

Parent Education Resource Package for Primary Schools

Building bright minds:

How to support children's cognitive development?

Strand II: Promotion of Healthy, Happy and Balanced Development of Children

Introduction

Parents often hope for their children to be smart and obedient. Research has revealed a strong correlation between children's basic cognitive abilities and their academic achievement as well as behavioural development. Specifically, a growth mindset and executive functioning are identified as two of the most important cognitive abilities. This activity helps parents master the skills they need to nurture a growth mindset and develop executive functioning skills in their children, thereby enabling the children to effectively tackle different learning tasks.