

Parent Education Resource Package for Primary Schools

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

Strand III: Promotion of Parents' Physical and Psychological Well-being

Programme Plan

1. Programme Name

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

2. Target

Parents of children studying at primary level

3. Duration

This activity will last for about 90 minutes

4. Mode of Activities

Explanations, discussions, filling out questionnaires, self-reflection, role play

5. Programme Objectives

Through the activities, parents will be able to:

- a) Understand the importance of collaboration between parents
- b) Understand ways to enhance collaboration between parents
- c) Acquire the skills required to deal with conflicts arising from caring for children

6. Programme Procedure

Section	Time (minutes)	Topic	Content	Mode	Resources / Teaching aids
1	5	Arousing motivation	<ul style="list-style-type: none">• Introduce the topic and content.• Help parents understand the importance of collaboration between parents to their children's mental health, behaviour and growth.	<ul style="list-style-type: none">• Explanations	<ul style="list-style-type: none">• PowerPoint slides (Slides 2-3)
2	10	Understand the level	<ul style="list-style-type: none">• Through the Questionnaire on Parental Collaboration	<ul style="list-style-type: none">• Explanations	<ul style="list-style-type: none">• PowerPoint slides

Section	Time (minutes)	Topic	Content	Mode	Resources / Teaching aids
		of parental collaboration	<p>to help parents assess their dimensions and level of collaboration or conflict between them.</p> <ul style="list-style-type: none"> • The instructor guides parents to rate according to their experience in childcare with their partner. • Scoring method: Add the scores for odd-numbered questions (questions 1, 3, 5, 7, 9) and even-numbered questions (questions 2, 4, 6, 8, 10) respectively. Odd-numbered questions represent the degree of collaboration between parents, while even-numbered questions represent the degree of conflict between parents in caring for their children: <ul style="list-style-type: none"> ○ A collaboration score of 10 or above indicates good collaboration between parents. ○ A conflict score of 10 or below indicates good collaboration between parents. • Summarise common situations and types of collaboration between parents: “constant arguments”, “one strong and one weak” and “the children are everything” (Slide 6). 	<ul style="list-style-type: none"> • Filling out questionnaires • Self-reflection 	<p>(Slides 4-6)</p> <ul style="list-style-type: none"> • Questionnaire on Parental Collaboration
3	30	Ways to enhance collaboration between	<ul style="list-style-type: none"> • The instructor introduces ways to enhance collaboration between parents: <ul style="list-style-type: none"> ○ Consistent expectations 	<ul style="list-style-type: none"> • Explanations • Filling out questionnaires 	<ul style="list-style-type: none"> • PowerPoint slides (Slides 7-16) • Questionnaire

Section	Time (minutes)	Topic	Content	Mode	Resources / Teaching aids
		parents	<ul style="list-style-type: none"> ○ Clear division of labour ○ Praise 	<ul style="list-style-type: none"> • Questionnaires • Self-reflection 	<ul style="list-style-type: none"> • Questionnaire on Consistent Expectations • Questionnaire on Clear Division of Labour
3a	10	Ways to enhance collaboration between parents: Consistent expectations	<ul style="list-style-type: none"> • Invite parents to fill out part 1 of the Questionnaire on Consistent Expectations (Slide 7). Parents will rate the 12 parenting expectations from 1 (least important) to 10 (most important) to indicate how important each expectation is to them. • Invite parents to fill out part 2 of the Questionnaire on Consistent Expectations (Slide 9). Parents will select the three most important expectations to them from the 12 expectations. • The instructor explains that parents must have consistent expectations and reach a consensus to care for their children effectively. The instructor asks parents to fill out the questionnaire again with their partner at home and discuss the questions on Slides 8 and 10. By comparing and analysing their respective answers, they can gain a deeper understanding of each other and reflect on whether their expectations for their children are consistent. 	<ul style="list-style-type: none"> • Explanations • Filling out questionnaires • Self-reflection 	<ul style="list-style-type: none"> • PowerPoint slides (Slides 7-10) • Questionnaire on Consistent Expectations

Section	Time (minutes)	Topic	Content	Mode	Resources / Teaching aids
3b	10	Ways to enhance collaboration between parents: Clear division of labour	<ul style="list-style-type: none"> • Invite parents to fill out the Questionnaire on Clear Division of Labour (Slides 11-12). Parents rate 20 parenting tasks from 1 (exclusively taken care by the mother) to 5 (exclusively taken care by the father) to indicate how the parenting tasks are allocated. • The instructor explains that parents need to divide tasks clearly and complement each other to take care of their children effectively. The instructor asks parents to fill out the questionnaire again with their partner at home and discuss the questions on Slide 13. By comparing and analysing their respective answers, they can gain a deeper understanding of each other and reflect on whether they have divided parenting tasks clearly. 	<ul style="list-style-type: none"> • Explanations • Filling out questionnaires • Self-reflection 	<ul style="list-style-type: none"> • PowerPoint slides (Slides 11-13) • Questionnaire on Clear Division of Labour
3c	10	Ways to enhance collaboration between parents: Praise	<ul style="list-style-type: none"> • Help parents acquire the skills of praising and affirming their partner for their efforts in caring for their children. When giving a praise to the partner, parents should point out specifically and clearly the partner's positive behaviours and linking these behaviours with the partner's inner strengths (Slide 14). • The instructor introduces the 24 major inner characteristics and strengths (Slide 15). The instructor encourages parents 	<ul style="list-style-type: none"> • Explanations • Self-reflection 	<ul style="list-style-type: none"> • PowerPoint slides (Slides 14-16) • Worksheet on Praising Strengths

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			<p>to observe their partner to understand their characteristics and strengths in daily life, so as to link behaviours with inner strengths.</p> <ul style="list-style-type: none"> The instructor asks parents to circle three of their partner's strengths and recall the last time they demonstrated them (Slide 16). 		
4	40	How to deal with conflicts arising from caring for children	<ul style="list-style-type: none"> Help parents acquire the skills of dealing with conflicts arising from caring for children: <ul style="list-style-type: none"> Positive thinking Using "I" messages Understanding your conflict management style 	<ul style="list-style-type: none"> Explanations Discussions Role play Filling out questionnaires Self-reflection 	<ul style="list-style-type: none"> PowerPoint slides (17-25) Questionnaire on Conflict Management Style
4a	10	Conflict resolution: Positive thinking	<ul style="list-style-type: none"> The instructor explains that when taking care of children, parents may become resentful of each other due to difference in childcare, which or may even cause barriers to communicating with each other. To enhance their collaboration, parents need to replace their negative thoughts with positive thoughts to communicate openly and honestly with each other. The instructor provides some common situations 	<ul style="list-style-type: none"> Explanations Discussions Self-reflection 	<ul style="list-style-type: none"> PowerPoint slides (Slides 17-18)

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			<p>and negative thoughts (Slide 17) and then asks parents to think of positive thoughts to replace them.</p> <ul style="list-style-type: none"> • Upon parents' responses, the instructor can share some examples of positive thoughts to help parents grasp this skill (Slide 18). 		
4b	20	Conflict resolution: Using "I" messages	<ul style="list-style-type: none"> • The instructor introduces "I" messages and reminds parents to try to express their emotions with "I" messages as much as possible to reduce the aggressiveness of comments. • "I" messages consist of four parts (Slide 19): <ul style="list-style-type: none"> ○ When... (specifically describe your partner's negative behaviour) ○ I felt... (describe your feeling inside) ○ Because... (describe the negative impact of the negative behaviour) ○ I hope... (state your expectations) • The instructor provides situations and examples (Slide 20) to help parents grasp this skill. • The instructor then invites parents to participate in a role play exercise (Slides 21-22). With parents' role playing as themselves and the instructor role playing as their partner, one to two situations will be completed together as a demonstration. 	<ul style="list-style-type: none"> • Explanations • Discussions • Role play 	<ul style="list-style-type: none"> • PowerPoint slides (Slides 19-22)

Section	Time (minutes)	Topic	Content	Mode	Resources / Teaching aids
4c	10	Conflict resolution: Understanding your conflict management style	<ul style="list-style-type: none"> • Enhance parents’ understanding of conflict management styles and help them understand that different people can have different conflict management styles. • Fill out the Questionnaire on Conflict Management Style to help parents understand their own conflict management style. • Explain the five common conflict management styles, namely competing, avoiding, collaborating, accommodating and compromising. • Explain that different conflict management styles may have different impacts on children. Those who are collaborating or compromising can balance their own and others’ needs so as to enhance collaboration between parents and have a more positive impact on children while the competing, avoiding and accommodating styles have a more negative impact on children (Slide 24). • Parents can try to understand their own and their partner’s conflict management style first before trying to help each other express themselves more effectively (Slide 25). • Explain that the 	<ul style="list-style-type: none"> • Explanations • Filling out questionnaires • Self-reflection 	<ul style="list-style-type: none"> • PowerPoint slides (Slides 23-25) • Questionnaire on Conflict Management Style

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			collaborating style is the best when it comes to balancing the wishes and needs of oneself and one's partner.		
5	5	Conclusion	<ul style="list-style-type: none"> • Summarise the content of the lecture • Complete the evaluation questionnaire 	<ul style="list-style-type: none"> • Explanations 	<ul style="list-style-type: none"> • PowerPoint slides (Slide 26)