Parent Education Resource Package for Primary Schools

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

Worksheet on Active Encouragement Exercise

**Objective:**When chatting with children, parents can respond to their children’s good news with active encouragement.  
  
**Programme Duration:** About 8 minutes  
  
**Instructions:**

1. Steps: Active encouragement consists of three steps: asking questions, describing praises and showing excitement.
2. Example:
   * Your child shared: “Dad, look! I drew a picture today, even the teacher said I did well!”
   * The Parent can reply by saying: “Did you draw a picture of us visiting the park to see the maple leaves last week? (Asking questions) You drew the leaves one by one in different colours. You really put your heart into it! (Describing praises) Who are these children behind the tree? What did the teacher say? What did your classmates say? (Asking questions) You must be very happy!” (The parent can smile happily and give them a thumbs-up) (Showing excitement)

**Exercise:**

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| Child’s sharing | Parent’s response |
| 1. “Dad, my teacher praised me for doing better in my Mathematics test today!” |  |
| 1. “Look, mum! I’ve cleared another stage in this game!” |  |
| 1. “Teacher chose me to be the subject leader in class today.” |  |
| 1. “I scored two goals in today’s football match!” |  |
| 1. “Dad, I did volunteer work with my classmates today. I think it’s very meaningful.” |  |
| 1. “Mum, I want to be a YouTuber in the future!” |  |