- Get up early
- Sufficient sleep
- Correct postures: sitting & standing
- Personal hygiene
- Fresh and balanced diet
- Regular daily schedule
- Physical activities
- Safety environment
- **Consistent rules and attitudes for discipline**



# Adapt to Kindergarten Life

- Separation with parents
- Stay in unfamiliar environment, spacious area
- Get along with new people
- Pick up after school on time
- Encouragement: play with classmates & follow routines
- Talking and sharing everyday
- Close contact with child's teacher
- Be patience to their emotions
- Beginning: lose temper, crying, sucking fingers or wet bedding (within 1 month)

**What to do about...**

Separation  
Anxiety  
in the  
Classroom





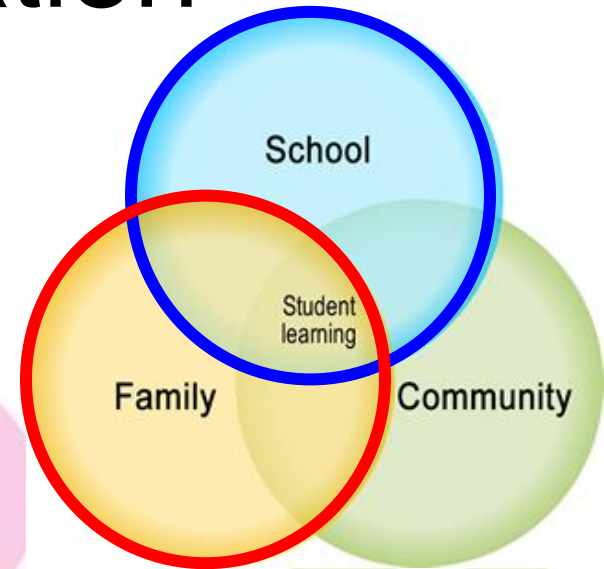
# Self-learning Skills

- Toilet training
- Develop self-care skills: get dressed, zipping, buttoning, shoe-tying...
- Wiping sweat, cleaning runny nose, proper table manners and tidying toys up
- Chance to learn at school: attentive listening, answer questions, express their needs and get along with others



# Home-school Cooperation

- Visit school with your child
- Observe how the child learn at school
- Understand daily school routines
- Keep close contact with class teacher
- Understand the child's performance at school
- Read school's notice and respond on time
- Take part in school activities: volunteer/ picnic/ PTA
- Give feedback to school





# Pleasure Learning at KG

- Promote physical and psychological well-being
- Be generous with encouragement/ praise
- Keep discipline with consistency
- Love but not spoilt
- Good modelling
- Realistic expectation
- Daily talk
- Be patience
- Share happy and sadness
- Close contact with school



Thank You!