


# **Parent Education Resource Booklet**

**for Parents of Non-Chinese  
Speaking Students**

**Education Bureau, 2024**

# I. Nurturing Child's Development

## A. What Parent Should Know about Child Development?

- The development of children extends across various areas, and usually follows universal sequences.
- The rates of development can be influenced by pre-natal and post-natal environmental factors, such as nutrition, availability of resources and support in the home and school environment, amount and quality of intellectual stimulation, and interaction and quality of relationships with parents/ peers/ teachers.
- According to the Ecological Systems Theory developed by Bronfenbrenner (1979), children grow up in concentric multi-level systems that interact with each other dynamically. Family is usually the first and most influential system that influences child development from early childhood to adolescence while the family and the child also interact with the school and the community surrounding them. 
- Parents are important attachment figures for children, and serve as emotionally safe bases for children to explore and learn more effectively about the world beyond their families, and provide a source of comfort, guidance, and support when children encounter difficulties in life.
- Positive parenting approaches focus on parents being sensitive to children's individual needs and addressing children's developmental challenges with empathy and respect. This could protect children from the development of early stress symptoms, and help support their developmental and learning needs.

## B. What is Holistic Child Development?



Holistic child development extends beyond a child's physical development to cover the intellectual, social, emotional and moral aspects. Children develop sequentially in all aspects along identifiable stages. The pace of development can be affected by parenting style, schooling, interactions with schoolmates and teachers, resources in maintaining their safety and health, availability of stimulations, space for exploration, etc. (Lightfoot, et al., 2018). Parents may refer to Part D of this chapter to learn more about different aspects of child development at different ages and school levels. The following are some key child development areas:



### C. What Parent Should Do to Facilitate Child's Development?

Parents play essential roles in supporting the holistic development of children. To facilitate a child's development, parent should:

- guide children by striving to create a safe home environment and a family atmosphere that provide appropriate level of stimulation and support which is conducive to positive development;
- protect children from toxic stress (stress caused by prolonged life adversity without support from adults) or negligence as these are detrimental to the developing brain;
- adopt and adapt positive parenting strategies to help them develop age-appropriate skills;
- have realistic expectations of the child's abilities, be patient with their development and possible occasional slips, and avoid being overly demanding or critical;
- help children express their emotions appropriately and further cope with emotions constructively and independently;
- be cautious of the time allocation for screen time, physical activity, learning and rest of children while adequate rest is needed for optimal functioning of the brain;



- help children go through transitional stages (e.g. from kindergartens to primary schools and primary schools to secondary schools) so as to let them be better prepared for the re-adjustment to new physical environment, routines/ rules, demands and social circles;
- facilitate a child's development of appropriate communication and play skills through modelling and coaching (especially important in the early childhood stage);
- be a role model to develop children's values to differentiate between right and wrong, and dos and don'ts, and to achieve self-control so that they will behave responsibly in the contextual culture;
- teach them to respect others, and be understanding and accepting of people who differ from them in terms of cultural backgrounds, physical conditions and learning needs; and
- consider consulting their family doctors or discussing with doctors or professionals in public services (e.g. Student Health Service of the Department of Health) when significant or persistent deviations are noted.



## D. Extended Reading on Nurturing Child's Development

Extracts of the Curriculum Frameworks on Parent Education developed by Education Bureau in relation to different aspects of child development

Kindergarten:

[https://www.parent.edu.hk/docs/default-source/kg-curriculum-framework-on-parent-education/examples-of-child-development-areas\\_kg.pdf](https://www.parent.edu.hk/docs/default-source/kg-curriculum-framework-on-parent-education/examples-of-child-development-areas_kg.pdf)



Primary School:

[https://www.parent.edu.hk/docs/default-source/curriculum-framework-on-parent-education-\(primary-school\)/examples-of-child-development-areas\\_pri.pdf](https://www.parent.edu.hk/docs/default-source/curriculum-framework-on-parent-education-(primary-school)/examples-of-child-development-areas_pri.pdf)



Secondary School:

[https://www.parent.edu.hk/docs/default-source/curriculum-framework-\(sec\)\\_hkbu-booklet/examples-of-child-development-areas\\_sec.pdf](https://www.parent.edu.hk/docs/default-source/curriculum-framework-(sec)_hkbu-booklet/examples-of-child-development-areas_sec.pdf)



"Child Health" developed by Family Health Service, Department of Health

[https://www.fhs.gov.hk/english/health\\_info/child.html](https://www.fhs.gov.hk/english/health_info/child.html)



"Cultivating Child Development Series" developed by Child Assessment Service, Department of Health

[https://www.dhcas.gov.hk/en/cultivating\\_child\\_development\\_series.html](https://www.dhcas.gov.hk/en/cultivating_child_development_series.html)



"School Life Adaptation" developed by Student Health Service, Department of Health

[https://www.studenthealth.gov.hk/english/emotional\\_health\\_tips/eht\\_sla/eht\\_sla.html](https://www.studenthealth.gov.hk/english/emotional_health_tips/eht_sla/eht_sla.html)



## II. Exploring and Developing Child's Potential

### A. What Parents Should Know about Exploring Child's Potential?

- Every child is unique in his/her own way. Parents should respect children's uniqueness and appreciate their development potentials. Positive parenting encourages children to explore their interests and abilities, develop their skills and unique potentials, and avoid unnecessary competition among peers.
- Parent education has a critical role in fostering an optimal environment to support children's diverse developmental and learning needs. Learner diversity is common in both local students and NCS. Parents should understand and embrace the diversity of children and the importance of providing appropriate support.
- Executive functions are functions of our brains and executive functioning skills enable children to stay attentive in class, understand and follow instructions, organise time and learning materials for completion of learning tasks on time. They are essential to the children's achievement in academic learning, progression across different school levels and even future career.
- Parents play an important role in supporting children's extended classroom learning at home. They should understand that children have different learning styles. Children learn with the style that they are good at could have more effective learning outcomes.
- While supporting children's learning at home environment, parents should know that children can unleash their full learning potential in an atmosphere filled with fun, enjoyment and excitement.



- Reading is beneficial to child's development in language, literacy as well as social and emotional development. Parent should know that the proficiency in bi-literal (in Chinese and English) and tri-lingual (in Cantonese, Putonghua and English) helps children's learning in schools and unleash their potential.
- Parents' understanding of child development and learning needs can help them be aware of early signs of developmental and learning problem of their children. If parents suspect their children to have difficulties in learning, they should bring up the concerns to teachers in school for advice and support.



## B. What Parent Should Do to Facilitate Child's Learning and Unleash Their Potentials?

### 1. Support children's learning with different learning styles

Parents should know how children learn with different learning styles and correspondently what appropriate strategies to support their learning:

Learning Styles of Children	How Children Learn with Different Learning Styles	What Parents Can Do to Facilitate Children's Learning with Different Learning Styles
Visual	<ul style="list-style-type: none"> <li>prefer to learn by seeing;</li> <li>have good recall of visual presentation of information.</li> </ul>	<ul style="list-style-type: none"> <li>create mind maps or flow charts to help children organise their thoughts and make connection;</li> <li>provide opportunities for children to create their visual representations of information.</li> </ul>
Auditory	<ul style="list-style-type: none"> <li>prefer to learn by listening;</li> <li>have good auditory memory and benefit from lectures, oral presentations, hearing stories, and discussion.</li> </ul>	<ul style="list-style-type: none"> <li>use storytelling or podcasts to make learning more engaging and memorable;</li> <li>encourage children to make notes, record themselves reading or summarise information during or after class.</li> </ul>
Read/ Write	<ul style="list-style-type: none"> <li>prefer to learn through information displayed as words, such as textbook;</li> <li>place importance on precision in language and are keen to use lists, texts, books, etc.</li> </ul>	<ul style="list-style-type: none"> <li>provide children with opportunities to access diverse types of written materials;</li> <li>use writing assignments as a means of assessment to allow children to demonstrate their understanding.</li> </ul>
Kinaesthetic	<ul style="list-style-type: none"> <li>prefer to learn by doing, such as experience, practice and simulations;</li> <li>have good recall of events, and able to associate feelings or physical experience with memory.</li> </ul>	<ul style="list-style-type: none"> <li>use field trips and other experiential learning opportunities to help children connect concepts to real-life experiences.</li> </ul>





## 2. Support learning Chinese

Learning Chinese is not easy for NCS students. Support from families is needed to create an environment conducive to learning of the Chinese language. Parent should:

- arrange children to study in a kindergarten or a school that provides an immersed Chinese language environment as early as possible;
- establish a rich Chinese language environment at home by using authentic, contextualised, meaningful and interesting resources (e.g. watching Chinese animations, movies, news broadcasts or listening to Chinese songs and stories);
- encourage Chinese learning among siblings (e.g. the elder siblings providing support for the younger ones);
- encourage interaction between your children and local students, and participation in activities with the local children;
- be a role model by actively engaging in language learning;
- familiarise your children with the Chinese language in daily life by visiting museums, galleries and public libraries, and participating in festivals or activities in Hong Kong; and
- make use of online resources.



## 3. Set achievable goals with your children

With regard to the guidance of study, parents, in collaboration with their children, would need to set SMART goals: Specific, Measurable, Achievable, Realistic and Time-bound. Some examples are illustrated below for reference:

Target Behaviour	Goals set with SMART criteria
Develop a reading habit	● Read for 30 minutes every day (for children aged at early childhood or above).
Avoid mistakes when writing Chinese characters	● Recognise the stroke order, frame and structure of a Chinese character and practise writing of 5 new Chinese characters learnt for 5 times every week.
Practise Cantonese conversation	● Speak in Cantonese for a 5-minute daily. ● Talk to local classmates in Chinese every day.



#### 4. Support children with special educational needs (SEN)

- Children are facing increasing challenges in learning and interacting with their peers after they enter formal schooling. Parents need to understand their children's developmental and learning needs, and their ability in dealing with interpersonal relationships, emotion and stress. If parents find that their children have difficulties in these aspects, they should seek support and advice from schools, community and relevant parties. Early identification and intervention help minimise struggles and lead to better outcomes.
- The major types of SEN are as follows:
  - Specific Learning Difficulties
  - Intellectual Disability
  - Autism Spectrum Disorder
  - Attention Deficit/Hyperactivity Disorder
  - Physical Disability
  - Visual Impairment
  - Hearing Impairment
  - Speech and Language Impairment
  - Mental Illness
- Parents can refer to the series of parent resource pamphlets entitled "How to Support Children with Special Educational Needs" developed by the Education Bureau to obtain useful information on caring for children with SEN.
- Having the child assessed to have SEN can be stressful to both the parents and the child. Parents should learn to manage their emotion first, understand the characteristics and learning needs associated with the SEN type, set reasonable expectations for their children, and in the meantime seek advice from the relevant professionals and school staff on how to support their children.



## C. Extended Reading on Exploring and Developing Child's Potential

Education Service for Non-Chinese Speaking (NCS) students developed by Education Bureau

<https://www.edb.gov.hk/en/student-parents/ncs-students/about-ncs-students/index.html>



The Importance of Being Proficient in Chinese developed by Education Bureau

<https://www.youtube.com/watch?v=glSUMJsYifI>



Enhancing the Language Proficiency of Non-Chinese Speaking Students developed by Education Bureau

<https://www.youtube.com/watch?v=NXnBzuZH8Ak>



Listen to Their Dreams - A Message to Parents of NCS Students developed by Education Bureau

[https://www.parent.edu.hk/en/smart-parent-net/topics/article/\(video\)-listen-to-their-dreams---a-message-to-parents-of-non-chinese-speaking-students](https://www.parent.edu.hk/en/smart-parent-net/topics/article/(video)-listen-to-their-dreams---a-message-to-parents-of-non-chinese-speaking-students)



Spread the Wings of Your Dreams: NCS Students' Dreams Come True: Dr. Rizwan Ullah developed by Education Bureau

[https://emm.edcity.hk/media/1\\_yiz79bij](https://emm.edcity.hk/media/1_yiz79bij)



Spread the Wings of Your Dreams: NCS Students' Dreams Come True: Thebe Nimsing developed by Education Bureau

[https://emm.edcity.hk/media/1\\_epyx8dqt](https://emm.edcity.hk/media/1_epyx8dqt)



Integrated Education and Special Education Information Online developed by Education Bureau

<https://sense.edb.gov.hk/en/integrated-education/information-for-parents-and-the-public/parents-resource-pamphlets-general/198.html>



### III. Understanding Parent's and Child's Well-being

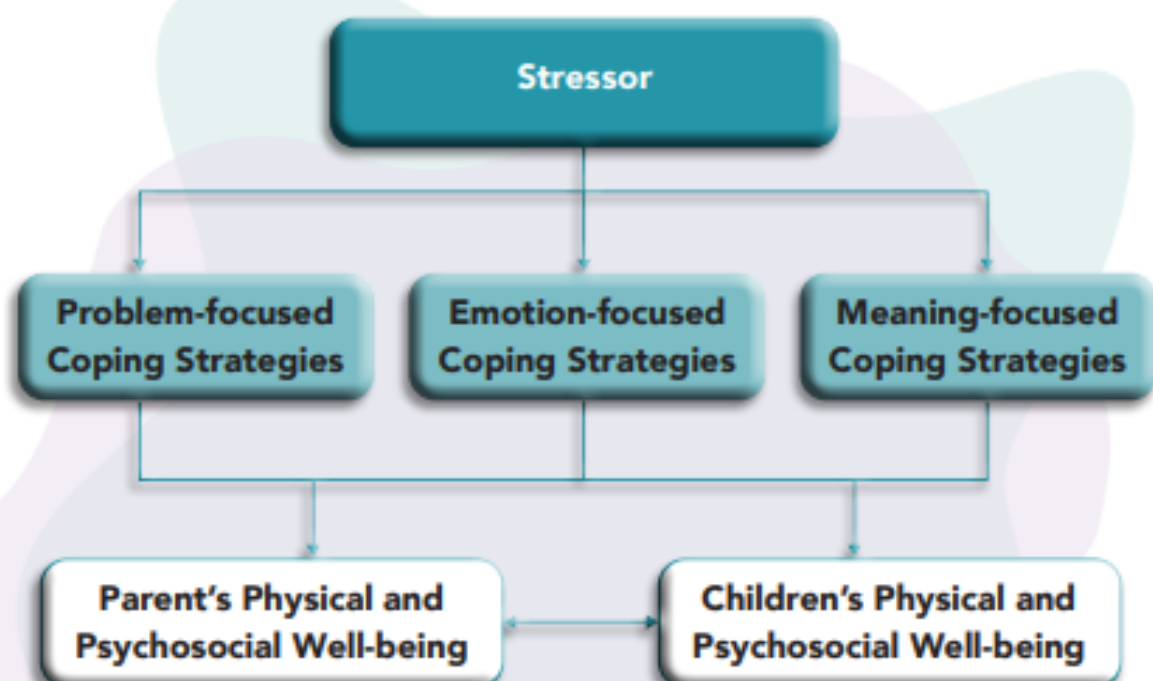
#### A. What Parent Should Know about Parental Stress?



- Stress can affect anyone, children are no exception. Stress is inevitable in children's growth. They should learn how to respond to stressful situations rather than avoid stress. However, toxic stress resulting in prolonged activation of the stress response should be avoided.
- For parents, when they experience prolonged stress where the demands for meeting their own child-rearing expectation outweigh their ability and resources, the accumulated parenting-related stress can eventually lead to parental burnout. Parents can become demotivated and desperate. In the meantime, children's behaviour can be negatively affected by parental stress.
- Parental burnout can manifest with several negative consequences that harm not only the parents' well-being but also the parent-child relationship and the child development.
- To prevent parental burnout, parents can frequently recall the pleasurable moments and experiences with their children and the core strengths of their children, consistently practise self-care, and build up a strong social network to seek support if needed. Parents are advised to contact relevant professionals when they feel constantly or severely overwhelmed.



## B. What is the Impact of Parent's Well-being on Child Development?

- Parents' well-being is associated with their stress coping strategies, satisfaction with the role as caregiver, perceived social support, and general emotional stability (Piehler et al., 2014).
- A positive mindset helps maintain and improve parents' wellbeing. Parents with positive mindsets and healthy well-being are likely to be better emotionally regulated and are more committed to have positive communication with their children, which can teach them socially desirable behaviours and attitudes.
- It is crucial for parents to recognise and understand their stress reactions and seek appropriate coping strategies for the well-being of themselves and their children. Parents are encouraged to apply various stress management strategies (see the table below) in dealing with any life events or adverse situations that cause stress on them, so as to maintain physical, psychological and social equilibrium.



Types of Stress Coping Strategies	Definition	Examples
<b>Problem-focused coping strategies</b>	Attempt to take action, solve problems, make changes to the circumstances, get control of the stress, and seek information or resources in handling the situation	<ul style="list-style-type: none"> <li>● Time management</li> <li>● Prioritisation of tasks such as household chores or childcare duties</li> </ul> 
<b>Emotion-focused coping strategies</b>	Attempt to regulate negative emotional reactions to stress such as anxiety, fear, sadness and anger	<ul style="list-style-type: none"> <li>● Share with companions that one trusts</li> <li>● Maintain hope and optimism</li> <li>● Journaling about own emotions, in particular the negative and angry thoughts, to prevent the negativities from bottling up</li> </ul>  <ul style="list-style-type: none"> <li>● Anxiety management</li> <li>● Fear management</li> </ul>
<b>Meaning-focused coping strategies</b>	Attempt to reflect own beliefs, values and existential goals to motivate and sustain coping and well-being during difficult times	<ul style="list-style-type: none"> <li>● Find meaning behind the situation</li> <li>● Revisit the purpose in family and life</li> </ul>

## C. What Parent Should Do to Promote the Well-being of Children and Themselves?

- When they face challenging situations, a positive and growth mindset in parenting is crucial to cultivate family resilience and successfully adapt to the challenges. Parents should be reminded that their own physical and psychological well-being is an important prerequisite for nurturing healthy and happy children.
- Self-care is vital for parents to effectively support their children and manage their own stress. Neglecting self-care can lead to increased stress and a reduced capacity to provide timely and effective support to their children. Parents should be mindful of their own well-being and make efforts to engage in self-care activities.
- Living a healthy lifestyle is crucial for maintaining physical and psychological well-being in parents and children. The way of maintaining healthy lifestyle can vary among individuals. To achieve a healthy lifestyle, it involves the following elements:

- (1) Regular exercise: Being physically active during the day can help you fall asleep more easily at night. According to the suggestions of World Health Organization on physical activity, children or adolescents aged 5 to 17 should engage in at least 60 minutes of moderate-to-vigorous physical activity every day and adults aged 18 to 64 should engage in at least 150-300 minutes of moderate-intensity aerobic physical activity per week.



- (2) Adequate sleep: Sleep quantity and quality are important to our physical and mental health. With adequate sleep, parents are able to perform parenting duties with better productivity and concentration. For children, sleep is essential for growth, as growth hormone is most intensely secreted during deep sleep.



### How much sleep do you need each day?

Kindergarten Students (3 to 5 years old)	10 to 13 hours
Primary School Students (6 to 12 years old)	9 to 12 hours
Secondary School Students (13 to 18 years old)	8 to 10 hours
Adult (above 18 years old)	7 to 9 hours

- (3) **Healthy eating:** A balanced diet helps maintain blood pressure at a healthy level, improve the immune system, and provide the human body with essential nutrients and energy to support tissue growth, and hence it is helpful in preventing and fighting infections. Eating the right food in the right portion, having less salt and less sugar in the diet, and controlling the consumption of soft drinks and snacks can help achieve a balanced diet and promote health.
- (4) **Relaxation exercise:** Relaxation techniques, such as deep breathing, progressive relaxation, walking meditation, journaling, can help parents cope with the everyday parenting-related stress and improve parents' physical and mental well-being. Parents can also practise meditation or mindfulness exercises.





## D. Extended Reading on Promoting Parent and Child's Well-being

"E-poster for Parents - Self-care tips" developed by Student Mental Health Information Online, Education Bureau

[https://mentalhealth.edb.gov.hk/uploads/mh/content/resource/e-poster\\_self-care\\_parents\\_eng\\_May\\_2021.pdf](https://mentalhealth.edb.gov.hk/uploads/mh/content/resource/e-poster_self-care_parents_eng_May_2021.pdf)



"Sleep: A Basic Health Necessity. Non-communicable Diseases Watch" developed by Centre for Health Protection, Department of Health

[https://www.chp.gov.hk/files/pdf/ncd\\_watch\\_apr2013.pdf](https://www.chp.gov.hk/files/pdf/ncd_watch_apr2013.pdf)



Information Kit on Enhancing Life Resilience – For Parents developed by Student Mental Health Information Online, Education Bureau

<https://mentalhealth.edb.gov.hk/en/promotion-at-the-universal-level/parent-zone/21.html>



"Relaxation Exercise" developed by Student Health Service, Department of Health

[https://www.studenthealth.gov.hk/english/emotional\\_health\\_tips/eht\\_re/eht\\_re.html](https://www.studenthealth.gov.hk/english/emotional_health_tips/eht_re/eht_re.html)



"Breathing Exercise" developed by Student Health Service, Department of Health

[https://www.studenthealth.gov.hk/english/emotional\\_health\\_tips/eht\\_re/breathing\\_exercise.html](https://www.studenthealth.gov.hk/english/emotional_health_tips/eht_re/breathing_exercise.html)



## IV. Fostering Home-school Co-operation

### A. What Parent Should Know about Home-School Co-operation?

Co-operation between parents and school is crucial in promoting values education and supporting children's development. With a close partnership, parents and teachers can align their goals, share responsibilities, and exchange information to ensure the academic, physical and psychological growth of the children, which facilitate them to become contributing and law-abiding citizens. Research suggests that home-school co-operation has positive impact on children, parents, teachers and schools, which are listed as below.

#### For Children

- Increase children's sense of security and self-esteem, cultivate positive values, behaviours, and attitudes, all of which promote their well-being and relationship with peers.
- Enhance their learning effectiveness, raise their learning motivation and performance, which in turn help children adjust better in schools and improve school attendance.
- Beneficial to children's physical and psychological development.
- Enhance smooth transition from different learning stages.



### For Parents

- Deepen the understanding of school culture and curriculum, as well as children's school life.
- Facilitate establishing a supportive parent network to exchange and share experiences and resources in parenting.
- Gain valuable parenting knowledge and skills and thereby enhance their competence in parenting and improve their support for children's learning and development.
- Assist adolescent children in junior secondary level in making informed and responsible subject choices for senior secondary study, prepare individual learning portfolios and career development plans.

### For Schools

- Be a drive for school self-improvement through listening to parents' constructive voice.
- Earn parents' trust and respect which cast positive impact on school management and culture by having informed decision-making which achieve school's mission and ethos.



## B. What Parent Should Do to Develop a Positive Partnership with Schools?

- A constructive partnership between parents and schools is crucial for the development of children. This partnership, fostered through mutual collaboration, aims at enhancing the outcomes for children, ensuring that the goals for children's development are aligned.
- Parents should take the initiative to learn about how the school implements values education and provide active support, and to co-create a conducive learning environment both at school and at home. Besides, parents should cultivate in children the values of considering not only their personal interests but also the common good of all members in the society.
- Apart from values education, parent should strive to establish an environment together with school that nurtures a growth mindset with a positive attitude among children as they navigate the challenges and difficulties. These include reflecting on the meaning of life, facing adversities and challenges positively, respecting and cherishing life, pursuing aspirations, and exploring future possibilities.
- For upper primary students, developing good habits contributes to better learning outcomes and life planning, which are beneficial to children's future studies and career pursuits. Having good habits will enable children to cope with the planning and management of their further studies through setting goals, making plans and working on their academic progression and personal development. Parents/schools can nurture their children to become independent by establishing a proactive attitude, letting them know that they are in charge of their decisions and actions.
- As for adolescents, parents should encourage their children to actively participate in career exploration activities and programmes organised by the schools or available in the community in order to gain more understanding of different occupations, careers and industries as well as develop their work ethics, positive attitudes and values about career and work in experiential learning.



## C. What Parent Should Do to Facilitate Home-School Co-operation?

- Contact the teachers regularly and share the children's progress through phone calls, emails, online messages, written messages on children's school handbook, or face-to-face interactions.
- Pay attention to the circulars from school and attend parent-teacher conferences.
- Express honestly and sensitively the observed strengths, learning or behavioural concerns and expectations of the children, and assess the mutual support necessary to reach achievable goals concerning individual child.
- Participate in parent programmes and school functions, for example, parent education talks/activities, consultation events, story mom/dad, or career talks conducted by guest speakers and other parents.
- Join the Parent-Teacher Association (PTA) and attend PTA meetings to exchange opinions on school policies for promoting school development work for school improvement, such as educational support to students.



## D. Extended Reading on Fostering Home-school Co-operation

Website of Committee on Home-School Co-operation

[https://www.chsc.hk/main.php?act\\_id=0&lang\\_id=1#](https://www.chsc.hk/main.php?act_id=0&lang_id=1#)



"Parent Zone" developed by Mental Health@School, Education Bureau

<https://mentalhealth.edb.gov.hk/en/promotion-at-the-universal-level/parent-zone/index.html>



"Career Planning Key Process" developed by Education Bureau

<https://lifeplanning.edb.gov.hk/en/parents/key-process.html>



"Life Planning Information for Parents (Junior and Senior Secondary Level)" developed by Education Bureau

<https://lifeplanning.edb.gov.hk/en/parents/junior-senior-secondary-level.html>

