

NEWSLETTER

During the summer holiday, ACA arranged a series of activities for parents and children. The activities included a day camp to experience farming, a cultural day, a fun day at Aberdeen Marina Club, a laughter yoga session, happy kitchen classes, workshops on story-telling, dance movement and mindful lunch, etc. The purpose of these activities was not only fun but also relaxation, communication and building positive parent-child relationship. Parents were given an opportunity to know ways to handle daily stress, learn positive parenting and build network with other parents. Children were happy to join the activities with their parents.

"The best way to make children good is to make them happy."

~ Oscar Wilde

Many children told me that they are happy if their parents can spend more time with them. They are happy if their parents can be patient and understanding. They are happy if their parents are happy. Parents' emotions, thoughts and behaviours affect children in many ways. ACA organises groups for parents to understand how their negative automatic thoughts affect their ways of thinking and managing their children. Our professional team spent five days in July and August to deepen the knowledge and skills of Cognitive Behavioural Therapy so as to equip ourselves to better support parents and children.

"Each day of our lives we make deposits in the memory bank of our children."

~ Charles R. Swindoll

ACA and the Hong Kong Committee on Children's Rights have been supporting Kids' Dream since its establishment. This year is their 10th Anniversary. Kids' Dream is a child-led organisation to promote children's rights and to advocate for the full implementation of the United Nations Convention on the Rights of the Child. Their work in the past ten years has proved that children are experts in matters relating to them. They went to the United Nations to express views. They spoke at conferences and symposiums. They presented their views to government officials and legislation councillors. They conducted workshops and training. They urged society as a whole to respect the human integrity of children. Well done, Kids' Dream!

Child protection works must involve multi-disciplines with the support of sound legislation and system. We are organising a sharing forum on Child protection Legislation in Hong Kong cum ACA Kwai Chung Centre Opening Ceremony on 4 November. We are pleased to have invited experts from different fields to be the speakers. They are the Hon Madam Justice Esther TOH Lye-ping, Professor Ian Grenville CROSS, Ms Amanda WHITFORT, Mr Azan MARWAH, Ms Frances LEE King-hei and Dr SHIU Yiu-keung. We look forward to your participation to review and discuss the current Child Protection Legislation for the better protection of children.

Dr Jessica Ho
Director

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



Summary of Major Activities for July to September 2016

Month	Project/Title	Activity
July to August	Home Visitation Project for New Arrivals	<ul style="list-style-type: none"> • Volunteer Sharing on 8 July and 17 August • Volunteer Training on 26 and 30 August
July to September	Daylily Project for Young/ Single Mothers	<ul style="list-style-type: none"> • Volunteer Training on 2 July and 2 August • Family Sharing Forum <ol style="list-style-type: none"> 1. Home Safety and Community Resources on 10 July 2. Children's Psychological Needs on 5 August 3. Messages Behind Children's Misbehaviours on 11 September 4. Family Conflicts Resolution and Active Listening on 24 September
	Joyful Kids Group	<ul style="list-style-type: none"> • Joyful Kids Drama Team Training on 18, 25, 30 July, 5, 13 and 22 August • Joyful Kids Day Camp on 12 August • Volunteer Training and Visits to the Elderly on 10 September
	Child Abuse Treatment Corner	<ul style="list-style-type: none"> • Children Therapeutic Group III (Sessions 4-6) on 6, 8 and 13 July • Children Therapeutic Group IV (Sessions 1-3) on 14, 21 and 28 September • Batterer Intervention Therapeutic Group III (Session 1) on 29 September
	Tuen Mun Centre Summer Programmes and Leisure Corner	<ul style="list-style-type: none"> • Summer Programmes <ol style="list-style-type: none"> 1. Parent-child Handicraft Workshop on 15 July 2. Parent-child Workshop: Pudding Making on 22 July 3. Family Corner Happy Day Camp on 27 July 4. Parent-child Activity: Farm Experience Day Camp on 31 July 5. Cultural Day on 7 August 6. Happy Children Group from 23 to 26 August • Volunteer Training on 9, 16, 23 and 30 September
	Child Protection Institute	<ul style="list-style-type: none"> • Parental IT Talk and Workshop on 6 July • Interpersonal Relationship Workshop on 7 July and 29 September • Sex Education Workshop on 5, 6, 7 and 22 September • Team Building Training Course on 12, 15, 19 and 22 September • Hotline, Risk Assessment and Intervention Professional Training Course on 26 and 27 September
	Healthy Start Home Visiting Project	<ul style="list-style-type: none"> • Family Fun Day at Aberdeen Marina Club on 19 July • Parent Talk cum BB Birthday Party on 20 August • Parent Education Course on 2, 9 and 30 September
	The Chuk Yuen Centre Family Corner	<ul style="list-style-type: none"> • Family Amazing Fun Day on 10 July and 28 August • Birthday Party on 27 August • Volunteer Service to visit the Elderly in Mid-Autumn Festival on 3 and 10 September • Family Harmony with Love - Bus Tour on 25 September
	Bless My Home Forever Volunteer Home Visitation Project	<ul style="list-style-type: none"> • Volunteer Training: 2, 10 July, 2 August, 11 and 24 September • Family Sharing Forum <ol style="list-style-type: none"> 1. Home Safety and Community Resources on 10 July 2. Emotional Needs of Children on 5 August 3. Positive Parenting on 11 September 4. Positive Psychology on 24 September
	Good Parents' Networking Project	<ul style="list-style-type: none"> • Children's Activity - Kid's DIY Workshop on 13, 20, 27 July and 3 August • Parent's Relaxing Zone <ol style="list-style-type: none"> 1. Mama's Kitchen on 18 July and 1 August 2. Starry Parent Joyful Morning Tea on 7 September 3. Starry Kitchen on 14 September 4. Parent Handcrafts on 21 September • Parent-child Activity <ol style="list-style-type: none"> 1. Happy Kitchen on 9 July 2. Story Telling on 15 July and 12 August 3. Funny Balloon Workshop on 23 July 4. Joyful Board Game on 13 August 5. Funny Summer Party on 20 August 6. Laughter Yoga on 24 September • Happy Board Game Workshop on 23 and 30 September • Good Parent Networking Training Course (Stage 2) on 12, 15, 19 and 22 September

Summary of Major Activities for July to September 2016

Month	Project/Title	Activity
July to September	Child Protection and Treatment Project - Happy Child Starting from the Home	<ul style="list-style-type: none"> Happy Parenting Education Activities <ol style="list-style-type: none"> Dance Movement Workshop on 2 July Talk on Listen to Children on 9 July Talk on Understand the Need of Children on 11 July To be a Playful Parent Experiential Workshop on 25 July Stress Release at Lunch Time on 8 August Mindful Lunch on 15 August Lunch Time Mindful Walk on 12 September Give Children the Best Parent Group <ol style="list-style-type: none"> To be a Popular Parent on 5, 12, 26 July and 23 August Finding Oneself in Relaxation on 8, 15, 29 July and 5 August Family Sculpting Workshop on 15, 17, 22 and 24 September Child Development Workshop <ol style="list-style-type: none"> Enhance Social Skills and Emotional Awareness Group on 20, 27 July, 3 and 10 August Enhance Confidence and Problem Solving Skills on 21, 28 July, 4 and 11 August
August to September	Kids' Dream	<ul style="list-style-type: none"> Children's Right Workshop on 3 August "Horizons" Video Launch and the 10th Anniversary Ceremony on 20 August Retreat Camp on 3 and 4 September
	Parent-child Support Line	<ul style="list-style-type: none"> Promotion Campaign: Bus Body and Seatback Advertising on KMB from 28 August to 24 September

Forthcoming Events for October to December 2016

Month	Project/Title	Activity
October	Kids' Dream	<ul style="list-style-type: none"> Children's Right Talk on 20 October
November	Sharing Forum	<ul style="list-style-type: none"> Sharing Forum on Child Protection Legislation in Hong Kong on 4 November
	Annual Press Conference and Annual General Meeting	<ul style="list-style-type: none"> The 37th Annual Press Conference and Annual General Meeting on 7 November
October to December	Daylily Project for Young/Single Mothers	<ul style="list-style-type: none"> Family Sharing Forum <ol style="list-style-type: none"> Ways of Resolving Children's Emotions on 16 October Parents' Expectations on Children on 27 November Parenting Styles on 11 December Volunteer Training on 22, 29 October, 12 November and 10 December
	Joyful Kids Group	<ul style="list-style-type: none"> Game Booth for the Tuen Mun Centre Child Protection Carnival on 16 October Training Session and Group Meeting on 19 November Training Session and Christmas Party on 18 December
	Child Abuse Treatment Corner	<ul style="list-style-type: none"> Children Therapeutic Group IV (Sessions 4-6) on 5, 12 and 19 October Batterer Intervention Therapeutic Group III (Sessions 2-8) on 6, 13, 20, 27 October, 3, 10 and 17 November Stress Management Group for Parents with Depressive Features III (Sessions 1-8) on 26 October, 2, 16, 23, 30 November, 7, 12 and 14 December Positive Parenting Talk on 11 November
	Tuen Mun Centre Child Protection Carnival cum Open Day and Centre Programmes	<ul style="list-style-type: none"> Child Protection Carnival cum Centre Open Day 16 October Family Visit to Disneyland on 13 November Good Parents Sharing Time on 3, 10, 17, 24 November, 1, 8 and 15 December Visit to Ocean Park on 31 December
	Child Protection Institute	<ul style="list-style-type: none"> Positive Parenting Workshop on 15 and 25 October Good Parenting Education Programme (Stage 1) on 24, 26, 31 October, 2, 7, 9, 14, 16, 21 and 23 November Good Healing Expressive Arts Treatment Workshop on 31 October, 7, 21, 28 November, 5 and 12 December Expressive Arts Treatment Workshop on 3, 10, 17 and 24 November Identifying Suspected Child Abuse Cases Workshop on 5 November Happy Family Positive Parenting Group on 17 November, 1, 8 and 15 December

Forthcoming Events for October to December 2016

Month	Project/Title	Activity
October to December	Child Protection Institute	<ul style="list-style-type: none"> • Talk on Building Harmony Parent-child Relationship through Playing Games on 19 November • Positive Parenting Talk on 22 November • Child Protection Assessment and Intervention Workshop on 25 and 30 November • Child Neglect Volunteer Training on 25 November • Child Protection and Multi-disciplinary Collaboration Workshop on 29 November • Interpersonal Relationship Workshop on 9 and 16 December
	Healthy Start Home Visiting Project	<ul style="list-style-type: none"> • Parent Education Course on 7 October • Talk on Preparation for Kindergarten Parent on 8 October • Volunteer Training <ol style="list-style-type: none"> 1. Parent Education on 22 October 2. Pre and Post Natal Care on 28 October • Volunteer Sharing <ol style="list-style-type: none"> 1. Parenting Capacity Assessment Framework on 11 November 2. Home Safety on 9 December • Family Outing to Disneyland on 13 November • Happy Parent-child Games on 3 December • Family Outing to Ocean Park on 31 December
	The Chuk Yuen Centre Family Corner	<ul style="list-style-type: none"> • Hiking with Fun Relaxation Group on 6 and 27 October • Smart Parents Mutual Help Group on 7, 14, 21 and 28 October • Family Outing to Disneyland on 13 November • Birthday Party cum Christmas Gathering on 3 December • Family Outing to Ocean Park on 18 December
	Bless My Home Forever Volunteer Home Visitation Project	<ul style="list-style-type: none"> • Volunteer Training on 16, 22, 29 October, 27 November and 18 December • Family Sharing Forum <ol style="list-style-type: none"> 1. Positive Psychology on 16 October 2. Voices of Children, Reward and Punishment on 27 November 3. Parenting Styles and Importance of Parent-child Cooperation on 18 December
	Good Parents' Networking Project	<ul style="list-style-type: none"> • Parent's Relaxing Zone <ol style="list-style-type: none"> 1. Starry Parent Joyful Morning Tea on 5 October, 2 November and 7 December 2. Starry Kitchen on 12 October, 9 November and 14 December 3. Parent Handcrafts on 19 October, 16 November and 21 December • Happy Board Game Workshop (I) on 7 and 14 October • Good Parent Network Training Course (Stage 3) on 11, 13, 18, 20, 25 and 28 October • Parent-child Activities <ol style="list-style-type: none"> 1. Story Telling on 8, 29 October, 26 November and 3 December 2. Recycle Bag Decoupage on 15 October 3. Funny Balloon Workshop on 12 November 4. Christmas Snowflake Mud Workshop on 10 December • Happy Board Game Workshop (II) on 11, 18, 25 November and 2 December
	Child Protection and Treatment Project - Happy Child Starting from the Home	<ul style="list-style-type: none"> • Child Development Workshop - Art Therapy Training on 6, 13, 20 and 27 October • Give Children the Best Parent Group - Satir Communication Stance Experiential Group on 11 October, 1 November and 6 December • Happy Parenting Education Activities <ol style="list-style-type: none"> 1. Talk on To be a Happy Children Coach on 25 October 2. Enhance Family Relationship Workshop on 14 November • Play Therapy (9 Sessions)
November to December	Home Visitation Project for New Arrivals	<ul style="list-style-type: none"> • Volunteer Training from 16 to 18 November • Christmas Party on 11 December
	Parent-child Support Line	<ul style="list-style-type: none"> • Advertising at Hong Kong Commercial Broadcasting Co. Ltd. from 7 to 11 November and from 12 to 16 December

Daylily Project for Young / Single Mothers

Sponsored by the Community Chest of Hong Kong

Day and Night of Daylily Project - The Mother's Expectation

A few days ago, when I contacted a mother called Yee to invite her and her daughter Angel to join one of our coming programs, I heard that Yee's voice was low-spirited and depressed, a voice far different from the one I was familiar with. Experience told me that Yee might have been cornered by some problems. Hence, I put down my paper work and started a conversation with her by asking her about her family's recent conditions. Surprisingly, Yee took a deep breath, kept silent for a while, and started to relate her disappointment and struggle with Angel the night before.

'To be honest, Mr Tang, I forgot your guidance again. Last night, I reprimanded Angel seriously because she did not follow her teachers' instructions in school. I even told her that I did not love her anymore and I did not want her to live with me. Although Angel cried bitterly afterwards, I did not give any attention to her for the whole night.' Yee said, 'When she stopped crying and fell asleep, I brought her to the bed so that she would not catch cold on the sofa. I cried too. I thought I was not good in parenting. I did not know why it seemed that Angel was always reluctant to listen to me even though I gave her clear guidance frequently. I taught her not to talk loudly as she might disturb other students in class, but she just ignored. Yesterday afternoon, her teacher Ms Chan mentioned that Angel was over-active in class and did not go to sleep in the afternoon. She adversely affected the discipline of the entire class. I was so angry...'

The Angel I know is a 4-year-old girl studying in K2 in a kindergarten. She was active and cheerful during the program activities and when we conducted home visitation. She interacted well with others and was always fun and joy to be together with. To me, Angel's performance at kindergarten as portrayed by Yee was just normal. What I was concerned about was why Yee was so agitated?

As a social worker, I understand that listening is the best support to the clients. I listened to Yee quietly and tried to understand her feeling. After 20 minutes, Yee was calm and her tone was back to normal. I assessed that what Yee was unhappy about was not so much as her daughter's misbehaviours, but rather her own incompetence. She believed that she was an incapable and incompetent mother.

Virginia Satir, a family therapist of worldwide fame, uses iceberg as a metaphor to explain the inner parts of a human being. A person's behaviours are just like the tip of an iceberg, with deeper and more complex parts in the sea. The submerged parts include feelings, perspectives, expectations, yearnings and self. In Satir's theory, the human being is made up of different parts and they are interdependent with each other. So, to understand a person more, we need to read deeper into his or her behaviours and feelings.

In the conversation with Yee, I said, 'I heard that you expect Angel to listen the teachers' instructions. You felt disappointed when Angel could not do that well. You felt that your energy and effort in parenting had been wasted, right?'

'Sure! I have to strike a balance between teaching Angel to be disciplined and allowing her to grow and develop as the active girl she is. This has turned into my daily internal struggle. More importantly, I felt that I failed in my role as a mother every time when I heard Ms Chan's reminder telling me to teach Angel. I felt that I was incapable.' Yee said.

'Did you have similar feeling in the past?' I asked.

'Very! I always felt that I was not good enough compared with other parents, especially after divorce with Angel's father. I took up the father's role too, and I showed great concern on Angel in her daily life. I did not want her to feel lost in a single-parent family. However, every time, Ms Chan's reminder seemed like a curse on me. Again, I failed as a good mother!' Yee said.

I waited for a while, and replied softly, 'you expect yourself to be a capable mother, and to shoulder full responsibility on your daughter's performance. When Angel was being punished by Ms Chan, you felt angry and disappointed. Moreover, you believed that you were "an inadequate mother". I truly knew that your past experience was tough and you needed time to cope with your inner struggle and sadness in your past.'

I continued, 'Honestly, while Angel needs time to learn discipline as a child, you need more time to learn parenting as a mother. Compared with the previous two years, I observe that your patience on your daughter has improved.

Your self-awareness has improved. Recently, I can see more laughter and smiles on Angel's face. Last night, when Angel stopped crying and fell asleep, you put her to bed instead of allowing her to sleep on the sofa. This manifested your love in a parent-child relationship. To a certain extent, Ms Chan's message was not only a reminder, but also a mirror to reflect your inner expectation. That explains why last night you were aware that you felt something else behind your reprimand and disappointment.'

When Yee was calm on the phone, she started to explore her inner struggle. She realised that her disappointment and self-criticisms were closely related to the "unmet expectation of being a good mother". She created more space to understand herself and Angel's needs. Afterwards, we discussed some practical parenting skills.

Over the past years, I met many single parents in my duty. They put more emphasis on developing their children's good attitude and performance compared with other parents. The single parents strive to learn parenting skills and search different resources for their children. I truly appreciate the mothers' toughness and devotion. At the same time, I observe that they also generate a high parenting standard on themselves. Their guilty feelings are strong and they wish their parenting methods can be recognised and supported by others. Hence, in my practice, not only have I tried to instill positive parenting messages to the single mothers, I also facilitate them to explore positive inner resources, so that they can be equipped to make changes in their daily lives.

Jack Tang
Social Worker



Bless My Home Forever Volunteer Home Visitation Project

Sponsored by the Community Chest of Hong Kong

A family sharing forum with the theme "Positive Parenting" was organised on 11 September. Volunteers taught children to design and make beautiful lanterns to celebrate Mid-autumn Festival. Also, Parents and children played games and made snack together. The process enhanced their interaction and communication. Parents acquired knowledge on implementation of positive parenting from the sharing forum. It helped the families to establish a harmonious environment for child development.

Alex Wong
Social Worker

Child Abuse Treatment Corner

Sponsored by Fu Tak lam Foundation Limited

Children Therapeutic Group

We organised a 6-session Children Therapeutic Group at Chuk Yuen Centre in June and July. The Group aimed at improving children's social and communication skills, and encouraging them to express their emotions. Through creative ways of expression such as drawings, clay playing and case studies, the children evoked their emotions and learnt adaptive ways to express those emotions. The group provided a safe environment for the children to share their thoughts and feelings freely in order to enhance their self-esteem and learn to appreciate themselves. The children enjoyed time with the Group and participated the activities actively.

Kennis Cheng
Project Social Worker



Kids' Dream

In Collaboration with the Hong Kong Committee on Children's Rights and supported by the Save The Children Hong Kong

Kids' Dream's "HorizonS" Video Launch and the 10th Anniversary Ceremony



It has been 10 years since the formal launch of Kids' Dream in August 2006! Kids' Dream is the first child-led organisation in Hong Kong to strive for the rights of children. Its members are mostly secondary school students aged below 18. Kids' Dream has been developed and supported by Against Child Abuse (ACA) and Hong Kong Committee on Children's Rights (HKCCR). This aspired group continues to work closely with the two agencies in organising and implementing the annual Children's Council Project as well as many other child rights related activities.

The "HorizonS" Video Launch and the 10th Anniversary Ceremony was successfully held on August 20 at the Salisbury - YMCA of Hong Kong in Tsim Sha Tsui. As children had no votes in the Legislative Council 2016 Election in September, most candidates paid little attention to the needs

and perspectives of children in their campaigns. In view of this, Kids' Dream launched a video campaign "HorizonS" (小瞳大異) this summer to promote the importance of thinking from the perspectives of children in society, especially in policy-making processes. Hon Jasper Tsang Yok Sing, GBM, GBS, JP (President of Legislative Council), Prof Alfred Chan Cheung Ming (Chairperson of Equal Opportunities Commission), Mr Ling Kar Kan, JP (Director of Planning Department) and 2016 Legislative Council election candidates attended the ceremony. Ten Legislative Council election candidates signed the declaration of promise, and pledged to bring children's voices into the legislature and to take into account their needs in the process of policy formulation.

At the ceremony, a video clip titled "HorizonS" created by children was launched. The video serves as a social experiment, which highlights the difference in perspectives between adults and children, thus allowing adults to have a deeper understanding about the world of our children as well as the difficulties they face in daily life by seeing the world from the height of children. Kids' Dream invited four pairs of parents and children to walk through the city in the video. Waiting for the bus and boarding onto a train are normal daily routines for adults, but children are directly exposed to exhaust hoses and particularly wide platform gaps. Moving through the market, children can only see stacked boxes rather than products and merchandise. Many people perceive that prams are very comfortable for babies, but in reality, what meet their eyes are mostly dirty messes and packed crowds. Through the video, Kids' Dream highlights the difference in perspectives and the challenges children face in this metropolitan city.

Please visit the website kidsdream.org.hk or the FaceBook page www.facebook.com/KidsDreamHK for more information about the project.



Lee Yu Po
Service Manager

Retirement of Service Manager (Tuen Mun Centre)

Mr Joseph Wong joined ACA in 1996. He worked with the organisation for 20 years. The services he provided reached an uncountable number of users. He provided professional and appropriate training, counselling services and other support services for educational organisations, service users and residents in Tuen Mun, Yuen Long and Tin Shui Wai districts etc., to promote child abuse prevention and positive parenting messages to the public.

In recent years, Mr Wong put great effort in the Healthy Start Home Visiting Project. He trained many dedicated and professional volunteers to provide home visitation service. Volunteers shared with families their concept of child protection and experiences of pregnancy and baby care, etc. Some of our service users became volunteers too. We express our deep appreciation to Mr Wong for his hard work and contribution throughout his service with us. We wish him a very happy retirement.



Pearl Lee
Administration Manager

Child Protection Institute

The Importance of Staff Training

Against Child Abuse pioneers child protection work in our community. Our staff need regular training so that they are able to keep abreast with their professional knowledge and update the skills they need to perform their duties effectively. Moreover, the increasing complexity of the families in Hong Kong has created more difficulties and challenges for our colleagues when they are handling cases and intervention.

In July this year, we invited Ms Sumee Chan, a Clinical Psychologist to conduct an introductory course on Cognitive Behaviour Therapy for our staff. Also, in the following month, another course on Applied Behavioural Analysis through Team Building was conducted by Dr Stephen Ho.

Ms Sumee Chan taught us the basic knowledge of Cognitive Behavioral Therapy. She also taught us through using of multi-directional and repetitive exercises, so that we were able to learn the basic concepts of this treatment modality through simple layman language.

Dr Stephen Ho adopted different interactive and practical activities in the training. Colleagues were made aware of their own strengths and weaknesses. At the same time, they were given the chance to break their conventional thinking mode through group activities. The training also enhanced communication among colleagues to better prepare them for the cooperative spirit they need as co-workers in a team for future challenges.

Colleagues appreciated the training arranged for them. They felt that these training sessions helped them better equip themselves to be an effective child protection worker.

Lau Yin Ling
Development and Training Manager
Child Protection Institute

Hotline, Risk ASSESSment and Intervention Professional Training Course

Inited by the Save the Children Hong Kong, we went to Nanjing, China on 26 and 27 September to provide a 2-day professional training course on Hotline, Risk Assessment and Intervention on child abuse cases for social workers, government officials and other related professionals working there. In the training, we used an authentic case, and ran it through from its early stage to its final stage to bring out the importance of using hotline services, introducing intervention services, setting risk assessment standards, and having multi-disciplinary case conferences and follow-up services in child protection work. We used role plays, group discussions and video sharing. The participants responded positively and appreciated the interactive training methods. They also expressed that the training course was practical and useful for them to develop child protection work in Nanjing and nearby areas.

Lau Yin Ling
Development and Training Manager
Child Protection Institute



Child Protection Institute

Team Building Training Programme

The “Good Parent Networking” training course we conducted this year was divided into three stages. Parents from Annunciation Catholic Kindergarten attended this course. Stage 1 of the training was conducted immediately before the summer holidays. It comprised ten training sessions. Most of the participating parents at Stage 1 met again in September for a 4-session Stage 2 of the programme. All the parents were highly enthusiastic and were already well prepared for the practice in Stage 3.

My colleague and I assisted the participating parents to work out their practice plans used in Stage 3. The two of us were excited to witness the changes in behaviour among the participants as they progressed through the three stages.

We would like to share with you how the parents felt on completion of the programme:

I have just completed Stage 2 of the training programme. I was not too active at the beginning. The greatest impetus came from the trainers’ encouragement. The social workers led us to understand more about our children’s needs and the proper methods to educate them. Moreover, the sharing among group members created a great cohesive effect in the group. The games and sharing enriched me. I hope I could share my experience and knowledge with others in Stage 3.

~ Teresa Au

After the first two Stages of the training programme, I learnt my own weaknesses and other members’ strengths. I hope that I can learn more in Stage 3.

~ Jody Lam

The “Good Parent Leadership Training Programme” and “Team Building” Training Programmes, enlightened me a lot. As a full-time housewife, I learnt from scratch the skills in rebuilding a new relationship with my kid, with my husband and with my family members. I truly treasure the chance given to me to join this programme. I would like to thank the social workers for the efforts they contributed to the programme.

~ Sarah Sin

I felt that team spirit was very important among the group members. In the games, we trusted each other. The group members’ relationship became tighter and better. We shared how to take care of our kids. I really learnt much.

~ Wendy Chan

I would like to thank the social workers, Ms Lau and Ms Hung from Against Child Abuse. Throughout the 14 sessions, I learnt much knowledge and many skills in caring my kid and also communicating with others. I am confident that when I encounter problems in future, I will know how to handle them.

~ Ling Suen



I am happy to participate in the programme held by the social worker Ms Lau. It made me understand the importance of a good team. I hope that I will have more chances to join other workshops.

~ May Ng

I made many friends in the programme. Before joining the programme, I lost my temper easily and found it difficult to control my emotions. After listening to the social worker’s sharing and through subsequent practices, my emotions were very much under my control.

~ Rainbow Lam

I learnt to understand myself more and was more willing to communicate with other parents.

~ Freda Chu

After participating in the parenting programme, I made more friends. Moreover, I knew that my attitude would affect my daughter’s growth and development. I learnt how to control my emotions. I became more matured than before. I hope that Against Child Abuse could organise more communication courses for parent couples and courses with parent-child games in order to family members to build a closer and more harmonious relationship.

~ Mimi Tsang

I learnt much knowledge in child caring and skills in building human relationships.

~ Lam Yim

Throughout the sharing in the programme, I learnt how to appreciate the change in my emotions. I learnt how to analyse difficulties from different angles. It has helped me to communicate with my colleagues and family members better.

~ Mo Chan

Lau Yin Ling
Development and Training Manager
Child Protection Institute

Home Visitation Project for New Arrivals

Sponsored by the Keswick Foundation



On 17 August, we organised a volunteer gathering and sharing session to share methods of handling special behaviour problems of children. The objective of the workshop was to let participants understand the characteristics and intervention methods of child behavioural problems i.e., Autism Disorder and Attention Deficit Hyperactivity Disorder). There were 34 participants.

The participants felt that the workshop provided them with a lot of valuable experience. From specific cases presented by social workers in the workshop, participants gained more information about children development, characteristics of Autism Disorder and Attention Deficit Hyperactivity Disorder of children behaviour and child discipline.

Sarah Cheung
Project Social Worker

Child Protection and Treatment Project – Happy Child Starting from the Home

Sponsored by Help for Children Asia Prevent and Treat Child Abuse

This project aims at helping children to learn ways to tackle emotions, express their feelings and thoughts and regain confidence; helping parents to understand their children's developmental needs, and learn skills in positive parenting and stress management; and improving parent-child relationships.

From July to September, we organised seven Happy Parenting Education Activities including “Dance Movement” workshop, talk on “Listen to Children”, talk on “Understand the Need of Children”, “To be a Playful Parent Experiential Workshop”, “Stress Release at Lunch Time”, “Mindful Lunch” and “Lunch Time Mindful Walk” for 84 parents; three Give Children the Best Parent Group, with topics “To be a Popular Parent”, “Finding Oneself in Relaxation” and “Family Sculpting Workshop” for 72 parents; and two Child Development Workshop named “Enhance Social Skills and Emotional Awareness” and “Enhance Confidence and Problem Solving Skills” for 64 children.

Some of the participating parents felt that programmes of the Project gave them a fulfilling summer. The parenting skills they learnt helped them rebuild their parent-child relationship. Also, they learnt how to treat themselves nicely and how to stay in a good mood.

A Mother Shared Her Change after Attended the Programme

One mother has the following to share: I used to think that my son had problems and was troublesome. He argued with me all the time. I thought I was a splendid mother. If my son did not show me respect, I would unconsciously stand against him. After joining the “To be a Popular Parent” group and “Family Sculpting” workshop, I have changed my thinking entirely. I now realise that the reason why my son argued with me was that he wanted to get my attention. The programmes also helped me change my behaviours, thought and emotion. I started to know that I felt depressed mainly because I was over-concerned with my son's academic work. Now I can see that he is very smart. I will let go of the things that have strained me and believe that I can have better control of my emotions.



Cherry Choy
Project Social Worker

The Hong Kong Jockey Club Community Project Grant – Healthy Start Home Visiting Project

Sponsored by the Hong Kong Jockey Club Charities Trust

Family Fun Day at Aberdeen Marina Club

With the sponsorship of the Aberdeen Marina Club, 12 parents and 19 children visited its children's playroom on 19 July. The participating families experienced various kinds of colourful and lively recreational facilities. All participants enjoyed themselves very much. They felt that this activity not only provided an interesting and interactive learning environment for the children, it also enhanced parent-child communication.

Parent Talk cum BB Birthday Party

A parent talk on "Infant Speech Development" and baby birthday party was organised at the Exhibition Gallery of Tuen Mun Town Hall on 20 August. Altogether, 109 parents and children from 34 families joined the function. When the parents were attending the talk, 34 of our experienced volunteers looked after their babies and taught the children aged above three to produce handicraft. We were honoured to have Ms Winsy Wong, a senior speech therapist, to share knowledge and skills in enhancing speech capacity of infants through parent-child games and interaction for the parents. After the talk, we held a birthday party for the babies born between January and June of the year.



Donna Wong
Project Social Worker



Good Parents' Networking Project

Collaborative partner: Save the Children Hong Kong

In the last season, our project held a series of programs and activities for parents and children. These activities aimed at enhancing participants' bonding to the communities and providing a platform for them to share their parenting knowledge and skills.

Moreover, there were 47 parents and children participating in "Funny Summer Party" on 20 August. It enabled parents to communicate and interact with their children in a more relaxing and joyful environment. This helped to enhance parent-child relationship.

In September, we held the Stage 2 of "Good Parent Networking" training course to build up the trust and team spirit among parents. Most of the parents will move on to Stage 3 to become a trainer and build up a supporting community network.

ACA Parent-child Support Line uses a wide range of channel to promote the hotline services. We hope to provide a channel for parents, children, professionals and the public to seek help and support when they are in need.

Haidee Hung
Project Social Worker

The Chuk Yuen Centre Family Corner

Family Amazing Fun Day

We organised Family Amazing Fun Day on 10 July and 28 August at Epicland in Discovery Bay. Participating families used the facilities in the Epicland and enjoyed the beautiful scenery in Discovery Bay.



April to August Birthday Party

On 27 August, we held the seasonal birthday party in Kwai Chung Centre. The families were given an opportunity to understand ACA services better and to use the facilities in Kwai Chung Centre. Most participants felt that the environment of the new centre was comforting and allowed service users to have relaxing interaction with each other.

Volunteer Service of Visiting the Elderly in Mid-Autumn Festival

With the coming of Mid-Autumn Festival, the Family Corner cooperated with Methodist Church Chuk Yuen IVY Club on 3 September and their elderly volunteers taught our families to make handicrafts. On 10 September, we visited the elderly in Chuk Yuen Estate. It provided an unforgettable experiences of cross generational integration. All families enjoyed the happy gathering with the elderly.



"Family Harmony with Love" Bus Tour

On 25 September, we were glad to have the CityBus's sponsorship of a free Open-top Bus Ride. It provided an unforgettable experience for our families. We also thank the families who were committed in promoting ACA's services and helped raising the public awareness on child protection in Kwai Ching District.

Peter Ng
Social Worker

Parent-child Support Line

Collaborative partner: Save the Children Hong Kong

A CA Parent-child Support Line provides parents, children, young people, professionals and the public a channel to seek help and support. We aimed at promoting children rights and alerting our community the seriousness of child abuse situations in Hong Kong. We organised a series of promotional activities on KMB bus body and seatback from late August. We encouraged and hoped that all parents and children in need could recognise our hotline and contact us when in need. When riding on public transport, let's try to look for our Parent-child Support Line promotion!

Parent-child Support Line: 2755 1122

Service: 9:00a.m. - 9:00p.m. (Monday to Friday)

9:00a.m. - 1:00p.m. (Saturday)

Yvonne Wai
Project Officer

本人樂意幫助防止虐待兒童會 I would like to help ACA :

1. 我願意捐助 By making a donation :

	一次捐款 One Off HK\$	每月捐款 Monthly (由 月至 月) HK\$	
現金 By Cash			
支票 By Cheque			銀行 Bank : _____ 支票號碼 Cheque No. : _____ 抬頭註明：防止虐待兒童會有限公司 Cheque made payable : Against Child Abuse Ltd.
信用卡 By Credit Card			Visa <input type="checkbox"/> Master <input type="checkbox"/> AE <input type="checkbox"/> 持咭人姓名 Cardholder : _____ 信用卡號碼 Card No. : _____ 信用卡到期日 Expiry Date : _____ 簽署 Signature : _____
直接存入戶口 Deposit to Bank			本人已將款項存入防止虐待兒童會之匯豐銀行戶口 (號碼：480-107549-001)，並附上銀行入數紙。 Deposited to ACA HSBC Account (A/C no. 480-107549-001) and enclosed a bank pay-in slip.

2. **7-ELEVEN** 現金捐款 Cash Donation

你可透過全港 **7-ELEVEN** 以現金捐款予「防止虐待兒童會」（最低捐款額為港幣一百元）。收銀員於完成交易後會發出交易紀錄給捐款者。請保留交易紀錄，然後郵寄至「防止虐待兒童會」以便索取正式收據。（請攜同印有慈善機構條碼之宣傳物品到全港任何一間 **7-ELEVEN** 捐款。）

You can make cash donation with minimum amount of HK\$100 to Against Child Abuse via any **7-ELEVEN** in Hong Kong. The cashier will issue a transaction record for you when the transaction is completed. Please keep the transaction record and send to Against Child Abuse to request for an official donation receipt. (Please present promotional materials with barcode for donation at any **7-ELEVEN** in Hong Kong.)

捐款一百元或以上，可申請扣減稅項。Donations of HK\$100 or above is tax deductible.



3. 本人推薦防止虐待兒童會聯絡下列人士 / 公司 / 機構 By recommending ACA to contact :

姓名 Name	地址 Address	電話 Tel / 傳真 Fax / 電郵 Email

4. 本人願意成為防止虐待兒童會義工，並加入ACA之友。By becoming a volunteer of ACA.

本人有興趣參與以下服務 I am interested in the following services :

5. 本人申請成為防止虐待兒童會的會員。By becoming a member of ACA.

- 普通會員 Ordinary Member 每年港幣一百五十元 HK\$150 per annum
- 學生會員 Student Member 每年港幣五十元 HK\$50 per annum
- 贊助會員 Sponsor Member 每年港幣一萬元 HK\$10,000 per annum

請在適當口內加上✓號 Please tick as appropriate

姓名 Name : (中) _____ (英) Mr/Miss/Ms _____

機構 Agency : (中) _____ (英) _____

地址 Address : _____

電話 Tel / 傳真 Fax : _____ 電郵 Email : _____