Resource Package User Guide

Modern family theory and research focus on understanding child development with reference to the framework of positive psychology. In terms of parent education, scholars and frontline counselling professionals particularly emphasise:

- The importance of building and maintaining a close, secure and positive parent-child relationship
- The promotion of children's whole-person development where the cognitive, language, physical, emotional, social and moral developments of children influence each other and are equally important
- Parents should learn age-appropriate parenting knowledge and skills and be positive role models for their children
- Parents should first express empathy to their children and deal with their children's inappropriate behaviour through parent-child interactions and positive languages
- Parents should provide appropriate support to their children, nurturing them to become independent and positive children

Based on this background, the University Team selected parenting skills based on theory and research and designed eight sets of parent education programme materials for school personnel, with a view to supporting schools' systematic implementation of school-based parent education courses or activities to help parents overcome various challenges when raising children:

Eight sets of programme materials under the theme of positive parenting in the Resource Package are as follows:

Core Strand of the Curriculum Framework	Theme
Understanding of Child Development	➤ Laying a solid foundation for development: How to build a positive parent-child relationship?
	➤ Parenting made easy: How to handle children's misbehaviour?
Promotion of Healthy, Happy and Balanced Development of Children	➤ Helping children manage their emotions: How to develop children's emotional intelligence?
	➤ Building bright minds:

	How to support children's cognitive development?
Promotion of Parents' Physical and Psychological Well-being	➢ Fostering happy development of children through synergy in parenting: How to enhance collaboration between parents?
	➢ What to do when stressed out? How to cope with parental stress?
Fostering Home-school Co-operation and Communication	➢ Homework and exams made easy: How to support children's learning at home?
	➢ Teaching children to be active learners: How to support children in acquiring the generic skills for the 21st century?

To facilitate schools in arranging suitable or relevant experienced personnel in planning and leading relevant parent education activities, the educational programme materials for each theme include:

- Programme Plan:
  The instructor can use different mode of activities such as explanations, discussions, filling out questionnaires, watching short videos to increase parents' involvement and interest.
- PowerPoint slides:
  They provide key points and examples of relevant skills through multimedia presentations and demonstrations to enhance the interaction between the instructor and parents/ among parents.
- Worksheet:
  It helps parents reflect on their own tendencies and skills in nurturing their children, and practice different parenting skills on the spot.
- Note for Parents:
  It helps parents review key points on relevant topics.
- Parent-child Activity:
  Parents can do these activities that are conducive to building a positive parent-child relationship with their children at home.
- Participant Evaluation Questionnaire:
  It collects parents' opinions and feedback so that adjustments can be made to the time or content for future programmes.

Schools can make flexible use of the educational programme materials in the Resource Package according to their school-based needs, such as designing, tailoring and adapting programme materials and content in the Resource Package

according to the needs of respective school levels and parent groups. Schools and teachers are encouraged to learn from experiences gained during the process, develop school-based parent education resources and build a culture of positive parent education.