

Parent Education Resource Package for Primary Schools

Fostering happy development of children through synergy in parenting: How to enhance collaboration between parents?

Parents Activities

Parents Activity 1: Consistent Expectations

Objectives:

1. To help parents examine their own expectations for raising children.
2. To help parents understand their partner's expectations for raising children.

Activity: Through filling out a questionnaire and discussions to understand the expectations of both parents for raising children.

Instructions for part 1: The father and mother will **separately** rate 12 parenting expectations from 1 (least important) to 10 (most important) to indicate how important each expectation is to them. This will be followed by a discussion.

Help your children achieve the following goals:	Father	Mother
1) Healthy		
2) Happy		
3) Follows rules and listens to instructions		
4) Able to express and manage emotions		
5) Have good relationships with family members		
6) Able to make good friends		

7) Good grades at school		
8) Be multi-talented or specialise in one area		
9) Able to go to university		
10) Able to contribute to society in the future		
11) Have a high-paying job in the future		
12) Able to build a happy family in the future		

Reflection: After completing the questionnaire, parents can discuss the following questions:

- Father and mother ranked their parenting expectations according to their own ratings. Are they ranked in a similar order?
- Even if they are ranked in a similar order, how different are their ratings for each item? Which expectation they rated has the greatest difference?
- Looking back over the past month, did the father and mother have conflicts over their different opinions on parenting expectations? How did they handle these conflicts?

Instructions for part 2: The father and mother will **separately** select their three most important expectations from the 12 expectations.

Help your children achieve the following goals:	Father	Mother
1) Healthy		
2) Happy		
3) Follows rules and listens to instructions		

4) Able to express and manage emotions		
5) Have good relationships with family members		
6) Able to make good friends		
7) Good grades at school		
8) Be multi-talented or specialise in one area		
9) Able to go to university		
10) Able to contribute to society in the future		
11) Have a high-paying job in the future		
12) Able to build a happy family in the future		

Reflection: After completing the questionnaire, parents can discuss the following questions:

- How many of the three expectations selected by the father and mother overlap? How many are different?
- Father and mother explain their choices. Why did they think these three expectations the most important? Would they change their mind after listening to their partner's explanation?
- Looking back over the past month, did they spend the time with their children reflecting their expectations that they think most important? For example, if they think it is important for their children to be healthy, get good grades at school and have good relationships with family members, did they spend enough time doing sports, guiding children's study and homework as well as chatting and playing with their children over the past month?

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Parents Activity 2: Clear Division of Labour

Objectives:

1. To help parents examine their own expectations for the division of childcare tasks.
2. To help parents understand their partner's expectations for the division of childcare tasks.

Activity: Through filling out a questionnaire and discussions to understand the expectations of both parents for the division of childcare tasks.

Instructions: The father and mother will separately rate the following childcare tasks from 1 (exclusively taken care by the mother) to 5 (exclusively taken care by the father) to indicate who they think should be responsible for the childcare tasks. This will be followed by a discussion.

Childcare tasks	Father	Mother
1) Waking children up on time		
2) Preparing three meals per day for children		
3) Taking care of children when they are sick		
4) Buying daily necessities for children		
5) Handling children's disciplinary issues		
6) Handling children's social issues		

7) Handling children's emotional issues		
8) Handling problems among siblings		
9) Handling matters between domestic helpers and children		
10) Handling children's use of electronic products		
11) Taking children to do activities to burn up their energy		
12) Chatting with children		
13) Arranging activities in holidays		
14) Arranging parent-child activities		
15) Handling children's school related matters (such as signing notices and paying fees)		
16) Handling children's interest class related matters (such as rescheduling classes and paying fees)		
17) Picking up and dropping off children at school and extracurricular activity classes		
18) Guiding children with their studies and homework		
19) Participating in activities held by children's schools		
20) Handling matters related to children's further studies		