Parent Education Resource Package for Primary Schools

Laying a solid foundation for development:  
How to build a positive parent-child relationship?

Questionnaire on Physical Touch

**Objective:** Physical touch not only bring positive impact on children’s physical and psychological health, but also build parent-child relationships. The following questionnaire helps parents reflect on their daily interactions with their children.

**Programme Duration:** About 3 minutes  
  
**Instructions:** Do you have any of the following physical touch with your children in daily life? Note that physical contact with an aim, such as holding your child’s hand to cross the street safely, does not count.

|  |  |  |  |
| --- | --- | --- | --- |
|  | No | Sometimes | Often |
| 1. Fist bump |  |  |  |
| 1. High five |  |  |  |
| 1. Touching your child’s cheek gently |  |  |  |
| 1. Patting or touching the top of your child’s head gently |  |  |  |
| 1. Patting or touching your child’s shoulder gently |  |  |  |
| 1. Patting or touching your child’s back gently |  |  |  |
| 1. Putting your hands around your child’s shoulders |  |  |  |
| 1. Holding your child’s hand |  |  |  |
| 1. Linking arms with your child |  |  |  |
| 1. Snuggling up against your child |  |  |  |
| 1. Hugging your child |  |  |  |
| 1. Kissing your child |  |  |  |