



"SpankOut!" Child Protection Carnival 2026

In support of International SpankOut Day on 30 April each year, ACA has organised community education and public advocacy activities since 2005 to convey a clear and unwavering message: corporal punishment is not an effective way to discipline children; love and respect are the foundation of healthy child development. On 25 April, ACA held the "SpankOut!" Child Protection Carnival 2026 at Wong Tai Sin Square. The event featured a ceremony officiated by ACA's Chairperson Prof Patrick Cheung, BBS, along with children's performances, game booths, parent-child interactive activities, and educational exhibitions. Through the event, ACA calls on all sectors of the community to end corporal punishment, promote positive discipline, and work together to build a safer, warmer and more caring environment for children.

"SpankOut!" is more than a slogan; it is a commitment to respecting and protecting children. What children need is not fear, but a sense of security; not humiliation, but understanding; not harm, but support. World Health Organisation Report (2025) have long pointed out that corporal punishment not only fails to help children develop internal discipline or achieve any positive outcomes, but often leads to multifaceted negative impacts. It may harm their physical and mental health, brain development, cognitive and socio-emotional development, while also damaging parent-child relationships. Children raised in environments of frequent scolding and beating are more prone to emotional distress, behavioral problems, increased risks of aggression and antisocial behavior, learning difficulties, and even replicating patterns of violence in conflict resolution—effects that may extend into adulthood. Any form of corporal punishment can also escalate under emotional loss of control and accumulated stress, ultimately evolving into abuse.¹ For this reason, ACA has consistently advocated replacing corporal punishment with positive parenting. Through understanding, communication, listening, encouragement, guidance and clear boundaries, parents and caregivers can help children learn appropriate behaviour while building confidence, self-discipline and a sense of security in an atmosphere of respect. Positive discipline not only protects children from harm, but also helps strengthen parent-child relationships and promote family harmony.



"Spank Out!" Child Protection Carnival 2026 - Children's Performance

Empowering Volunteers as Child Protection Ambassadors through Community Education

Against Child Abuse is grateful to The Wharf Group for supporting a new one-year project, Empowering Volunteers as Child Protection Ambassadors through Community Education, from July 2026 to June 2027, through a donation to The Community Chest of Hong Kong. The project is based on a simple but important belief: child protection is a shared community responsibility, and requires the participation of families, volunteers, professionals, and the wider public.

Through structured training and community education, the project will equip local volunteers to become Child Protection Ambassadors. Drawing on their district knowledge, lived experience, and community networks, these volunteers will help raise awareness of child protection, identify families who may need support, and promote positive parenting and family well-being. Under the guidance of social workers, they will also serve as peer educators and community advocates, helping to build a stronger and more connected child protection network.

The project will focus on Yuen Long, Tin Shui Wai, and Tuen Mun. Key activities include promotion through online platforms and community outreach, alongside structured training, supervision, and experience-sharing sessions for ambassadors. In addition, the project will deliver child protection promotional activities, centre-based programmes, outreach sessions, and parent groups within the community.

A cheque presentation and agency visit by Ms Agnes Hui, Head of Group Corporate Communications at The Wharf Group, was held on 30 April 2026 at ACA's Tuen Mun Centre marked an encouraging start to the initiative. Tuen Mun volunteers also shared their service experiences and growth, while a Zentangle demonstration incorporated messages on positive family communication.

Through this project, ACA aims to strengthen community capacity to protect children and provide earlier support for families, fostering a safer and more supportive environment for children and parents alike. For enquiries, please contact ACA Tuen Mun Centre at 2450 2244.

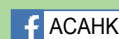
Dr Maple Lau
Director

¹ World Health Organisation (2025). Corporal Punishment of Children: The Public Health Impact. World Health Organisation. Retrieved 22 June 2026 from <https://doi.org/10.2471/B09424>.

Head Office: 13/F, Corn Yan Centre, 3 Jupiter Street, North Point, Hong Kong **Tel:** (852) 3542 5722 **Fax:** (852) 3542 5709 **E-mail:** aca@aca.org.hk
Chuk Yuen Centre: 107-108, G/F, Wai Yuen House, Chuk Yuen (North) Estate, Wong Tai Sin, Kowloon, Hong Kong **Tel:** (852) 2351 6060 **Fax:** (852) 2752 8483
Tuen Mun Centre: 407-409, Ting Cheung House, On Ting Estate, Tuen Mun, New Territories, Hong Kong **Tel:** (852) 2450 2244 **Fax:** (852) 2457 3782
Kwai Chung Centre: Flat A, 2/F, TLP132, Nos. 132-134 Tai Lin Pai Road, Kwai Chung, New Territories, Hong Kong **Tel:** (852) 2915 0607 **Fax:** (852) 2915 0788



Publisher: Professor Patrick Cheung
Editorial Team: Dr Maple Lau, Ms Pearl Lee,
Ms Agnes Kwong, Mr Douglas Pea



AgainstChildAbuseHK



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Bless My Home Forever Volunteer Home Visitation Project

Sponsored by The Community Chest of Hong Kong

The project aims to provide support to families living in the Sham Shui Po District. Through regular volunteer home visitations, sharing sessions, community education and parent-child outings, the project helps participating families foster a desirable environment for their children to grow up in. Participating families have gained knowledge and skills in strengthening positive parenting, child safety, information on community resources and strategies to enhance the parent-child relationship.

Home Visitation by Volunteers

The project recruits 50 to 60 low-income families each year, many of whom are new arrivals. A significant number also face challenges such as having a child with SEN, experiencing parental emotional distress or living in subdivided flats. To provide better support, the project pairs each participating family with at least two volunteers. The volunteers will conduct home visits regularly to provide emotional support and companionship. All volunteers will receive basic volunteer training on home visitation skills, knowledge of child protection, positive parenting, and crisis management. Furthermore, advanced training is provided annually to enrich volunteers' child-related knowledge, including emotional support techniques and effective ways to interact with children with SEN. The volunteers have shared that the training helped them gain a deeper understanding of the topics and increased their confidence in discussing parenting issues.



Family Sharing Forums

This year, the project has continued to organise a variety of parent talks and parent-child activities, such as "Family Trip to Ocean Park" and "Enjoying with Your Family". Parents shared that these activities enhanced parent-child interactions and provided valuable opportunities for quality family time. Apart from in-person events, the project has also arranged online talks to facilitate the participation of working parents. This flexible approach ensures that busy parents can still gain insights into their children's developmental needs and acquire positive parenting strategies.

Recently, when our volunteers visited the families, they often heard the parents expressing their anxiety and helplessness: "My child does not want to study at all. What should I do?" or "The exams are coming up, but my child refuses to revise!" As a result, the atmosphere at home became tense. The parents also revealed that most parent-child conflicts and arguments were centered on their children's academic performance. In light of this, two online parent talks, "Unlocking the 'Superpowers' of SEN Children" and "How to Enhance Children's Learning Motivation?" were held to guide parents in shifting their focus on what the child cannot do to recognising what the child can achieve. At the same time, the talks shared practical techniques to help parents master the skill of breaking down difficult long-term tasks into multiple, manageable short-term goals. These concrete experiences of success served as essential building blocks for children to rebuild their sense of self-efficacy.

In order to provide enhanced support for both parents and children, the volunteers proactively helped parents in identifying children's strengths during home visits. They demonstrated how to offer compliments and guided parents in setting achievable goals for their children. Taking the improvement of writing skills as an example, with the assistance of the volunteers, parents attempted to transform the stressful demand of "passing the writing exam" into gradual and concrete steps:

- Step 1: Read one storybook chosen by the child each week to expand vocabulary and develop rhetorical skills.
- Step 2: Practice organising stories through interactive "look-and-tell" storytelling.
- Step 3: Guide the child write the story down.

Consequently, parents understood the importance of providing concrete recognition whenever children accomplished a micro-goal. This immediate feedback enabled the children to acknowledge their own progress.

Here is some feedback from the parents who joined the project:

- "The insights were incredibly helpful, especially the concept of breaking big goals down into smaller steps to make them achievable. It also reminded me to prioritise building a strong relationship with my child."
- "It made me realise that my anxiety actually came from not fully understanding the path my child needs to walk."
- "The sharing helped me see that my child isn't trailing behind others; they just excel in different areas."
- "The talk was so practical. I wish there were a replay available to watch it again!"
- "Thanks to the volunteers for taking the time to visit us. Every visit helps me understand what's truly on my child's mind."
- "I am so grateful to the volunteers for tracking these small goals alongside my child."

Summary of Major Activities for April to June 2026

Month	Project/Title	Activity
April	Carnival	• Spank Out! Child Protection Carnival on 25 April
May	Joyful Kids	• Orientation Meeting for Joyful Kids Members on 23 May • Fantasy Farming Experience – One-day Little Farmer on 30 May
April to June	Child Protection Institute	• Parent Talk on Raising Good Children Without Physical Punishment on 18, 27 April, 16 and 27 May • Student Talk on Understanding Stress and Problem-Solving Strategies on 20 April • Workshop on Identification and Handling of Suspected Child Abuse Cases on 24 April, 21 May and 20 June • Parent Talk on The Mandatory Reporting Ordinance: What Every Parent Needs to Know on 29 April • Breathe & Reset: Holistic Stress Relief through Neuro-Linguistic Programming (NLP) and Scents on 4 May • Parent Talk on Nurturing Children's Self-Discipline on 8 May • Stress Relief for Parents – Aromatherapy and Relaxation Workshop on 16 May and 29 June • Parent Talk on Connection Before Correction – Bringing Warmth Back to Your Parenting on 22 May • Parent Talk on Common Child Behavioral Problems and Management Strategies on 26 May
	Child Abuse Treatment Corner	• Parent-child Activity – Easter Party on 11 April • Stress Management Group for Parents with Depressive Features (III) on 15, 29 April, 6, 13, 20, 27 May, 10 and 17 June • Batterer Intervention Therapeutic Group for Parents (III) on 30 April, 7, 14, 21, 28 May and 4 June • Parent-child Play Workshop – Happy Mother's Day on 2 and 16 May • Children Therapeutic Group (II) on 6, 13, 20, 27 May, 3 and 10 June • Parent Talk – Be Authoritative Parents on 12 May • Positive Parenting Training Course (II) – Positive Parenting X Disneyland Visit on 5 and 13 June • Volunteer Training (II) on 12 June • Children Therapeutic Group (III) on 17, 24 and 26 June • Positive Parenting Training Course (III) – Positive Parenting X Build a Bear Workshop on 29 June
	Play Connect Happy Growth Positive Parenting Project	• Parent-child Playgroup (for 12-18 months old toddlers) on 13, 15, 20, 22, 27, 29 April, 4 and 6 May • Parent-child Messy Playgroup (for 18-24 months old toddlers) on 16, 23, 30 April, 7, 14, 21 May, 4 and 11 June • Parent Talk on Building Harmonious Relationships with Children Through Play (III & IV) on 24 April and 9 June • Pre-school Adaption Playgroup (for 20-30 months old toddlers) (Morning Session) on 11, 13, 18, 20 May, 1, 3, 8 and 10 June • Pre-school Adaption Playgroup (for 20-30 months old toddlers) (Afternoon Session) on 11, 13, 18, 20 May, 1, 3, 8 and 10 June • Parent Positive Parenting Workshop on 8 and 10 June • Parent Stress Management Workshop (XIV) on 18 June • Summer Festival Messy Play on 24 and 25 June



Month

Project/Title

Activity

April to June

Chuk Yuen Centre Family Corner

- Family Trip To Ocean Park on 2 April
- Parents' Tea Gathering on 13 April, 18 May and 29 June
- Committee Meeting on 14 April, 19 May and 23 June
- Practical Positive Parenting (Season 1) on 15, 22, 29 April and 6 May
- The Healthy Start Hub on 21 and 22 May
- The Healthy Start Quiz Challenge on 1 and 2 June
- Summer Fun Learning Hub Volunteer Training on 18 and 27 June
- Birthday Party (April to June) on 27 June

Bless My Home Forever
Volunteer Home Visitation
Project

- Family Sharing Forum
 1. Family Day in Ocean Park on 2 April
 2. Enjoying Movie with Family on 8 April
 3. Unlocking the "Superpowers" of SEN Children on 15 May
 4. How to Enhance Children's Learning Motivation? on 27 May
 5. Unwinding after Exams – Family Fun Day in Disney on 13 June
 6. Enjoying the Water World on 27 June
- New Volunteer Orientation and Training on 29 May

Daylily Project for
Young/Single Mothers

- Family Sharing Forum
 1. Family Easter Movie Fun on 8 April
 2. The Magic of Praise: Unlocking Your Child's Confidence Superpower Parent Talk on 8 June
 3. Magic in Action: The Parent-child "Appreciation" Challenge on 13 June
 4. Play Smart, Grow Smart – Decoding the Magic of Play-based Learning Parent Talk on 23 June
 5. Summer Splash Fun – Parent-child Water World Adventure on 27 June
- Orientation for New Volunteers on 29 May

Good Parents'
Networking Project

- Good Parent Training on 2, 14, 21, 28 April, 5, 12, 26 May, 2, 9, 16 and 30 June
- Good Parent Training (S.K.H. Chu Oi Primary School – Lei Muk Shue) on 10, 24, 29 April, 8 and 22 May
- Parents Chill Club
 1. Framing DIY Twisting Flowers Workshop on 16 and 23 April
 2. Aromatherapy and Myofascial Release Treatment on 29 April
 3. Crocheted Mesh Water Bottle Bag Workshop on 6 May
 4. Sweet Potato Oat Egg Tart Making on 27 May
 5. DIY Wang Wang Woof-woof Leather Coin Case Workshop on 10 June
 6. Sweet & Honey Toffee Making on 15 June
- Good Parent Training (S.K.H. Chu Oi Primary School) on 17 and 24 April
- Trainers' Gathering
 1. Sweet Potato Oat Egg Tart Making on 22 April
 2. Nail Art Workshop on 7 May
 3. Trainers' Gathering on 17 June
- Parent-child Activity
 1. Ocean Park Summer Water Park on 27 June
 2. "Abundant Life" Positive Emotion Day Camp on 28 June



Month	Project/Title	Activity
April to June	Tuen Mun Family Corner	• Parent-child Movie Fun Day on 8 April • Hair Cut on 11 April • Self-care X Joy of Cooking 1. Stir-fried Taro in Chaozhou Style on 14 April 2. Custard Bun on 28 April 3. Cha Kwo on 26 May • Yi Jin Bang Exercise on 15 and 16 April • Mindfulness and Zentangle Workshop with Tea on 5 May • Mother's Day Handicraft Workshop on 8 May • Sing and Story in Summer! on 15 May • Young Scientists – Discoveries of Light on 22 May • Parent talk 1. Positive Parent-child Communication and Skills of Handling Conflict on 6 June 2. How to Manage a Child's Emotions on 8 June 3. Cultivating Children's Self-discipline on 11 June • Volunteer Gathering – Wrapping Rice Dumpling on 12 June • Disneyland Family Day Trip on 13 June • Parenting Reflection X Leather Key Pouch Workshop on 16 June • Parenting Reflection X Wool Felt Workshop on 23 June
	Parent-child Support Line	• Advertising at Facebook from 1 to 30 April and 8 to 30 June

May to June	"Sun" Start of Parent-Child Support Project for Underprivileged Families	• Family Amusement Park – Parent-child Interactive Exploration Workshop on 30 May • Sensory Discovery Playgroup on 2, 4, 9 and 11 June • Ocean Park Family Adventure Day on 6 June
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Forthcoming Events for July to September 2026



Month	Project/Title	Activity
July	Child Protection Institute	• Parent Talk on Raising Good Children Without Physical Punishment on 2 July
July to September	Child Abuse Treatment Corner	• Positive Parenting Training Course (III) – Positive Parenting X Build a Bear Workshop on 3 July • Children Therapeutic Group (III) on 3, 8 and 10 July • Advanced Volunteer Training – Parent-child Board Game Interaction Training 2.0 on 4 July

Month

Project/Title

Activity

July to September

Child Abuse Treatment Corner

- Parent-child Play Workshop (II) – Happy Bonds: Child-centered Play Therapy Experience on 27 July and 3 August
- Parent-child Play Workshop (III) – Fun with Board Games on 28 and 31 August
- Parent-child Activity (II) – Parent-child Pizza Making Workshop on 29 August
- Batterer Intervention Therapeutic Group for Parents (IV) on 7, 14, 21 and 28 September

Play Connect Happy Growth
Positive Parenting Project



- Pre-school Adaption Class (for 20-30 months old toddlers) on 6, 8, 13, 15, 20, 22, 29 and 31 July
- Parent Talk on Building Harmonious Relationships with Children Through Play on 7 July
- Parent Positive Parenting Workshop on 29 and 31 July
- Independent Transition Class (for 20-30 months old toddlers) on 5, 7, 12, 14, 19, 21, 26 and 28 August
- Parent-child Messy Playgroup (for 18-24 months old toddlers) on 6, 13, 20, 27 August, 3, 10, 17 and 24 September
- Stress Management Workshop (I & II) on 11 August and 28 September
- Parent-child Playgroup (for 12-18 months old toddlers) on 31 August, 2, 7, 9, 14, 16, 21 and 23 September

Chuk Yuen Centre Family Corner

- Summer Fun Learning Hub on 20 to 31 July and 3 to 21 August
- Little CEO and Big Helper Parent-child Teamwork Group on 22, 29 July, 5, 12 and 19 August
- Story & Playtime Wonderland on 23, 30 July, 6, 13, 20 and 27 August
- Parents' Tea Gathering on 27 July, 24 August and 28 September
- Committee Meeting on 28 July, 25 August and 29 September
- Practical Positive Parenting (Season 2) on 6, 13, 20 and 27 August
- Back-to-School Summer Bash on 22 August
- Birthday Party (July to September) on 19 September

"Sun" Start of Parent-Child
Support Project for
Underprivileged Families

- Exploring Child Gross Motor and Sensory Development Parent Education Talk & Baby Birthday Party on 18 July
- Little Steps to School – Preschool Readiness Playgroup on 4, 6, 11 and 13 August
- Essential Parenting Course for New Parents on 8, 15, 22 and 29 August
- Yoga Buddies – Parent-child Relaxation Time on 18 August
- Volunteer Training Course on 12 and 19 September
- Active Tiny Explorers Playgroup on 15, 17, 22 and 24 September
- Parent-child Massage Workshop on 30 September

Bless My Home Forever
Volunteer Home Visitation
Project

- Volunteer Gathering & Advanced Training
 1. Building Rapport with Family on 18 July
 2. The Art of Language on 12 September
- Family Sharing Forum
 1. Summer Chill Out on 18 July
 2. Let's Be Friends! on 24 July
 3. Freedom VS Restriction on 7 August
 4. Little Financiers – Raising Money-smart Kids on 21 August
 5. Creation of Children on 19 September
 6. Family Photo Studio on 19 September

Month	Project/Title	Activity
July to September	Daylily Project for Young/Single Mothers	• Volunteer Advanced Training 1. Playing with Kids – Building Balloons on 3 July 2. Know More about SEN Children (ADHD & ASD) on 7 August 3. Know More about SEN Children (SpLD & others) on 14 August 4. Playing with Kids – Board Game Challenge on 28 August 5. Reading with Kids on 11 September • Family Sharing Forum 1. Mindful Makers – Crafting DIY Stress-relief Toys Together on 16 July 2. Little Pizza Chefs on 21 August 3. Discover at Farm on 6 September 4. Mid-Autumn Magic – Parent-child Healthy Pumpkin Mooncake Making on 19 September
	Good Parents' Networking Project	• Parent-child Activity 1. Trending Sports Discovery Day Camp on 18 July 2. Kwu Tung Reservoir Eco-tour (2D1N Camp) on 22 and 23 August • Good Parent Training (Po Leung Kuk Chan Yat Primary School) on 24 September
	Tuen Mun Family Corner	• Emotion Regulation and Self-awareness Group for Children on 15, 17, 22 and 24 July • Parent-child Story Telling Workshop on 17 July • Parent-child Bath Bomb DIY Workshop on 18 July • Little Chef Training Course on 21, 28 July, 4 and 11 August • Paper Cutting and Decoration Workshop on 22 July • Little Detective on 29 July • Watercolor Workshop on 20 August
September	Parent-child Support Line	• Escalator Posters Advertising at MTR Stations from 2 to 17 September

Parent-child Support Line

Sponsored by Fu Tak Iam Foundation Limited

ACA Parent-child Support Line continues to be sponsored by Fu Tak Iam Foundation Limited. The Support Line service supports parents, children, teenagers, professionals and the general public. We hope to support families in crisis, prevent child abuse, promote child protection, and spread positive parenting messages.

With the continuous changes in the social environment, parents are facing increasing mental stress and challenges in taking care of their children. During April and June, we promoted our hotline service on Facebook and Instagram, aiming to raise awareness and encourage children and parents in need to seek help. We regularly promote our hotline service on the ACA website, encouraging the public to use adopt effective and positive discipline methods. We also invite everyone to refer to the parenting articles on our website for more information (<https://www.aca.org.hk/en/parentingarticle>).

Parent-child Support Line:
2755 1122

Service:

09:00 - 13:00, 14:00 - 21:00 (Monday to Friday)

09:00 - 13:00 (Saturday)

Close on Sunday and Public Holiday



Acknowledgement of Generous Donations

We extend our heartfelt gratitude to the following organisations and kind-hearted individuals for their generous support (in no particular order):

1. Ocean Park Hong Kong – 2,000 tickets
2. Water World Ocean Park Hong Kong – 500 tickets
3. Hong Kong Disneyland – 450 tickets
4. Carrera Revell (HK) Limited – 192 pieces of children toys
5. Galaxy International Trading (H.K) Co., Limited – Children toys
6. Just Play (HK) Limited – 14 boxes of children toys
7. Giving Whilst Living Ltd – 70 boxes of children toys
8. Island Harbourview Clubhouse – 91 pieces of children toys
9. MaxiPro (Asia) Limited – 349 bottles of hand sanitizer, 4 boxes of bus models, 2 tubes of sleep lotion, and 66 memo pads
10. Shawn – Birthday Fundraising
11. Jaren – Hundred Days Party Favour Donation
12. Angel Lieu (Student of KGV) – Bake Sale Donation

Summer Lin
Funding and Communications Manager

Chuk Yuen Centre Family Corner

A Healthy Start Begins with Well-being: The Healthy Start Hub

As parents, ensuring the healthy growth of our children is always our primary mission. However, we firmly believe that a warm and healthy family environment can only be nurtured when caregivers themselves are in a good state of physical and mental well-being. To promote this vital concept of "self-care," the Chuk Yuen Centre Family Corner teamed up with the Wong Tai Sin District Health Centre to organise "The Healthy Start Hub" on 21 and 22 May. The programme aimed to introduce practical health resources to parents, creating a warm refueling station focused on holistic well-being.

The response was overwhelmingly enthusiastic, drawing a total of 65 parents taking part. One of the highlights was the "Parental Stress Test." This simple emotional screening acted like a mirror, allowing parents, who are usually fully occupied with family care, to quiet their minds and carefully evaluate their own parenting stress. During the process, we identified several parents facing higher levels of parenting stress and emotional distress. We then stepped in to offer hotline support services, hoping that timely listening and professional guidance would help ease their exhaustion and helplessness.

In addition, the event utilised a lively "Health Myths: True or False" interactive game to convey accurate health information in a relaxed manner. Questions such as "Does a low-sugar drink mean it is absolutely healthy?" and "Can stress cause stomach discomfort?" were used to spark parents' awareness of their health, drawing connections to their everyday lives.

At the same venue, professional staff from the Wong Tai Sin District Health Centre provided free rapid Hepatitis B screenings for eligible parents and introduced local primary healthcare resources in detail. We sincerely encourage every parent to put the concept of self-health management into practice in their daily lives.



Mandy Ma
Social Worker



Joyful Kids Group – Child Development Group

The Joyful Kids Group consists of a group of children and youth volunteers aged 7 to 17, from a child protection and children's rights and responsibilities perspective, provide child growth and volunteer training to promote their holistic growth and development. Through various group training and volunteer service opportunities, the group enables them to apply what they have learned and unleash their potential.

On 30 May, the project held "Fantasy Farming Experience: One-Day Little Farmer" Volunteer Activity, bringing a group of energetic little volunteers to a local organic farm. Throughout the visit, these young volunteers learned about various local crops and boosted their knowledge of planting. They rolled up their sleeves to try tilling, weeding, and harvesting, gave them a deeper appreciation of the hard work behind food production, taught them to cherish food, and nurtured gratitude toward nature. They also tasted freshly harvested produce, made sweet mung bean soup, and enjoyed freshly cut pineapple. The young volunteers found the activity rewarding and gained a sense of achievement. Feedback on the activity was highly positive.

Chan Wing Tung
Project Assistant



The Hong Kong Jockey Club Community Project Grant – “Sun” Start of Parent-Child Support Project for Underprivileged Families

Sponsored by the Hong Kong Jockey Club Charities Trust



The project aims to provide comprehensive support for pregnant women and infants and their families. Through regular volunteer home visits and diversified parenting education services, it helps reduce pre- and post-natal stress and anxiety, fostering healthy families and creating a caring, stress free environment for children's growth.

Parent-child Exploration Workshop

The project held the Parent-child Interactive Exploration Workshop on 30 May. The workshop featured Disney-themed sensory and play experiences for children to explore through play and enhance family interaction. Guided by social workers, parents engaged with their toddlers and practised practical communication skills like "Serve and Return" and "Expand More, Ask Less". Through various sensory games and collaborative tasks, children had opportunities to practise coordination and expression. The workshop attracted 21 families, with parents praising its fun and practicality. Parents now look forward to reinforcing these play and communication techniques during the Disney Practice Day on 13 June.

Sensory Discovery Playgroup

The project held four sessions of toddler playgroup from 2 to 11 June, aiming to encourage children to explore and create in a relaxed and open environment. Parents and children participated in rich sensory games, using oatmeal, flour, and jelly, combined with gross and fine motor activities. This allowed children to unleash creativity while developing motor skills and physical coordination. During the process, various positive parenting techniques were also introduced for parents to practice. These activities not only enhanced children's sensory and physical development but also promoted parent-child emotional bonds. Parents learned how to integrate these activity elements and techniques into daily life, using simple materials to spark their child's imagination and foster positive interactions. After the playgroup, participating families expressed great enjoyment and looked forward to more similar parent-child activities in the future.

Lee Sum Yu
Project Social Worker

Child Protection Institute



Supporting Pre-service Kindergarten Teachers' Well-being for Positive Early Childhood Education

Kindergarten teachers play a vital role in caring for and nurturing young children's growth. In addition to professional knowledge and teaching skills, they need emotional stability and effective stress management skills. Yew Chung College of Early Childhood Education invited the Child Protection Institute to collaborate in organising a workshop titled "NLP x Aromatherapy for Stress Relief" for a group of future kindergarten teachers. By integrating elements of Neuro-Linguistic Programming (NLP) and aromatherapy, the workshop helped students understand their own stress levels, learn practical stress-relief techniques, and better prepare themselves for entering the early childhood education sector.

The workshop was conducted in an interactive format. Through light-hearted and engaging activities, the trainer first guided participants to explore their physical and emotional responses when facing stress, helping them understand how stress can affect emotions, thoughts, and behaviours. Participants were actively engaged throughout the process. They gained a deeper understanding of the physical and psychological signs that arise under stress, gradually enhancing their self-awareness and learning to acknowledge the sources of stress and their own needs. At the same time, they learnt to recognise how children or parents may present when stressed, enabling them to observe more sensitively and respond with greater empathy.

The trainer then introduced basic stress-relief techniques from NLP, allowing participants to experience how changing submodalities can help reduce stress. These techniques not only support personal emotional management but also enhance communication effectiveness when interacting with children, parents, and colleagues in the future.

In addition to psychological learning, the workshop incorporated an aromatherapy experience, inviting participants to relax through their senses and experience the calming effects of scent. The trainer explained the characteristics of different aromatic materials and their applications in stress relief, and guided participants in creating their own perfume. During the process, participants carefully selected scents that suited them, enjoying a moment of calm while releasing the tension and fatigue accumulated in daily life. The atmosphere was relaxed and enjoyable.

This workshop not only equipped pre-service kindergarten teachers with stress-relief skills, but more importantly reminded them of the importance of caring for their own physical and mental well-being while supporting children's growth. Developing self-care capacity can help educators accompany children with a healthier, more positive, and empathetic mindset, enabling them to walk more steadily and go further on their educational journey.

ACA has always been committed to promoting children's healthy development, and we firmly believe that children's well-being is closely connected to the physical and mental health of their caregivers. Looking ahead, we will continue to organise a variety of activities to raise awareness of the mental health of caregivers and educators, working together to build a more caring and safer environment for children to grow.

Cynthia Cheng
Service Manager (Chuk Yuen Centre)

Daylily Project for Young / Single Mothers

Sponsored by The Community Chest of Hong Kong



The Daylily Project aims to support young and single mothers in their personal development, emotional needs, childcare skills, and in building a rich social support network.

Following a fruitful start to the year, the project continued its momentum through the vibrant months of April to June. We organised a series of engaging family sharing sessions and parenting seminars, enabling mothers and their children to learn, laugh, and grow together as summer approached.

The April Easter holidays kicked off the quarter with joy! Thanks to the generous sponsorship of Mean Well (Hong Kong) Holding Limited, we hosted the Family Easter Movie Fun on 8 April. Project families gathered at the cinema for a special screening of the movie Hoppers. The hilarious yet heartwarming scenes captivated both parents and children, filling the theatre with laughter and creating precious bonding memories.

In May, alongside our routine support services, the project focused on welcoming new team members. On 29 May, we successfully held the Orientation for new volunteers. Through interactive activities and experience sharing, our new volunteers gained vital communication skills tailored for supporting young and single mothers, laying a strong foundation for our upcoming services.

June was packed with inspiring positive parenting seminars. On 8 June, we held The Magic of Praise: Unlocking Your Child's Confidence Superpower – Parent Talk, where parents learned how to use effective praise to boost their child's self-esteem. To help parents put theory into practice, we followed up on 13 June with Magic in Action: The Parent-child "Appreciation" Challenge, bringing families to a theme park. In this relaxed and fun environment, mothers practised using praise during the activities and observed positive responses from their children.

Shortly after, on 23 June, a highly popular seminar, Play Smart, Grow Smart: Decoding the Magic of Play-Based Learning Parent Talk, helped parents uncover the learning secrets behind play, empowering mothers to stimulate their child's potential through simple home-based games. Finally, to wrap up this lively quarter perfectly, we hosted the Summer Splash Fun: The Parent-child Water World Adventure on 27 June. Families enjoyed a refreshing day of swimming and water slides, beating the summer heat amidst a chorus of cheers and laughter.

Over the past three months, these parenting seminars and outdoor activities have not only brought parents and children closer but also strengthened our community support network. We express our heartfelt gratitude to The Community Chest of Hong Kong, Mean Well (Hong Kong) Holding Limited, and all our volunteers for walking alongside us. We look forward to continuing our journey with these mothers, helping them leave their worries behind and move forward together.

Chloe Chan
Social Worker

Child Abuse Treatment Corner

Sponsored by Fu Tak Lam Foundation Limited



This programme is dedicated to supporting pregnant women and families with children aged 0 to 5 in the Tsuen Wan and Kwai Tsing districts. Through our volunteer home-visiting programme, we provide emotional support and parenting information. In addition to our home-visitation services, the programme offers a series of preventative and therapeutic services, including in-depth parenting therapy groups designed to alleviate parenting stress.

The parenting groups within the programme consist of an eight-session "Batterer Intervention Therapeutic Group" and a "Stress Management Group for Parents with Depressive Features." These sessions are conducted through various formats, including mini-lectures, videos, discussions, and role-plays. Utilising Rational Emotive Behavior Therapy (REBT), the groups guide parents to explore the sources of their stress, understand their emotions, and learn appropriate ways to express them. Parents are supported to develop skills for managing their children's behavioural difficulties, enabling them to raise their children with a positive and optimistic approach. Through mutual learning and sharing, participating parents expressed that they felt deeply inspired and benefited immensely. Below is a reflection shared by one of the parents after attending the group.

Parents' Reflection: Holding My Child's Hand with Understanding

In the past, I often thought my child was constantly lying and "just wouldn't listen no matter how many times I told him," which made me feel incredibly frustrated with my parenting. It wasn't until I joined the group and learned about the "Iceberg Theory" that I began to reflect on how well I truly understood my child. As it turns out, there are often underlying reasons behind a child's lying.

I remember the caseworker sharing a case study about a child who rarely listened to his mother. The mother always felt that her child was "definitely opposing her on purpose." However, the child's oppositional behaviour may have stemmed from a lack of security and a desire for her approval. This reminded me of myself—I used to focus solely on the "tip of the iceberg" above the water, which meant looking only at surface behaviours like not telling the truth and emotional outbursts, and rushing to correct them.

Reflecting on that case study made me realise I had been overlooking my child's needs all along. In the past, whenever my child exhibited negative behaviour, I habitually dealt with it by scolding him. This led him to gradually learn to lie as a way to escape my scolding. I also reflected that I seldom offered him positive support and encouragement. Through the discussion of the "Iceberg Theory," I came to understand the reasons behind my child's behaviour, which taught me how to truly understand and accept him.

In addition, participating in the group has also taught me how to relax and calm my emotions. During communication, I used to unintentionally vent my feelings first, which prevented my child from receiving what I wanted to express. The 'I-message' communication method learned in the group — "I feel..., because..., I hope..." has become my way of expressing myself in daily life. This method helps me convey my thoughts more clearly and avoid blaming my child.

Although the journey of parenting may not always be smooth, and there will still be times when my child makes me feel discouraged, having these parenting tools gives me more confidence to accept my child. I truly believe that we will be able to build a more beautiful parent-child relationship.

Lau Sze Ching
Project Social Worker

Good Parents' Networking Project

Sponsored by Fu Tak Iam Foundation Limited

The Good Parents' Networking Project offers parenting education to families in the Tsuen Wan and Kwai Tsing districts. Through positive-discipline courses, parent-child activities and parent workshops, the project equips caregivers with positive discipline techniques, improves parent-child communication, promotes family harmony, and fosters a spirit of mutual support within the community.

From April to June, we organised a series of engaging parent-child activities, allowing parents and children to share joyful weekend moments, enhance interaction, and strengthen family bonds. We held an Ocean Park Summer Water Park Visit on 27 June. On the event day, parents and children experienced a variety of thrilling water attractions together, enjoying refreshing moments in the summer heat and spending relaxing, quality family time. We are grateful to Rainbow Foundation and Noah's Academy Foundation for co-organising "Abundant Life" Positive Emotion Camp on 28 June. Under the guidance of professional instructors, families participated in the STEM Tank Competition, enabling parents and children to learn emotional and stress management together while strengthening their communication and problem-solving skills. These parent-child activities provided families with opportunities for play and relaxation, while also helping to strengthen parent-child relationships and support healthy physical and emotional development.

Regarding parent activities, our project regularly organises a diverse range of parent activities to strengthen connections among parent volunteers in the district and expand the support network. We held Trainers' Gathering respectively on 22 April and 8 June at Kwai Chung Centre. Parents made sweet potato oat tarts and honeytoffee candies. On 17 and 26 June, nail-art workshops were held, allowing parents to slow down amid their busy routines and enjoy moments of self-care. Our parent trainers also collaborated to plan parent workshops and parent-child activities, helping to strengthen communication and connection among parents. Furthermore, we sincerely thank all the parent trainers for their thoughtful arrangements and support in delivering activities on 16, 22, 23, 29 April, 6, 7, 27 May, 10 and 15 June. The activities included Framing DIY Twisting Flowers, Aromatherapy and Myofascial Release Treatment Workshop, Crocheted Mesh Water Bottle Bag Workshop, Sweet Potato Oat Egg Tart Making, Woof-Woof Leather Coin Pouch Workshop and Honey-Toffee Candy Making. Parent trainers could make full use of their experience and strengths by serving as instructors and support personnel in the Parents Chill Club activity series. Throughout the project planning and implementation process, they continuously enhance their abilities and accumulate experience.

To promote child protection and positive parenting practices, the project conducted the first and second phases of the Good Parent Training from April to June, and delivered the course to parents at S.K.H. Chu Oi Primary School and S.K.H. Chu Oi Primary School (Lei Muk Shue). This ten-session course enabled parents not only to acquire positive discipline techniques and strategies for managing parent-child conflicts, but also to deepen their understanding of children's psychological needs and behavioural patterns through experiential activities such as improvisational theatre and role-switching. The course further integrated elements of aromatherapy and expressive arts therapy, supporting parents in practising selfcare so that they could regain strength along their parenting journey and serve as a steady and reliable source of support for their children.



Bernice Ng
Project Clerk



Tuen Mun Centre Family Corner



社會福利署資助服務
Subsidised Services for the Social Welfare Department

From April to June, the Tuen Mun Centre hosted a number of volunteer-led craft and cooking activities, including leather key pouch making, wool blanket crafting, and preparing Chaozhou-style taro dish and Cha Kwo. During the activities, social workers guided participants to reflect on their parenting journey, helping them learn the importance of self-care, etc. One of the events was led by volunteer Shumin, in which participants used Zentangle to reflect on their relationships with others and parenting—particularly on communication and boundaries. Participants shared that they greatly enjoyed the class, felt a strong sense of achievement from their masterpieces, and learned both the techniques and philosophy behind Zentangle.

Yetta Chan

Service Manager (Tuen Mun Centre)



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Project Illuminating

Sponsored by Dr Patricia Ip Foundation Fund

Project Illuminating aims to care for caregivers and children in terms of their mental health and wellbeing, and to reduce the anxiety and stress levels of caregivers through various programmes. The programmes include family interviews, mental health wellbeing-promotion workshops, caregiver mutual help groups, parent-child activities, mental health-related activities for children and adolescents, drama therapy and creative arts therapy. The Caregivers' Life Exhibition will be conducted as a summary of the whole project. Moreover, the project provides knowledge and training about mental health and positive parenting skills, which enhances parent-child relationships and promotes the public awareness and understanding towards mental health wellbeing.



There were two groups, each with six sessions of "Light and Shadow Pastel Painting – Spiritual Painting" Caregiver Group. Using Pastel Nagomi Art as the main medium, the group provided a space for caregivers to unwind from daily pressure through drawing, carving out a well-deserved breathing room from their busy lives. Each session began with a mindfulness visualisation, guiding participants to paint their inner scenery according to the theme. This process helped them to look inward and reflect on their personal needs and stress. After finishing their pieces, they gathered for a mini-showcase to share their thoughts, uplift one another, and find mutual support. Two groups brought together 17 wonderful caregivers. All the parents fully immersed themselves in the sessions and are eagerly looking forward to joining future groups.

Chan Wing Tung
Project Assistant



「童伴童玩」正面管教計劃

由香港救助兒童會贊助

「童伴童玩」正面管教計劃專為12至30個月大的幼兒而設，按他們的發展需要，提供多元化的親子遊戲小組、家長工作坊、親子活動及到校講座。於4月至6月期間，計劃為12至18個月幼兒提供親子遊戲小組，18至24個月幼兒提供感官遊戲小組，並為20至30個月幼兒提供學前適應小組。

在親子遊戲小組中，工作人員運用不同的感官刺激，讓幼兒認識自己的身體部位；同時，亦協助家長學習如何觀察幼兒的發展能力，並增加親子互動的機會。是次組別家長表示，小組內容多元化，能吸引幼兒投入參與。家長亦觀察到，雖然幼兒在小組中表現較內斂，但在家會主動表演小組所學的歌曲及舞蹈，並重複進行課堂活動，反映幼兒有所吸收。

至於感官遊戲小組，工作人員每節會按不同主題運用多元物料，讓幼兒嘗試探索各種玩法。此組別的家長亦留意到幼兒的改變，例如：由從前不願使用工具，到現在能主動拿著匙羹運送物料；又或者由以前不敢直接以手觸碰陌生的物料，到現在可以直接踩進感官盤內。上述觀察有助家長更清楚了解幼兒的喜好及特性。

此外，計劃亦舉辦了兩組學前適應小組，協助幼兒為進入幼稚園作好準備。家長認為活動貼合幼兒的興趣，並能讓家長掌握幼兒發展的相關資訊。家長亦樂意在家花時間與幼兒進行親子小任務，以鞏固他們在課堂上所學，同時亦增加親子互動機會。

黃靜怡
計劃社工



“Play Connect Happy Growth” Positive Parenting Project Sponsored by Save the Children Hong Kong



The “Play Connect Happy Growth” Positive Parenting Project is designed for toddlers aged 12 to 30 months, offering a variety of parent-child playgroups, parent workshops, family activities and school-based parent talks tailored to children's developmental needs. From April to June, the programme provided parent-child play groups for children aged 12 to 18 months, Messy Play groups for children aged 18 to 24 months, and a preschool adaptation playgroup for children aged 20 to 30 months.

In the parent-child playgroups, the workers used a range of sensory stimulation to help children recognise different parts of their bodies. At the same time, they supported parents in learning how to observe children's developmental abilities and created more opportunities for parents and children to interact with one another. Parents shared that the group content was diverse, which encouraged children to participate actively. They also observed that although their children were more reserved during the sessions, they would sing the songs and perform the dances they learned at home, and repeatedly play the activities from the classes, demonstrating that children had absorbed and understood what was taught.

For the messy playgroups, workers used different materials in each session according to the session themes, encouraging children to explore different ways of playing. Parents noted visible changes in the children—for example, moving from previously refusing to use utensils to now actively pick up a spoon to transport materials; or from previously hesitate to touch unfamiliar materials directly with their hands to now being able to step into a sensory tray. Such observations also helped parents better understand their children's preferences and characteristics.

In addition, the project held two preschool adaptation groups to prepare children for entering kindergarten. Parents felt that the activities matched children's interests and helped parents better understand child development. Parents were also willing to spend time carrying out small tasks at home to reinforce what they learned in class, while the sessions also increased opportunities for parent-child interaction.

Michelle Wong
Project Social Worker