

Curriculum Framework on Parent Education (Kindergarten)

Summary of Four Core Strands

Strand I: Understanding of Child Development

Areas	Brief Content
Introduction	<ul style="list-style-type: none"> Parents are the first agents to protect and provide for young children. Healthy and proper parenting can facilitate children to grow from vulnerable infants to contributing members of society. Understanding the scope, nature, processes, directions and influencing factors on child development is essential for parents to make proper provisions in protection and care, and in fostering child development with realistic expectations.
Contextual Systems and Child Development	<ul style="list-style-type: none"> Ecological systems theory Life-span perspective Parents as important elements of development in families Families follow a developmental trajectory Societal developments as backdrop of family and individual developments Kindergartens and home-school communication
Important Principles of Child Development	<ul style="list-style-type: none"> Development is a combined result of nature and nurture Development sequence will not change Development takes healthy pacing Children owning their development are more motivated to develop Early suitable input assures optimal developmental gains for the child, family and society in the long run
Areas of Child Development	<ul style="list-style-type: none"> Holistic child development Different theories on different areas of child development Child development in Hong Kong
Issues on Child Development	<ul style="list-style-type: none"> Physical health Psychosocial health Moral education Cultural diversity

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

Areas	Brief Content
Introduction	<ul style="list-style-type: none"> • Parents play essential roles in guiding children to achieve their full potential in cognitive functioning, physical health, mental well-being, socio-emotional and spiritual development. • Child-centred parenting approach, to foster children's autonomy, initiative, and creativity, is advocated in the modern era. • Children facing stress and early adverse events can be buffered by strengthening of family functioning and protected by an empathic and supportive nurturing environment. • High quality parent-child interactions, in particular play and other recreational activities, can enhance child development and school readiness.
Understanding Healthy, Happy and Balanced Development of Children	<ul style="list-style-type: none"> • Brain development in early childhood • Protective effects of attachment • Body's response to stress • Coping with stress as a core emerging capacity in the early childhood years • Parenting styles
What Parents Should Do to Promote Healthy, Happy and Balanced Development of Children	<ul style="list-style-type: none"> • Positive parenting • Reading • Free play • Physical activities • Healthy eating habit and diet • Having adequate sleep and avoiding excessive use of electronic devices
Issues on Promotion of Healthy, Happy and Balanced Development of Children	<ul style="list-style-type: none"> • Mental and psychosocial well-being of children • Learner diversity and children with special needs • Early intervention for children with adverse childhood environment • Boundary with children • Non-parent child caregivers

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

Areas	Brief Content
Introduction	<ul style="list-style-type: none">• Parents play a significant role in children's social and emotional development.• Parental stress is a normal part of the parenting experience.• Parents' well-being and child development have a mutual influence on each other across development.• Promotion of physical and psychological well-being of parents is important in order to facilitate the betterment of physical and mental health of parents and children, as well as family relationships.
Awareness of Positive Mindset, Psychological Well-being and Stress	<ul style="list-style-type: none">• Positive mindset• Understanding about stress• Emotional intelligence and emotional regulation skills
Healthy Relationships and Interpersonal Skills	<ul style="list-style-type: none">• From self-efficacy to parental efficacy: Building healthy relationship boundaries• Interpersonal skills competence in the family context
Childcare versus Self-care: Balancing the Child's Needs with One's Own Personal Needs	<ul style="list-style-type: none">• Parenthood can be very rewarding but sometimes exhausting and draining• Self-care is taking care of own self so that parents can stay healthy and well
Issues on Promotion of Parents' Physical and Psychological Well-being	<ul style="list-style-type: none">• Work-family-life balance for working parents• Support for parents in needs• Parents' self-awareness in the children's interfacing between kindergarten and primary education

Strand IV: Fostering Home-school Co-operation and Communication

Areas	Brief Content
Introduction	<ul style="list-style-type: none">• To maximise the good impacts of home-school co-operation, parents should work closely with the kindergarten concerning the needs of children and also get involved in school activities in supporting their children.• Kindergartens should provide and advocate home-school co-operation activities so as to motivate parents to work with teachers to address their children's learning and development needs.
Home-School Co-operation with Effective Communication	<ul style="list-style-type: none">• Home-school co-operation• Communication skills and channels
Roles of Different Stakeholders	<ul style="list-style-type: none">• Roles of parents• Roles of kindergartens• Support on home-school co-operation provided by the Government• Community partners
Issues on Fostering Home-school Co-operation and Communication	<ul style="list-style-type: none">• Development of parent-teacher associations• Parental involvement spectrum• Motivation of parents• Integration of different parent groups