

# Parenting

Encouraging the Intellectual and Emotional  
Development of Your Child

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# A Holistic Educational Model



# Part 1: Encouraging Intellectual Development

# 1. Practice child-initiated learning

- Inborn intellectual curiosity
  - Instinct to explore
- Protect intrinsic motivation

- Reward questions and inquisitions
  - Treat as significant and important

- Parents role as a facilitator not experts
  - Child sets the direction
  - Child sets the pace
- Don't limit knowledge to school work

## 2. Open their horizons

- Expose them to many different things
  - Ideas
  - Places
  - Languages
  - Cultures
  - Stories
  - Games
  - Arts

# 3. Build a Strong Foundation with Language

- Language: the building blocks for thought, learning and understanding
- Focus
  - Understanding
  - Expression
- How
  - Reading
  - Conversations



## 4. Start a strong reading culture

- Reading: a doorway to a world of knowledge
- Start by reading to them
- Have book outings
- Encourage wide reading
- Read by example: passion for knowledge is infectious

# 5. Encourage Experiential Learning

- Help them link their school work with the real world
  - Increase relevance
- Organize learning expeditions
- Organize science experiments
- Organize educational games

# 6. Teach Healthy Study Habits

- Identifying learning styles
  - Pictorial
  - Verbal
  - Autokinetic
- Exposure to different study techniques
- Study as active not passive

# 7. Allow Independent and Creative Thought

- Encourage originality
- Allow
  - Different opinions
  - Different ideas
- Improvisation exercises
  - Imaginary play
  - Impromptu singing and dance

- Give equal priority to creative arts
  - Drawing
  - Craft
  - Music

# 8. Encourage and cultivate dreams and ambitions

- Create self motivation for their studies
- Do not force your dreams on your children
- Allow them to express their dreams and hopes
- Do not put down these dreams
- Help them create plan of action

# 9. Emphasize Independence

- Get child to take responsibility for their school work
- Age 6-8: guided work: completing homework, preparing for tests
- Age 9-12: guided self management: know what you are supposed to do and do it
- Age 13 onwards: complete self management

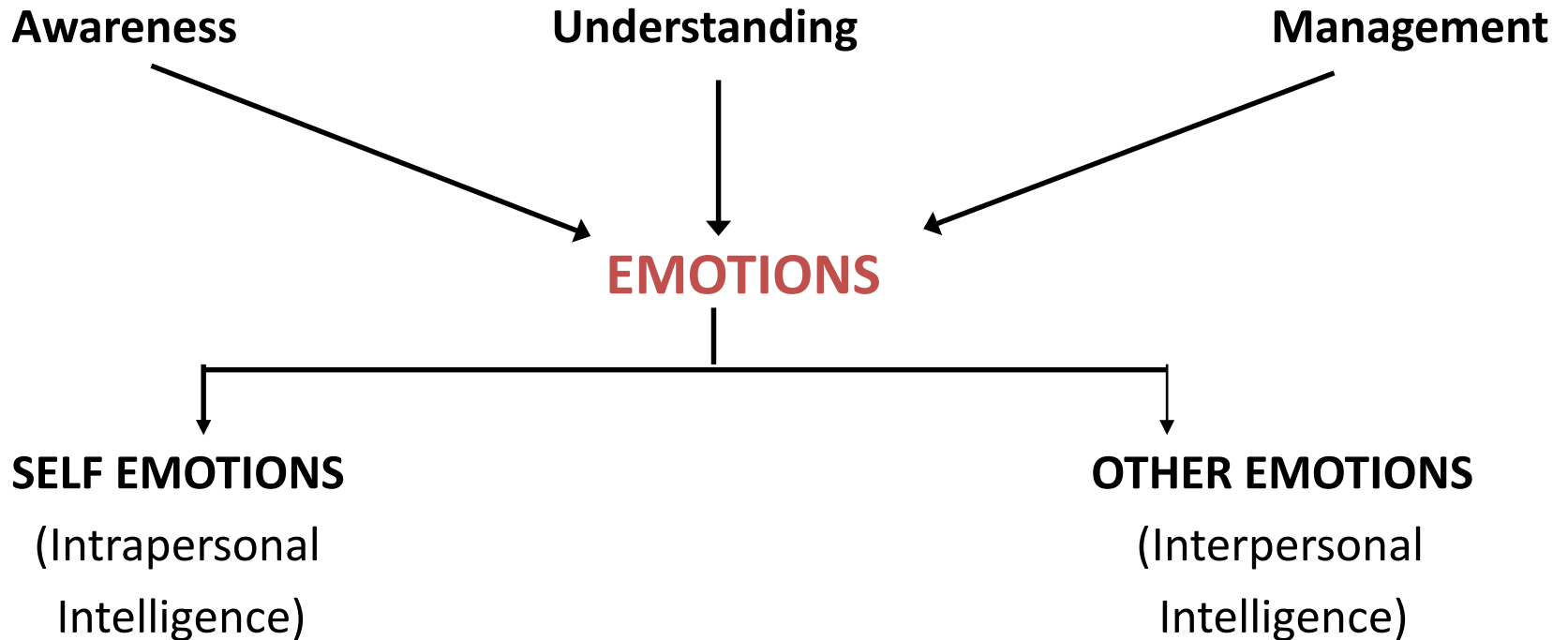
# 10. Lead by example

- How are we ensuring our own intellectual development?



# Part 2: Encouraging Emotional Development

# What is EQ?



# 1. AWARENESS: Teach Them Emotional Literacy

- Encouraging them to say how they feel
  - Labeling feelings
  - Emotional Vocabulary
  
- Using
  - books/stories
  - Movies/TV shows

## 2. UNDERSTANDING

- Teach children to trace ROOT CAUSE of emotions
  - understand the origins of emotions
- WHY questions
- Linking emotions to reasons
  - I feel \_\_\_\_\_ because \_\_\_\_\_.

### 3. MANAGING:

## Allowing emotional expression

- Don't encourage BLOCKING of emotions
- Allow appropriate expressions
  - Crying
  - Anger
  - Sorrow
  - Fear
  - Joy
  - Excitement
- Message: emotions are normal

## 4. Do not reward inappropriate emotional expression

- Tantrums
  - Do not give in
- Use of time outs
- Re-engage and recognize only when they are calm

## 5. Be realistic

- Be realistic about the child's ability to regulate and manage emotions
- Don't put the child in impossible situations

# 6. Provide Constructive Outlets

- Resource activities
  - Release
  - Creative
  - Enjoyment
  - Control



# 7. Teach Problem Solving Skills

- Encourage a pro-active child
  - Versus learnt helplessness

- Think, Think, Think
- Option generation
- Making decisions
- Implementing solutions



*Think, think, think*

# 8. Lead by Example

- Model the values you expect in your child
- How do we manage our emotions?

# Q and A

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