



2. Estabelecer vias de comunicação facilmente acessíveis com os filhos

Os próprios valores e a própria personalidade dos filhos são formados e caracterizados ao longo do seu processo de crescimento. Os pais devem tentar perceber os interesses dos seus filhos de várias maneiras, assistindo às actividades juntamente com eles até compreender o pensamento dos jovens no processo da realização de actividades. Tudo isto ajudará muito para caminhar os filhos a dedicarem-se a actividades saudáveis, não deixando de trazer oportunidades de descobrir os interesses e as potencialidades dos seus filhos.

3. Conduzir os filhos a tratarem da sua vida nos tempos livres por si próprios

Claro que o apoio oferecido pelos pais e a orientação proporcionada pelos professores são importantes para os filhos poderem optar por actividades de tempo livre. No entanto, os filhos devem compreender as próprias responsabilidades e aprender activamente como arranjar as suas actividades fora de sala, bem como descobrir os próprios interesses e distribuir de forma razoável o tempo para descansar. É desejável que os filhos, por um lado, sejam incentivados para partilhar os seus sentimentos com os pais e os professores, e, por outro, integrem-se em cooperação com os outros durante a participação das

actividades. As funções positivas das actividades de tempo livre só podem ser realizadas desta maneira.

Conclusão

Em suma, os pais têm que ficar abertos para elaborar planos, com os seus filhos, sobre as actividades do tempo livre, distribuindo o tempo de forma equilibrada para estudar e praticar actividades fora da sala de aulas. Para além de assistir às actividades realizadas pela escola, é sugerível que os pais tomem conhecimento e aproveitem bem os outros recursos públicos na sociedade de forma a dar aos filhos mais diversas opções para escolher em relação a actividade. Aliás, se os pais arranjam mais tempo para participarem, como o exemplo dos filhos, em actividades com eles, terão mais oportunidades de ouvir e perceber mais ideias verdadeiras dos filhos, estabelecer uma relação mais próxima entre os próprios pais e os filhos assim como promover a boa convivência familiar.

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04 How to arrange children's leisure life?

Introduction

In the growth process of children, parents of course focus heavily on children's academic performance, further studies and future. But we cannot ignore their physical and mental health, moral education, interpersonal relationship and cultivation of interest. Leisure activities are just good enough to play a positive role in these aspects. Many research papers, domestic or foreign, show that leisure activities can adjust the learning life of students. Therefore, many advanced countries such as America and Japan etc. take leisure activities as an important part in cultivating students. They believe that youth participation in leisure activities appropriately has positive effect on their confidence, communication skills and discovery of their potential.

Many parents already understand the relevant theory. Therefore they arrange a variety of extracurricular activities for their children to develop children's interest as well as to grasp skill. But still many parents have doubts: How to choose appropriate leisure activities for children? I believe that parents are concerned very much about the types, quantity, time, fees and other issues of leisure activities. This article will share some related experiences and information with parents, hoping to help parents to build a healthy leisure life for their children.

Government support on schools' development of leisure activities

For the sake of complementing the growth and practical needs of students, in recent years, the SAR Government continues to invest in and strengthen school leisure activities. In the academic year 2009/2010, Government supported schools to develop leisure activities through educational development fund with subsidy of over 50 million. The subsidized amount was granted according to the number of students and the size of applying schools. Each school planned different leisure activities programs according to school's circumstances, offering at least one organized and continuous activity for each student. For activities which were subsidized by educational development fund, school would not charge any fee. For activities which were not subsidized by educational development fund or require additional purchase of equipments, parents might obtain information from school to understand the nature and charges of activities and choose appropriately according to actual situation.

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In addition the Educational Youth and Affairs Bureau subsidized schools to employ professionals through educational development fund to help schools organize and co-ordinate leisure activity works, enabling schools to orderly develop different types of leisure activities. When choosing activities, parents and students could strengthen their communication with school leisure activity staff and teachers in order to understand the principle and full situation of development of leisure activities so as to complement with children's interest and learning life for orderly arrangement of leisure activities.

Jointly plan with children for leisure activities

School is an important channel for acquiring healthy leisure life. Parents can try to set up leisure activity schedule with children jointly. In the course of planning, we have to pay attention to the following few points:

1.To regulate learning life and build up correct concept of leisure life as target

The arrangement of leisure activities should not be too much and intensive. The purpose of children's participation in appropriate activities is to build up a healthy pace of living, improve health and promote comprehensive growth. Especially for small children, we should choose more interesting activities and do not set a target that is too high or just for the purpose of winning.

2.To build up smooth communication channel with our children

In the process of growth, children have formed their own values and personality. Parents can understand the interest of children from different angles and even participate in leisure activities with them. In the course of activities we can further understand the thinking of young people and it is useful for guiding our children to take part in activities which are healthy to body and mind and providing ideal opportunity for us to discover the interest and potential of our next generation.

3.To guide our children in self-management of leisure life

In the course of selecting leisure activities, parents' assistance and teacher's guidance are important. But children have to understand their own responsibilities and take the initiative to learn how to manage their own extracurricular life, and explore their own interest to allocate work and rest time rationally. Children need to have courage to share their feeling with parents and teachers and integrate aggressively into the community to achieve cooperation in the course of participating in activities. In this way it can really play the positive role of leisure activities.

Conclusion

All in all, parents should be open-minded and formulate leisure life plan with children jointly, maintaining proper balance between studies and extra-curricular activities time appropriately. Besides participating in activities held by schools, parents should try to understand and use other public resources in society effectively for providing diversified choice for their children. If we can teach by examples and spare our time to participate together with our children, I believe we can further listen to their voice and build up close parents and child relationship and promote family harmony.

Gong Zhiming- On behalf of the Commissioner of Educational Youth Affairs Bureau, Division of School Sports and Youth Activities

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