

Equipping your child 如何裝備你的孩子

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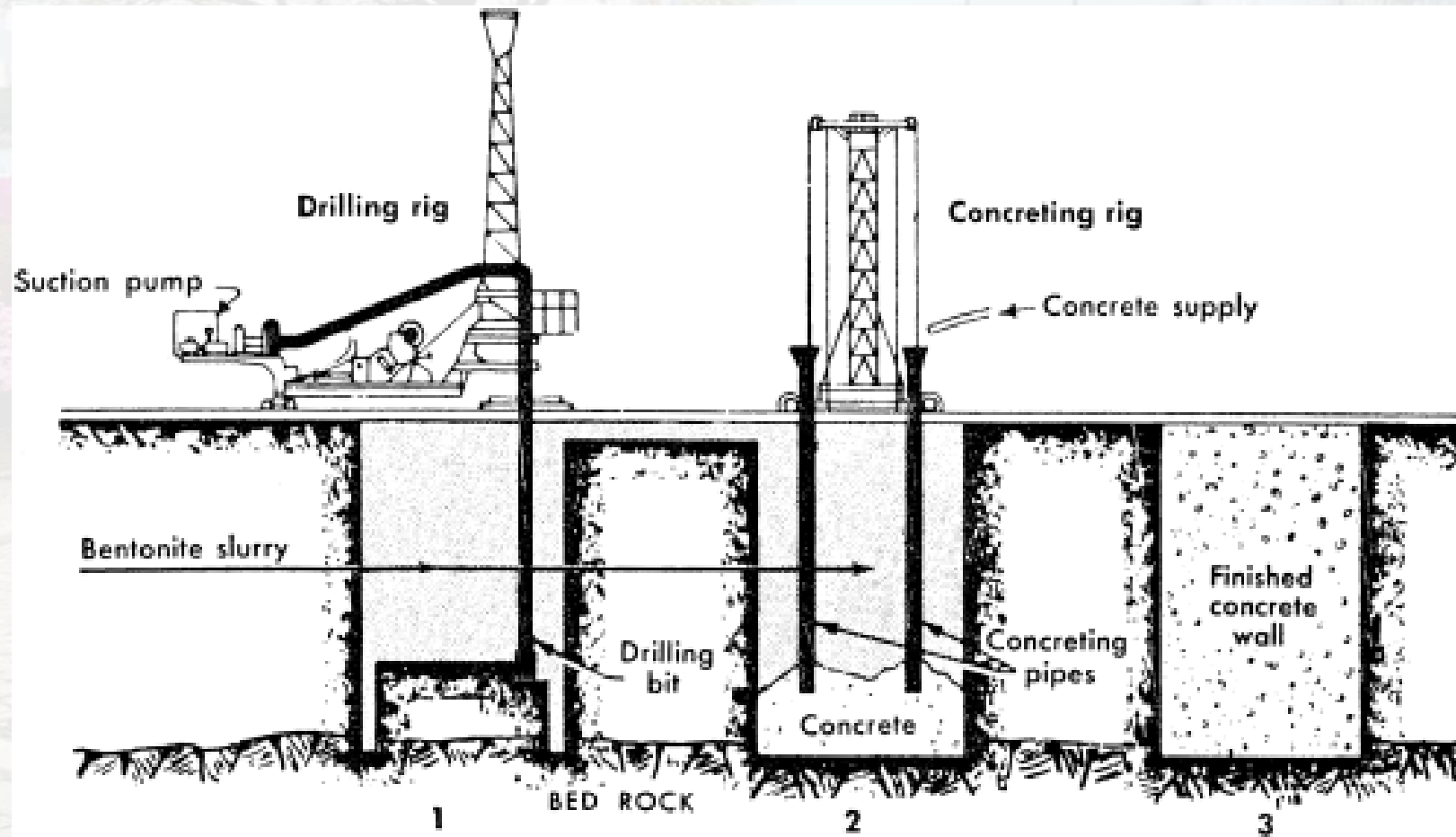
Roles of parents



Roles of parents

- **Parents play many roles in their child's development**
- **The relative importance of these roles changes overtime**
- **One of the major roles of parents in the early years of their child is to choose and plan for the child**

Choosing and Planning for the Child



Choosing and planning for the child

- What are the goals you set for the child?
- Which schools do you choose?
- What learning experiences do you provide for the child?
- How do you help the child to achieve these goals?
- What are the resources involved?

A Very Long-term Planning

- A baby today could live to be 142 years old



(Time, 23 February 2015)

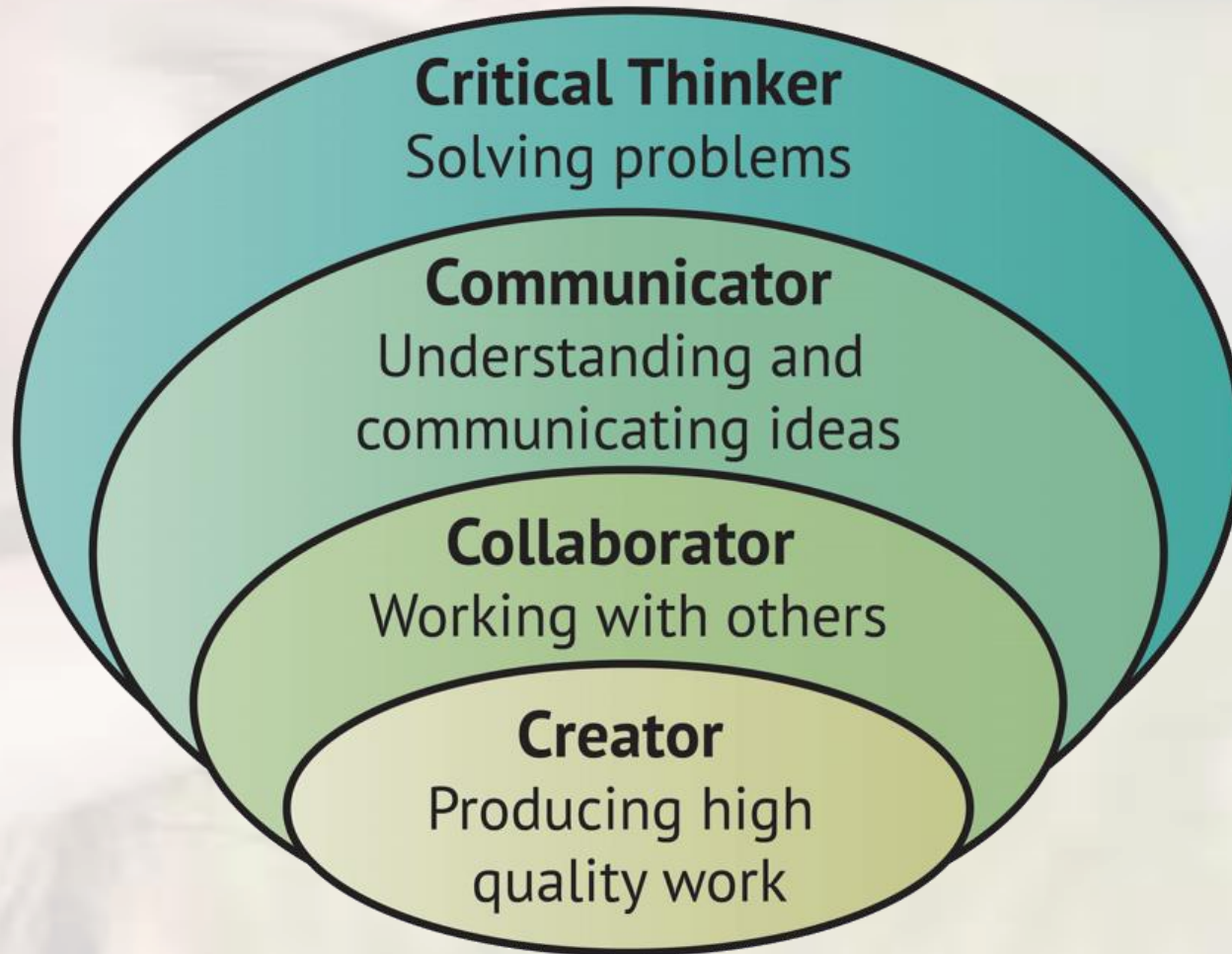
Well Paid Jobs in 2030

- Futurologists predict some lucrative careers for 2030 that we have not heard of today
- (Telegraph 25 Feb 2013)
 - ◆ Digital architect
 - ◆ Vertical farmer
 - ◆ Body part maker
 - ◆ Waste data handler
 - ◆ Baby designer
 - ◆ Climate controller
 - ◆ Nano-medic
 - ◆ Memory augmentation Surgeon

Equipped for a Rapidly Changing World

- We do not have a crystal ball
- Long term goals need strategies that can equip the child to deal with the changing world

Skills Needed in a Changing World



The Four Cs of 21st Century Skills (OECD/CERI Paris, May 2008)



How you can help your child build a solid foundation for life

Whole Person Development

Development objectives for young children (0-8) include:

- Physical development
- Cognitive and language development
- Affective and social development
- Aesthetic development



(pp.18-20 Guide to the Pre-primary Curriculum 2006)

- Physical development



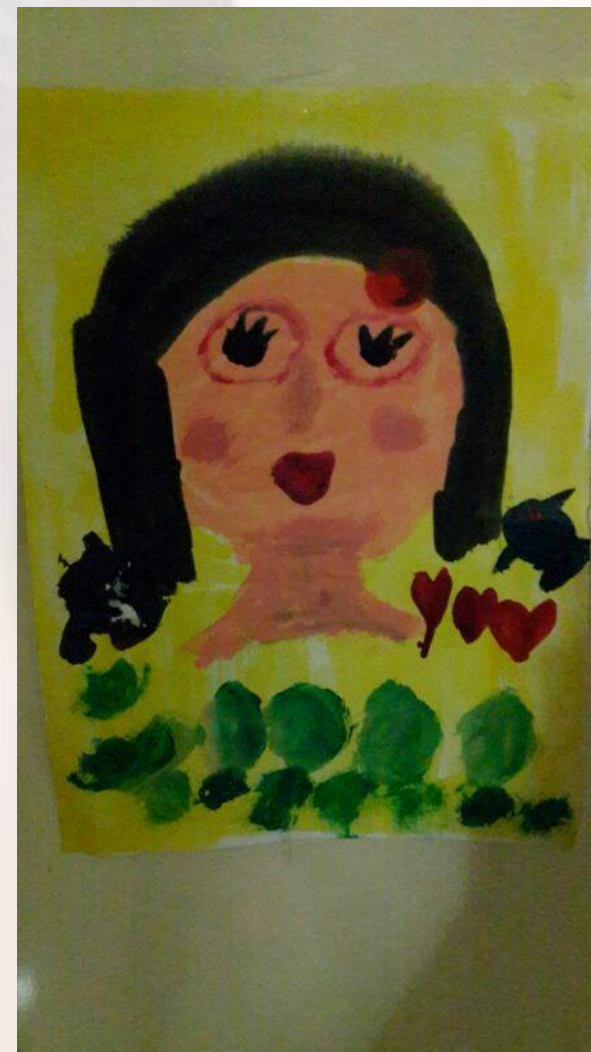
- Cognitive and language development



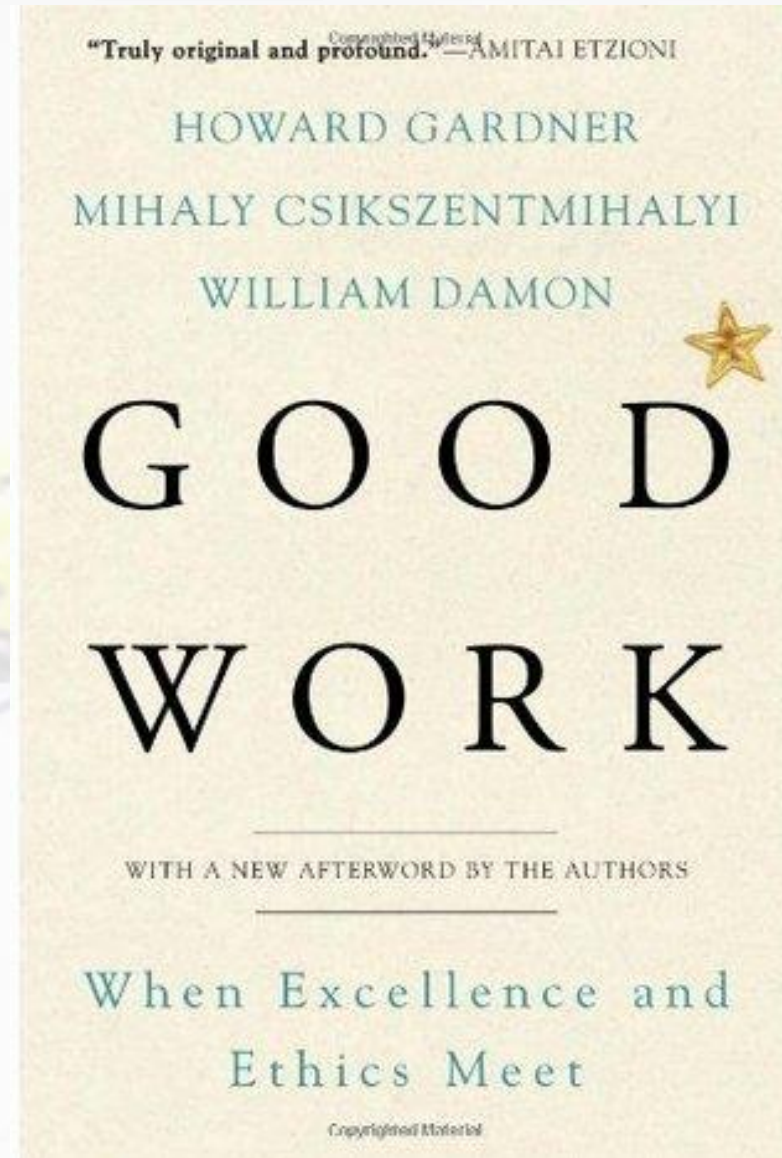
- **Affective and social development**



- **Aesthetic development**



- **Moral development**



Things to do for your kindergarten-age child

- **Being a rich source of love, intimate interaction and emotional support**
- **Being your child's teacher and providing positive learning environments at home**
- **Ensuring a balanced development in literacy, aesthetics, physical health and social skills**

Things to do for your kindergarten-age child (Cont'd)

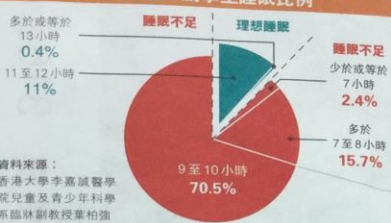
- **Communicating with the kindergarten about your child's learning and providing support at home accordingly.**
- **Providing guidance on values, ethics, disciplines and social norms**

Things to do for your kindergarten-age child (Cont'd)

- **Setting and maintaining boundaries to encourage positive behaviours**
- **Forming age-appropriate expectations for your child so as to provide support accordingly**

睡眠不足對幼童影響

受訪5至6歲學生睡眠比例



資料來源：
香港大學李嘉誠醫學院兒童及青少年科學系臨床副教授葉柏強

睡眠不足幼童不同階段評估

研究方法：港大於2011年開始追蹤本港20間不同地區幼稚園的553名K3學生睡眠作息時間，以及評估幼童全面智能發展能力，到今年4月再評估同一批已升至小三學生的數學成績、行為表現及過度活躍的風險

註：3至6歲幼兒理想睡眠時數是11至12小時，各項表現數據與睡眠時間11至12小時組別作比較所得

5至6歲時每日總睡眠時數	K3階段評估			小學三年級(約8至9歲)階段評估		
	優良在學準備(智能發展能力)	正向社交行為	過度活躍及專注力問題	數學成績	行為問題	過度活躍或專注力失調症狀
8小時或以下組別	↓27%	↓25%	↑18%	↓18%	↑21%	↑23%
9至10小時組別	↓10%	↓15%	↑12%	↓11%	↑13%	↑18%

幼童睡不夠11小時 損智能社交

港大追蹤研究：僅11%達標 至小三仍受影響

主編推介

焦點 香港大學醫學院一項追蹤研究顯示，88.6%受訪的幼稚園K3學生睡眠不足，低於每日建議11小時睡眠時間，其智能發展能力及正向社交行為明顯較差。該批幼稚園生升至小三，其數學成績較睡眠充足者差11%，睡8小時或以下的組別更差18%，而且出現行為問題及過度活躍徵狀較多。教育界呼籲家長要確保子女有足夠休息時間，並促社會推動家庭友善政策，讓家長有較大彈性照顧子女。

明報記者 阮秀君



樂緻幼兒園(灣仔)每天中午睡午覺，讓學生多點休息。香港大學醫學院於2011年至今年4月追蹤逾500名幼稚園生作息及智能表現，結果顯示，當受訪的幼稚園生睡眠不足，低於每日建議睡眠11小時，其智能發展能力及正向社交行為明顯較差。(陳潔安攝)

七成受訪幼童睡9至10小時

港大於2011年起至今年4月間追蹤本港20間不同地區幼稚園的553名K3學生，記錄其睡眠作息時間，評估幼童全面的智能發展能力(CEDI)，包括其身體機能、社交及情緒管理、認知能力、表達及溝通等，並在該批學生升至小三時再評估其數學成績、行為表現及過度活躍的風險。

雖然3至6歲幼兒的理想睡眠時數是11至12小時，但553名學生中，只有約11%能夠睡夠，大部分(70.5%)平均睡9至10小時，有2.4%幼兒只睡7小時或以下(見圖)。這些睡眠少於每日建議的11小時的幼兒，其智能發展能力表現落後10%，睡眠8小時或以下者更落後27%(見表)。

升小數學成績較差 過度活躍風險增

今年升上三年級同一批學生，評估其

於7小時，其智能發展能力明顯下跌至不能接受的水平。

他深入分析幼童背景，發現小朋友若與父母不時有踢球、閱讀及做手工等親子活動，其睡眠時間相對較充足，相反，少跟家長互動或每日接觸智能手機等電子產品多於3小時，其睡眠時間相對較少，建議父母妥善安排子女作息。

幼兒園校長：少睡覺情緒難專注

樂緻幼兒園暨幼稚園(灣仔)校長劉美莊表示，個別幼童嚴重睡眠不足，情緒容易波動，「面對同一件事，平時唔扭計都會吵鬧。同時難專注學習，即使玩遊戲都只係企陣度，好多時朝早9點上堂，到11點開始投入唔到」。

香港小童群益會轄下共有4間幼稚園，其服務總監(學前教育及服務)岑麗娟綜合分析，睡眠不足的幼童，其家長多數要輪班工作或工時長，往往晚上8時才下班，雖然子女多數由祖父母或



45歲半的葉柔(左一)及媽媽(左二)，和6歲的曉敏(右一)與媽媽(右二)接受訪問，葉柔及曉敏都說，若睡不夠會難以集中精神，容易寫錯字，她們最愛跟媽媽談心事，即使晚點睡，她們也希望跟媽媽說個夠。(阮秀君攝)

睡9小時

與太太都全職工作的家長林先生表示：「兒子4歲，由於我在灣仔工作，所以安排他由筲箕灣跨區到灣仔返學，每晚10時半睡覺，7時多起

幼童睡不夠11小時 損智能社交

港大追蹤研究：僅11%達標 至小三仍受影響，明報, 8/5/2016

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HEALTH & WELLNESS

Raising Children With an Attitude of Gratitude

Research Finds Real Benefits for Kids Who Say 'Thank You'



Ben Gantert, 12, center, washes dishes near his father, Kurt Gantert, left, sister Amelie Gantert, 9, near right, and mother Gabrielle Toledano in San Francisco. The family assigns each child chores and makes sure to thank whoever cooks dinner. LAURA MORTON FOR THE WALL STREET JOURNAL

Raising Children with an Attitude of Gratitude
By Diana Kapp,
The Wall Street Journal,
23rd December 2013

Conclusion

The early years are very UNIQUE and GOLDEN.



Food for thoughts

- Is there any dilemma between play and academic learning?
- What will I do after knowing the 21st Century Skills in planning my child's education?
- Can I modify my plan from time to time?

Being a parent is a very meaningful, fulfilling and fruitful process. We learn and grow together with our children. I wish you a happy journey of parenting.

Thank you.