



Nurturing Children to be Well-rounded

Dr Mabel Shek Mei-po, Senior Lecturer II of the Department of Special Education and Counselling, recently published a new book on how parents can nurture their children for a successful future. In the book co-edited with Professor John Lee Chi-kin, Vice President (Academic) and Provost and Chair Professor of Curriculum and Instruction, and Professor Christina Yu Wai-mui, Professor (Practice) of the Department of Social Sciences, Dr Shek teamed up with nine other EdUHK scholars to share their personal and valuable experiences in parenting.

With the prevalent use of information technology, a hard-working attitude is no longer the only pathway to success. What count most are soft skills, such as a creative mindset, social communication techniques and adaptability to change. The book summarises the different skill sets deemed essential to childhood development into four main categories: fundamental learning ability; basic self-management skills; self-reflection and communication competence; and the essential skills for career success, such as problem-solving and entrepreneurial spirit.

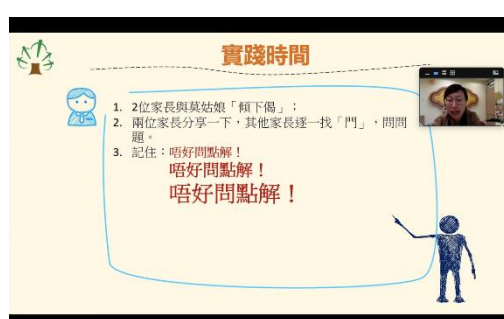
“Parenting education is important for everyone, irrespective of social class. There is no limit to the possibilities for children to succeed. The level of success should be defined according to their own accomplishments, rather than recognition given by others,” says Dr Shek. She points out that it is important for parents to guide and accompany their children during their growth, and to serve as their role models. Parents are encouraged to understand and listen to the experiences shared by their children, and avoid demanding they follow in parents’ footsteps.

Dr Shek says, “When you read the whole book, you will discover that the authors share a common belief that successful parenting always comes with a positive, supportive relationship with children, as well as unconditional love.” Parents could ask themselves what if their children just need a healthy pair of wings to fly and, most importantly, to explore the path they wish to take. “Look far ahead and let your children fly higher,” says Dr Shek.

Enhancing parenting skills for families with special education needs (SEN) children

In April, Integrated Centre for Wellbeing (I-WELL) launched “I-Believe Plus”, designed to empower parents of SEN children with parenting theories, parent-child interaction practices and counselling sessions amidst the coronavirus pandemic. The objective is to provide enhancement and consolidation training to underprivileged families with SEN children, to improve the children’s social skills and address their learning needs.

The I-WELL team has launched a series of online workshops for families focusing on different topics. Ms Zandra Mok Yee-tuen, Project Manager and Speech Therapist at I-WELL, conducted online sharing and conversation trials with parents to enhance adults’ awareness of effective communication “dos and don’ts” when talking to children or even teenagers. She also delivered online seminars on home practice activities for children with language delay, attention deficit hyperactivity disorder or autism spectrum disorder. Ms Renee Chan Man-yiu, Assistant Project



Manager, introduced simple practices to improve memory, learning ability, and the attention span of children and adults. Two counsellors, Ms Cherry Yau Ka-ling and Ms Rebecca Wong Yan-ting, hosted an online social-emotional group for children with SEN to enhance executive function and skills of emotional regulation by using fun activities.

Students of early childhood education programmes engage children through online resources

In view of the coronavirus pandemic, Dr Pauline Chan Po-lin, Chair of the Learning and Teaching Committee of the Department of Early Childhood Education, has been working with students from early childhood education programmes, to create a video which demonstrates how to use different forms of online learning activities (e.g. 360 video, Live Cam and Google Earth) and e-learning tools (e.g. interactive slideshow and e-books) to enhance children’s learning experience and promote distance learning.

