

Parent Seminar:
Let kids go, let kids grow
The art of promoting young children's
self-care skills

Organised by
The Education University of Hong Kong
as commissioned by the Education Bureau

How to let go

Don't be helicopter parents



Do not always call your child "baby"



Have reasonable expectations for your child's self-care skills



Tell your child clearly about your expectations



Hold on, don't complete the task for the child because of your impatience



How to teach self-care skills

Break the skill down into a series of steps, and gradually increase the task difficulty



Let children practise self-care skills through games



Spell out the main points and use mnemonic



Provide concrete feedback to children, e.g. encouraging words, appropriate reward system



Warm reminder

Different caregivers should maintain consistent expectations and caregiving practices



Parents are the role models for young children



EDB Parent Education
Information at
Kindergarten Stage



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