Curriculum Framework on Parent Education (Primary School)
Summary of Four Core Strands

Strand I: Understanding of Child Development

Areas	Brief Content
Introduction	• Parents are one of the most influential agents to protect and provide for their children in middle childhood. • Parents can facilitate their children to develop by acquiring the knowledge of child development, having positive attitudes and realistic expectations, using appropriate parenting skills and optimising home learning environments.
Contextual Systems and Child Development	• Ecological Systems of child development • The life-span perspective • Parents are the most influential elements of development in families • Family environment sets the tone of child development • Peers exert increasing influence on child development • Societal developments influence family and individual developments • School system and other community resources influence child development
Important Principles of Child Development	• Development is a process influenced by both nature (epigenetics) and nurture • Development is usually sequential • Development takes healthy pacing and requires appropriate guidance • Children owning their development are more intrinsically motivated to develop • Optimising home learning environment has the greatest impact on child development

Areas of Child Development	• Holistic child development
	• The main areas of child development:
	  ■ Physical development
	  ■ Cognitive, language and communication, and executive function development
	  ■ Psychosocial development
	  ■ Social development
	  ■ Emotional development
	  ■ Moral development

Areas	Brief Content
Issues on Understanding of Child Development	• Adopting parenting strategies in alignment with children's development • Ensuring children's smooth sail across transition stages • Fostering children's self-management competence • Supporting children's social development with peers

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

Areas	Brief Content
Introduction	• Parents are pivotal to promoting children's healthy, happy, balanced development when they transit from early childhood to middle childhood. • By acquiring the knowledge and skills and positive attitudes to nurturing children's holistic physical, psychological and emotional development and mental health, parents can understand how to provide an environment conducive to promoting children's healthy and balanced development. • Parents with the capacity to understand and manage specific issues encountered by children at this stage could facilitate children's smooth transition into adolescence.
Understanding Healthy, Happy and Balanced Development of Children	• Brain development in middle childhood • Whole-person development of children and their mental well-being • Stress coping and resilience
What Parents Should Do to Promote Healthy, Happy and Balanced Development of Children	• Supporting children's learning at home • Supporting whole-person development through play and reading • Adopting positive parenting in middle childhood
Issues on Promotion of Healthy, Happy and Balanced Development of Children	• Facilitating healthy use of Internet and electronic devices • Supporting the development of healthy gender relationships • Awareness of the special educational needs of children for early intervention

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

Areas	Brief Content
Introduction	• Healthy child development requires supportive and nurturing families and environment. • Family members have mutual influences on each other's emotions and behaviours, and eventually on how the family functions over time. • Parents of children at primary level play a significant role in providing guidance for and facilitating children's social and emotional development. • Parents' well-being is vital to healthy parent-child and marital relationships, as well as a harmonious and balanced family system.
Understanding Stress as a Parent	• Parental stress • Parental stress and children's well-being
Managing Stress and Enhancing Wellness	• Stress management for parents • Wellness enhancement
Fostering Reflective Parenting and Building Family Resilience	• On becoming a reflective parent in family life • Building family resilience
Engaging in Healthy Family Relationships with Effective Interpersonal Skills	• Parent-child communication skills • Communications between parents and caregivers • Sibling management skills • Resolution skills in conflicting family situations
Childcare versus Self-care: Balancing the Child's Needs with One's Own Personal Needs	• Be open when taking care of yourself • Build a support network and be willing to seek help • Stay connected with the community
Issues on Promotion of Parents' Physical and Psychological Well-being	• Separation in families • Bereavement in families • Structural changes in families

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

Areas	Brief Content
Introduction	• Parents' understanding of the school learning arrangements and expectations facilitates students' progress in learning and social-emotional development. • Parents play a vital role in supporting their children at home in developing good learning habits, attitudes and confidence through family activities that sustain positive parent-child relationships and cater for their developmental needs. • Through home-school co-operation, children are encouraged to explore their interests, develop positive mindsets and generic skills, and understand their aspiration in becoming contributing and responsible citizens.
Deepening Home-school Co-operation	• Understanding the importance of home-school co-operation • Reinforcing home-school co-operation • Communication channels and skills • Developing positive partnership
Roles of Different Stakeholders	• Roles of parents • Roles of schools • Support on home-school co-operation by the government • Community resources
Issues on Fostering Home-school Co-operation and Communication	• Concerted effort and co-operation between stakeholders • Cultivation of positive communication • Improving parental involvement