



# 兒童及 家庭服務 Children & Family Services

## 服務方向 Service Orientation

在「快樂兒童·溫暖家庭·自主人生」的服務願景下，兒童及家庭服務致力促進服務使用者的個人成長、鞏固家庭功能；讓兒童在愉快環境下學習，達致全人發展；傳達「反家暴」訊息，支援受家暴影響的家庭；協助身處不利環境的個人及家庭渡過生活上的難關；並與社會各界合作，共建一個關懷共融社區。

我們以「家庭功能」及「兒童成長與發展」為服務導向，定下四大工作範疇，包括：

1. 家庭基建 — 向公眾推廣家庭的核心價值；
2. 家長支援 — 為育有成長或發展差異兒童的家長提供支援；
3. 支援家暴受傷人 — 支援受家暴影響的兒童及家庭；及
4. 家庭復原 — 協助身處不利環境的家庭穩定和回復家庭的功能。

Under the vision of 'Happy Children, Warm Family, Independent Life', our Children and Family Services is committed to facilitate service users' personal growth; strengthen family functioning; enable children to learn and enhance their holistic development in a pleasant environment; promote messages against domestic violence and support families with domestic violence; assist individuals and families to overcome difficult situations; and work closely with all sectors of society to build a caring and integrated community.

Steering by the service orientations of 'family functioning' and 'children's growth and development', we have focused our works on the following 4 key areas:

1. Family Building - promote the core values of family to the public;
2. Parents Support - support parents of children with learning or developmental difficulties;
3. Support families of Domestic Violence – support children and families affected by domestic violence;
4. Family Restoration - help families in adverse environments to restore their stability and functions.

## 服務摘要 Service Highlights

### 家庭基建

活力家庭坊（綜合家庭服務）去年繼續參與社會福利署觀塘區福利辦事處主辦的「觀塘動力網」計劃，與區內其他單位攜手鞏固家庭關係，發展鄰里支援網絡。為響應由香港大學及香港社會服務聯會主辦的「快樂家庭廚房全城運動」，並配合「觀塘動力網」計劃以「愛家庭·愛鄰舍」為主題，活力家庭坊協力主辦觀塘區快樂家庭月之「一家人·至正下午」嘉年華暨「觀塘動力網」閉幕禮，與約400個家庭共渡一個有意義的「至正」下午。嘉年華的節目非常豐富，包括本會「大笑實驗室小組」組員為大家示範「大笑瑜伽」，宣揚「隨時也可笑」的精神，以及零時間運動劇場深入淺出介紹零時間運動的益處，而大會亦設置遊戲攤位，讓大家從遊戲中領略如何做到「家家好健康」。

此外，活力家庭坊與香港城市大學合辦，於2015年9月至2016年1月期間進行了一項「家庭為本靜觀研究計劃」，以親子平衡小組形式為20對親子提供靜觀訓練，務求提升家長的情緒及壓力管理能力，從而改善自身的心理狀態；而在兒童工作方面，主要提升孩子的專注力和抗逆力，讓他們學習以寬容、感恩的心去面對生活上的人和事。研究發現參加的家長都能運用靜觀的方法處理管教的壓力，同時亦發現孩子的專注力在參加計劃後有所提升。

### Family Building

Last year, our Family Energizer (Integrated Family Service) continued to join 'Kwun Tong Synergy', a collaborative platform hosted by Social Welfare Department Kwun Tong District Social Welfare Office, to work with other social service units in the district to consolidate family relationship and develop neighbourhood support networks. In response to the network's theme 'Love our families and neighbours' and the 'Happy Family Kitchen Movement' organised by The University of Hong Kong and The Hong Kong Council of Social Service, Family Energizer coordinated the 'Happy Family Month' carnival cum 'Kwun Tong Synergy' closing ceremony, and spent an happy weekend afternoon with over 400 participants. Programmes of this carnival were very rich, including 'Laughter Yoga' demonstrated by our group members' to promote a spirit of 'laugh whenever', drama to introduce the benefits of zero-time exercise in simple terms, and game booths set up to deliver messages of 'Having a healthy family'.

In addition, our Family Energizer collaborated with the City University of Hong Kong and launched a research project 'Family-based Mindfulness Intervention' between September 2015 and January 2016. By means of parallel groups, 20 pairs of parent and child have received mindfulness trainings through which not only the parents' ability of stress management and emotional control were strengthened, their psychological state improved; but also the children's attention span were improved, their resilience strengthened, and they have learned to be thankful and tolerance in facing life challenges. The research showed that parents participated in the project have applied mindfulness skills in managing their parental stress and children were found to be more attentive after joining the project.

▼ 「一家人·至正下午」嘉年華暨「觀塘動力網」閉幕禮  
'Happy Family Month' carnival cum 'Kwun Tong Synergy' closing ceremony.





## 家長支援

活力家庭坊（綜合家庭服務）與香港教育大學合作舉辦「恆教·樂學」義、家、兒計劃，安排輔導系碩士生培訓中心 15 名義工，以一對一形式為患有或潛藏讀寫障礙的兒童進行個別指導，為每名兒童編寫個別教案，提供度身訂造的學習計劃；計劃亦為參與兒童提供不同的戶外學習機會，如參觀香港教育大學、到菜市場一起購買及烹調食材等，透過另類學習方法，增加兒童的生活經驗及促進他們的人際關係。此外，計劃亦設有家長小組，支援家長在日常管教及親職方面的需要及困難，減輕其壓力，並促進親子關係。最後，計劃透過嘉許禮暨攤位遊戲日向社區人士宣揚有特殊學習需要兒童的需要及相關地區服務，引起社會大眾對有特殊學習需要兒童的認識及了解。

## Parents Support

Collaborated with The Education University of Hong Kong, our Family Energizer (Integrated Family Service) launched a volunteering project named 'Persistent Teaching, Happy Learning' which provided one-on-one individual guidance to children having special educational needs (SEN). A group of postgraduate students majored in educational counselling had helped to equip our 15 volunteers with coaching skills and design tailored-made programmes that aligned with the learning objectives of each participant. This project also provided outdoor learning opportunities to widen children's life exposure and promote their interpersonal skills, such as visiting The Education University of Hong Kong, purchasing cooking ingredients in local market and cooking. The project also set up parents support groups to improve parents' coping ability in their daily disciplinary and parental needs, relieve their stresses and enhance parent-child relationship. Finally, a commendation ceremony and carnival was launched to educate the public the needs of SEN children and relevant resources in the community, causing considerable public awareness and understanding of SEN children.



▲ 香港教育大學教育輔導文學碩士生指導義工為有特殊學習需要兒童編寫個別學習教案。  
Students of Master of Arts in Educational Counselling of The Education University of Hong Kong guided volunteers to work out individual education plans for children with SEN.



▲ 「恆教·樂學」義、家、兒計劃義工導師分享她們支援有讀寫困難兒童的服務經驗。  
Volunteer tutors shared their experience in supporting the children with special educational needs.

## 弱勢家庭支援及「反家暴」工作

經歷家暴的孩子一般支援網絡有限、資源亦不足，恬寧居—婦女庇護中心（恬寧居）獲得香港城市大學法律系及社區人士的慷慨贊助，以及一群熱心的法律系學生積極參與，促成恬寧居於 2015 年度舉辦了兩次師友活動，包括「書展同行童閱樂」及「玩轉聖誕節」。師友計劃的目的在於讓兒童跳出自身的限制，從師長身上獲得情感支持，以及探索發展興趣及未來計劃。「書展同行童閱樂」共有 15 位香港城市大學義工及 15 位恬寧居的兒童參加，於 2015 年 7 至 8 月期間共有 3 次聚會，由義工帶領兒童逛書展、選購益智書本及一起分享閱讀報告，培養閱讀的興趣；「玩轉聖誕節」共有 14 位義工及 17 位恬寧居的兒童參與，義工們為兒童準備了一連串遊戲，共賀聖誕佳節。師長對小朋友的關顧及讚許，令小朋友在家庭困境中獲得安慰及支持，師長亦透過計劃加深對家暴問題及受害人的認識及關注。

在支援弱勢家庭的工作上，除了組織單親婦女互助組外，活力家庭坊特別透過藝術創作，如臉譜、名牌及輕黏土等創作，讓單親婦女重新整理過往經歷，並學會活得輕省及紓解壓力。對於基層資源匱乏的兒童，恬寧居善加利用社區資源，為他們提供免費夏威夷小結他體驗班及進階班，讓他們有學習音樂的機會，協助他們發掘對音樂的興趣，並從學習音樂的過程中增強個人成功感及自信。

## Support Disadvantaged Families and Work against Domestic Violence

Children who experienced domestic violence generally have weak support networks and limited resources. With the generous support and assistance from the School of Law of the City University of Hong Kong and donors from community, the Serene Court – Refuge Centre for Woman (Serene Court) was able to organise 2 mentor events – the 'Book Fair Partner' and the 'Christmas Fun Day' last year. These programmes aimed to enable children to break out of their limitations, explore their interests and make development plans by means of obtaining emotional support from their mentors. Last summer, a total of 15 children from Serene Court were matched with 15 volunteers and took part in the event 'Book Fair Partner' to cultivate an interest in reading. 3 gatherings were arranged in July - August 2015, during which the children were led by volunteers to browse the Book Fair, select educational books and share book reviews. Furthermore, a total of 17 children from the Serene Court and 14 volunteers have participated in 'Christmas Fun Day,' where volunteers prepared funny games for children to celebrate Christmas. While children came from disadvantaged families found comfort and support in the caring and praising of their mentors, the mentors also deepen their understanding and awareness of domestic violence issues and victims in the society.

In addition to organising mutual help groups for single mothers in a regular basis to support vulnerable families, our Family Energizer (Integrated Family Service) has also launched a series of expressive art workshops last year to help participants review past experiences, live with a light heart and release their stresses, including masks design, name tags and light clay creations. For children from grassroots families, Serene Court made good use of community resources and provided free Ukulele workshops to provide them the opportunity to learn and explore interests in music, enhance sense of achievement and boost self-confidence.



▲ 兒童夏威夷小結他體驗班  
Ukulele Workshop for children

▲ 來自香港城市大學法律系的義工陪伴兒童參觀書展。  
Volunteers from the School of Law of the City University of Hong Kong accompanied children from Serene Court to visit books exhibition.





◀ 讓兒童選擇喜愛的圖書與同學分享。  
Children can choose their favourite book to share with their classmates.

### 從幼兒教育推行閱讀文化

本會的兩所幼稚園致力推動閱讀文化，讓幼兒從小建立閱讀的興趣。本年，我們舉辦了不同的相關活動，當中包括參與由香港中文大學教育學院舉辦的「優質教育基金學前教育（全人發展）學校網絡計劃」，以故事作為切入點，開展單元主題的內容，讓兒童能更投入學習；在兒童方面，教師每星期會帶領兒童到學校戶外活動區，讓他們自行選擇喜愛的圖書進行閱讀或在同學面前朗讀故事；舉辦故事週，讓幼兒選取喜愛的故事，向不同的同學或成人進行說故事活動，高班學生更會到預備班進行小組共讀，把有趣的故事分享給身邊的人。

此外，在親子共讀方面，我們在「親子伴讀計劃」中加入更多英語圖書，以培養兒童在英語朗讀方面的興趣，亦安排了「親子共讀樂趣」講座，由講者以繪本作實例，向家長說明掌握親子共讀當中的技巧，讓家長對親子閱讀有更多元化的認知，並鼓勵家長為子女多講故事，培養他們的閱讀興趣和習慣。

### Development of children's reading culture

Our 2 kindergartens are committed to promote reading culture in the community. This year, we have held different activities to develop children's reading habit from an early age. On one hand, we joined the 'Quality Education Fund Thematic Network on Kindergarten Education (Whole-person Development)' of the Faculty of Education of The Chinese University of Hong Kong, where stories were used as the learning theme in teaching plan design so that children can be more engaged in learning. On the other hand, children can choose their favourite book to read and share with their classmates in the school outdoor activities area every week. The story week has not only enable younger children to select and share their favourite stories with different people, but also provide children in higher class the opportunity to share interesting stories with people around via group reading activities.

Furthermore, we added more English storybooks in the 'Parent-child paired reading scheme' to cultivate children's interest in reading English, while holding a workshop to teach the parents how to read and make a habit of reading with their children by using picture books as an example, as well as encourage parents to read stories for their children.

### 展望

#### Outlook

展望未來，兒童及家庭服務有以下數項重點工作：

1. 透過「及早介入」及「促進父母基礎能力」為方針，推行家庭生活教育；
2. 加強社區參與模式推行家庭活動，推廣家庭的核心價值；
3. 透過跨專業協作支援較大成長需要的兒童及家長；
4. 逐步發展支援離異家庭的專項服務；
5. 加強反家暴工作上的社區教育。

Looking ahead, Children & Family Services will focus our works on the following points:

1. Promote family life education through 'early intervention' and 'facilitating parents fundamental skills';
2. Engage community to promote core values of the family;
3. Support parents of children with special needs through multi-professional collaboration;
4. Develop specialised services to support separated families;
5. Strengthen community education against domestic violence.

## 2015-2016 服務統計 (截至 2016 年 3 月 31 日) Service Statistics (as at 31<sup>st</sup> March, 2016)

