

“Smart Parent Net”: Recommendations on Resources on Various Themes

Theme 1: Parent-Child Relationship

(Video) Care, encouragement and acceptance, are keys to building a positive family

It elucidates the ways parents and children should get along with one another, and the crucial elements for building a positive family.



<https://www.parent.edu.hk/en/article/API1>

(Video) Discipline nuisance difficulty: Way to deal with children behavioral problem - Effective communication: Positive communication (Chinese version only)

Parents will learn the ways to differentiate between normal growth and behavioural problems of children so as to identify proper solutions to make parenting much easier.



<https://bit.ly/3xu4SCo>

(Video) Accompanying children to go through rebellious youth (Chinese version only)

A psychiatrist shares with parents on how to accompany their teenage children to go through the rebellious period and communicate with them.



<https://bit.ly/2QDmv21>

Affectionate parent-child dialogues (Chinese version only)

A school social worker passes on the proper attitudes and skills to parents when communicating with their children so as to make deep parent-child conversations happen.



<https://bit.ly/3aHAR8u>

Mode of parent-child communication (Chinese version only)

A psychologist shares on using the “EARS” method to help children not to express their frustration by throwing tantrums and become more willing to listen and discuss.



<https://bit.ly/3tVHP1j>

Home-school co-operation series: Home and school together build parent-child relationship (Chinese version only)

A primary school principal and an executive committee member of the school Parent-Teacher Association share how to nurture good characters through spending quality time with children.



<https://bit.ly/3t0PABD>

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Theme 2: Stress and Emotion Management

(Video) Overcoming worries

It helps parents identify irrational beliefs and introduces the concept of scheduling a “worry time” to manage excessive worries.



<https://bit.ly/32Tblsu>

(Video) Relaxation exercise

It introduces two relaxation exercises: abdominal breathing and progressive muscle relaxation. Parents are encouraged to practise regularly.



<https://bit.ly/3dWcc29>

(Video) Suspending classes without suspending love in the epidemic for parents (2) – Care for children: Basic counselling skills

It introduces some basic counselling skills to enable parents to understand and accept children's emotional reactions, and use the skills to help their children get through the adversity positively and return to the usual state.



<https://bit.ly/2QpS93b>

(Video) Suspending classes without suspending love in the epidemic for parents (3) – Practical skills in handling the emotions of young children

Parents will learn how to guide their young children to deal with negative thoughts, and manage emotional problems that have arisen due to class suspension during the epidemic.



<https://bit.ly/3vpEQOL>

(Video) Suspending classes without suspending love in the epidemic for parents (4) – Practical skills in handling the emotions of teenage children

Parents will learn how to guide their teenage children to deal with negative thoughts, manage emotional problems that have arisen due to the class suspension during the epidemic.



<https://bit.ly/3gH8N9e>

Unravel the code of emotions (Chinese version only)

Experts crack the four codes to handle emotion and stress, namely way of thinking, interpersonal relationship, diversified activities and mindfulness.



<https://bit.ly/32Oa8mr>

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Theme 3: Facing Examinations (Applicable to Primary and Secondary levels)

(Video) The pressure to be like mum

When parents are well-educated professionals, shall children have more privileges in learning and studying? Or shall they be more stressful? The video inspires parents on how to effectively relieve the pressure of their children.



<https://bit.ly/32SxBd4>

Let us all try: Change our thoughts and cheer up

An educational psychologist introduces the use of “ABC” theory to help teenagers change their thoughts and face challenges positively.



<https://bit.ly/2QZjTeW>

Take a quiz to discover your needs in exam preparation

The infographic help parents understand the ways their children adopted to prepare exam and support their needs.



<https://bit.ly/3xz0EcD>

Supporting children during exams

It is always beneficial to have parents’ companionship, care and encouragement. Just choose the method from the infographic that fit you most.



<https://bit.ly/3dTXsR9>

How to help my child face exam results positively?

Tips for parents on how to help their children face the examination results positively with the 3 “A” tips and provide a secure base for the growth of their children.



<https://bit.ly/3sUTwDZ>

The public exam result of my son is released, what can I do? (Chinese version only)

When children face the Hong Kong Diploma of Secondary Education Examination (HKDSE), how parents can support and encourage their children throughout the process?



<https://bit.ly/2QXUh1S>