

**For discussion on
7 June 2024**

Legislative Council Panel on Education

Promoting Children’s Physical and Psychological Health through Home-School Co-operation and Parent Education

Purpose

This paper briefs Members on the Education Bureau’s (EDB) measures to promote children’s physical and psychological health through home-school co-operation and parent education, as well as the implementation of these measures.

Background

2. EDB attaches great importance to the physical and psychological health and the balanced development of students. Parents play a crucial role in supporting children’s development and learning, nurturing their proper values and positive attitude, as well as fostering their whole-person development. Therefore, EDB has all along been adopting the approaches of “parent-based” and “schools as a primary platform and the community as a complementary” to actively foster home-school co-operation and home-school partnership through the platform of kindergartens (KGs), primary and secondary schools, with a view to encouraging schools to implement parent education, promote the importance of children’s physical and psychological well-being and enhance parenting skills to facilitate the healthy development of children. In addition, EDB has been adopting diversified means of public education to promote the proper ways and attitudes of nurturing children and enhancing children’s physical and psychological health.

Measures to Promote Children’s Physical and Psychological Health and their Implementation

Fostering Home-School Co-operation

3. Studies have shown that families and schools are the primary environments that significantly influence development of children and adolescents. Home-school co-operation creates a supportive network that ensures a caring and conducive learning environment for students and has a positive impact on students' learning, mental health as well as their emotional and social development. For parents, home-school co-operation equips parents with resources from schools to acquire a comprehensive understanding of the physical and psychological changes of their children and their growth and development needs, early identify their children's emotional problems and enhance their positive thinking; helps parents develop effective communication skills, enabling them to foster positive interactions with their children and guide them to navigate different challenges. As for schools and teachers, teachers can gain a deeper understanding of students' characters, interests and learning styles through home-school co-operation, enabling them to address students' psychological and behavioural problems in a timely manner and promptly respond to potential issues and work with parents to implement strategies that foster positive thinking, behaviour and discipline.

4. A good home-school relationship can benefit students, parents and schools. In view of this, EDB has been actively forging home-school partnership and nurturing a culture of home-school co-operation. With the support of the Committee on Home-School Co-operation (CHSC), we encourage schools to set up Parent-Teacher Associations (PTAs). Currently, all government and aided schools as well as nearly 40% of KGs have set up PTAs. To encourage PTAs of schools to organise diversified school-based home-school co-operation and parent education activities, CHSC has been assisting the Government in providing subsidies to PTAs. Apart from applying for the Subsidy for PTA, PTAs of schools can also apply for the Subsidy for Home-School Co-operation Activities and the Subsidy for Joint Home-School Co-operation Project to organise a maximum of two home-school co-operation activities and one joint home-school co-operation project with other school(s) or PTA(s) respectively every year. Starting from the 2019/20 school year, EDB has doubled the ceiling of these two subsidies¹. In the meantime, PTAs of schools are also encouraged to design parent education programmes with reference to the

¹ The ceilings of the Subsidy for Home-School Co-operation Activities and the Subsidy for Joint Home-School Co-operation Project have been increased from \$5,000 to \$10,000 and \$10,000 to \$20,000 respectively.

Curriculum Frameworks on Parent Education launched by EDB, with a view to promoting the importance of physical and psychological well-being as well as supporting parents in facilitating their children's healthy growth. In the 2023/24 school year, about 1 650 schools applied for these subsidies and approval was granted for subsidising around 3 690 activities.

5. CHSC has been organising a wide variety of home-school cooperation and parent education activities every year on issues that parents are most concerned with as well as on education policies and trends so as to enhance parents' understanding of the growth and development needs of their children and provide parents with knowledge and skills in nurturing children, fostering communications and relationship building between parents and children. Examples of these activities include parent-child talks, workshops, competition series and annual symposiums. In the 2023/24 school year, CHSC has launched the series of the Parent Programme on Nurturing the Whole Person Development at Kindergarten Level and the Parent Programme on Nurturing the Thriving Child at Primary Level, as well as the series of "e-Generation Joyful Internet Surfing" Parent Seminars which was jointly organised by EDB and the Hong Kong Education City. All of them were well-received by parents. The above series of parent seminars are still in progress. As at mid-May 2024, around 1 540 parents have attended the relevant seminars.

6. In addition, CHSC, together with the Federations of Parent-Teacher Associations (FPTAs) and regional school heads associations, has been organising talks for parents every year to provide them with information on mental and psychological well-being of students, helping parents identify and support students with emotional or stress problems. For instance, the parent talk on Caring Students' Mental Health and Psychological Well-being held in the 2022/23 school year helped parents early identify children's stress and emotional problems, and learn how to use different methods to help children suffering from stress or emotional problems. Further in November and December 2023, EDB, in collaboration with CHSC, FPTAs of the 18 districts and regional school heads associations, organised four webinars and face-to-face parent talks on students' mental health and parent education, with a total enrollment of more than 2 500 parents. Besides, in December 2023, EDB provided each PTA of all publicly-funded primary and secondary schools with an additional funding of "One-off Grant for Mental Health of Parents and

Students” to encourage schools to co-operate with PTAs to organise activities and programmes relevant to the promotion of students’ and parents’ mental health in the 2023/24 and 2024/25 school years.

Promoting Parent Education

7. EDB adopts a multi-pronged approach to promote parent education at different levels with diversified means. EDB has provided tailor-made parent education resources to parents of students according to their different stages and needs.

Curriculum Frameworks on Parent Education

8. To enable parents to acquire the necessary knowledge and skills for nurturing their children in a more systematic manner, EDB has commissioned a post-secondary institution to develop the curriculum frameworks on parent education for parents of KGs as well as primary and secondary schools. Subsequent to the launch of the Curriculum Framework on Parent Education (Kindergarten) and the Curriculum Framework on Parent Education (Primary School) in 2021 and 2022 respectively, EDB introduced the Curriculum Framework on Parent Education (Secondary School) in May 2024 (collaboratively named as the “Curriculum Frameworks”) and uploaded the Curriculum Frameworks onto EDB’s website². The Curriculum Frameworks include four core strands, namely “Understanding of Child/ Adolescent Development”, “Promotion of Healthy, Happy and Balanced Development of Children/ Adolescents”, “Promotion of Parents’ Physical and Psychological Well-being” and “Fostering Home-school Co-operation and Communication”. The Curriculum Frameworks provide a common basis for schools, relevant organisations or groups to make reference to its content to provide territory-wide, community-based, school-based as well as e-learning parent education courses for parents in different stages, with a view to equipping parents with the knowledge, skills and attitudes of positive parenting and promoting the physical and psychological well-being of children and adolescents. An overview and details of the Curriculum Frameworks can be found at EDB’s website.

2 For the Curriculum Frameworks on Parent Education, please visit:
https://www.edb.gov.hk/en/student-parents/parents-related/parent_education/index.html

9. At school level, EDB provided a one-off grant³ on parent education to KGs joining the Kindergarten Education Scheme (Scheme-KGs) and publicly-funded primary and secondary schools respectively to support schools to make reference to the Curriculum Frameworks to embark on structured school-based parent education programmes or activities. To facilitate KGs' effective implementation of structured and quality school-based parent education programmes, EDB has liaised with post-secondary institutions and school sponsoring bodies with relevant experience to design and provide structured parent education programmes for KGs. To further enhance the support for schools, starting from the 2023/24 school year, EDB has commissioned post-secondary institutions to develop resource packages for primary and secondary schools in phases based on the Curriculum Frameworks so as to facilitate the relevant stakeholders (such as teachers, school social workers and guidance personnel) in mastering the relevant knowledge and skills, and making good use of it to enhance their school-based parent education programmes for the continuous promotion of parent education. The Parent Education Resource Package for Primary Schools (the Resource Package) was launched in January 2024 and uploaded onto EDB's website⁴. EDB organised two briefing sessions in February and April 2024 with the participation of about 270 school personnel in total. The feedback of the participants of the two briefing sessions was positive, and they generally considered the content of the Resource Package practical. As for the parent education resource package for secondary schools, we will kick start the relevant development work after launching the Curriculum Framework on Parent Education (Secondary School).

10. At district level, EDB has initiated and formed learning circles as a pilot trial in the 2023/24 school year, so as to continuously support schools in implementing parent education. For example, with the support of EDB, three primary schools in the North District have organised a series of activities related to the theme of physical, psychological and spiritual well-being to promote mental health in schools and families. Among

3 EDB provided Scheme-KGs with an additional one-off subsidy of \$90,000 to \$100,000 in the 2021/22 school year, and a one-off grant on parent education of \$200,000 for all publicly-funded primary and secondary schools in the 2022/23 and 2023/24 school years respectively to support schools to make reference to the Curriculum Frameworks to embark on structured school-based parent education programmes or activities.

4 For the Parent Education Resource Package for Primary Schools, please visit: https://www.edb.gov.hk/tc/student-parents/parents-related/parent_education/resource_package/resource_package.html (Chinese version only)

them, the Carnival on Promoting Parent-child Well-being under the parent education learning circle in the North District (北區家長教育學習圈親子幸福嘉年華) held in April 2024 attracted the participation of more than 300 families.

11. At territory level, starting from the 2018/19 school year, EDB has been commissioning tertiary institutions to organise territory-wide parent education programmes annually, including talks or workshops on the theme “Learning Through Play” which aim to help parents understand how to support children’s learning and physical and psychological well-being through games. As at March 2024, we have organised 16 parent talks and workshops and a total of about 1 600 parents participated. Links to the videos, presentation slides and parent tips of the relevant seminars have been uploaded onto EDB website for parents’ reference. In addition, starting from the 2022/23 school year, EDB has commissioned post-secondary institutions and non-governmental organisations (NGOs) to provide territory-wide or district-based parent education courses and talks for parents and grandparents of KG and primary students with reference to the Curriculum Frameworks, and produce electronic learning resources to facilitate parents’ self-learning. In the 2022/23 school year, a total of 158 parents participated in the 10-hour parent education courses for kindergartens and primary schools, and the responses of the participants on the courses were positive. Diversified themes are covered in these courses and talks, such as how to help children cope with stress and develop a healthy lifestyle, and exercising empathy to help children understand, express and regulate their emotions. Besides, some of the contents are specially designed for certain groups of parents, such as single parents, parents of students with special educational needs (SEN) and parents of newly arrived students, to cater for the needs of different parents.

Information on Parent Education

12. EDB has all along been making use of the one-stop parent education website “Smart Parent Net” (parent.edu.hk), “Smart Parent Net” Facebook and Instagram pages and YouTube channel to facilitate parents’ access to information, education resources and support on parent-child relationship, character development, parenting skills, emotional management of parents, etc. The website of “Smart Parent Net” was enhanced in March 2024 with six key themes, including Parent-child

Relationship, Character Development, Education & Learning, Physical and Mental Health, Life Planning and Home-school Co-operation, to provide parents with comprehensive information, such as “Parent-child Tips - Establishing Healthy Lifestyle Habits” (親子錦囊－建立健康生活好習慣) as well as “Put Happiness into Practice” (快樂從實行開始) and “Understanding and Dealing with Insomnia” (了解及改善失眠問題) provided by the Department of Health, with a view to catering for the needs of different parents. Apart from these, the enhanced website also includes “Positive Parent Campaign” section to provide parents with easier access to the articles, videos, information on activities and resources related to the Positive Parent Campaign (the Campaign) so as to assist parents to acquire the knowledge and skills in nurturing their children, encourage them to adopt positive approaches to educate their children, establish a good parent-child relationship and enhance children’s resilience. Also, there is a “Parent Education Activity Information Hub” section to provide parents with easy access to information on parent education courses and activities organised by other government departments and local post-secondary institutions. We will continue to enhance the design and contents of the website to facilitate parents in obtaining the latest information.

13. EDB has also produced short educational videos for parents (e.g. “Adjustment and Coping”, “Stress Management and Problem Solving”, “Early Identification and Help Seeking” and “Flexibility and Resilience”) and provided the “Prevent Youth Suicide” factsheet for parents and pamphlets giving a brief introduction on various types of mental illness (such as depression, anxiety, psychosis and obsessive compulsive disorder), with a view to enhancing parents’ relevant knowledge and skills. Such pamphlets are available in different languages for easy reference of parents of non-Chinese speaking (NCS) students. Furthermore, EDB develops resources for parents based on the needs of students in order to support parents in coping with the developmental challenges faced by students. For instance, “Tips on Growth Mindset for Starting a School Year” (成長思維開學錦囊) and a picture book titled “The Three Chocolate Challenges”(三個朱古力挑戰) have been produced to help parents cultivate primary students’ growth mindset in a simple and easy way.

14. EDB has uploaded videos, pamphlets and educational resources on supporting students’ physical and psychological health to the “Smart

Parent Net” website and the “Mental Health @ School” (mentalhealth.edb.gov.hk) website for easy reference of parents. The details are at Annex. Since the launch of the above websites, the numbers of page views have exceeded 1.76 million and reached about 840 000 respectively.

15. In addition, starting from the 2023/24 school year, EDB has set up the “Home-School Co-operation Teacher Professional Network” (the Network). Each publicly-funded primary and secondary school nominates one teacher to join the Network and serve as a bridge between the school and EDB in promoting home-school co-operation and parent education, with a view to facilitating schools’ and teachers’ access to the latest information on activities and resources for the promotion of students’ physical and psychological health through the electronic communications of the Network, so as to cater for the needs of different students.

Promoting Positive Parent Campaign

16. EDB has been implementing the territory-wide Campaign since June 2020 to promote parent education through extensive and diversified channels, with a view to fostering positive thinking, strategies and attitudes in parenting among parents to help children grow up happily. EDB has been promoting the importance of happy and healthy development of children through various channels. In the 2022/23 school year, we produced a theme song “Accompany Your Child to Grow Up with Love” for the Campaign, which is sung by a popular Cantopop singer, Announcements in the Public Interest on television and radio as well as animations and short videos on parent education with a view to further raising the public awareness on positive parent education and promoting positive parenting. In addition, EDB has been employing different media promotion activities, such as “Show Gratitude and Appreciation - Support your Child with Love and Companionship” Moving Showroom, parent-oriented websites, advertisements at MTR stations and on bus body as well as online platforms to reach out to parents of different backgrounds in the communities and encourage parents and children to express their gratitude and appreciation through actions to promote the messages of positive parenting.

17. In the 2023/24 school year, EDB organised parent-child crochet and visiting to the elderly activities under the “Warm Stitches, Grateful Hearts” Parent-child Crochet Activity to encourage parents to cultivate the virtue of compassion and helpfulness in their children and promote the culture of harmony across generations. The activity received overwhelming response, with more than 10 000 crochet squares submitted by around 3 000 students and parents from over 90 schools. Besides, EDB organised the “Call for Action: Parent-child Fun Day” Activity in December 2023 to encourage parents to plan meaningful parent-child activities with their children, record the unforgettable parent-child playtime with photos and words, and share with other parents the good places for parent-child activities in Hong Kong.

18. EDB will continue to organise a series of activities under the Campaign, including the three events of “Healthy Living, Happy Family Series – Thrive Party for Kids and Families” from May to June 2024, and the “Positive Parent Campaign Activity Day” to be held in December 2024. These events aim to encourage parents and children to develop a healthy lifestyle, which includes having adequate sleep, daily exercises, leisure activities and sufficient rest, so that both parents and children can relax properly and maintain their physical and psychological well-being to facilitate happy and healthy development of children.

19. EDB will continue to organise different kinds of activities to promote positive parenting and explore areas of co-operation with different bureaux/departments and leverage on the established networks and platforms for continuous promotion of the Campaign.

Supporting Parents with Different Needs

20. EDB is committed to supporting parents with different needs, including parents of students with SEN and NCS students. Home-school co-operation is one of the elements that contribute to the success in the implementation of integrated education (IE). EDB has requested schools to establish a regular mechanism to enhance communication and co-operation with parents, and invite parents to give views on the strategies of supporting students with SEN and their effectiveness. In addition, school-based educational psychologists and school-based speech therapists collaborate with Special Educational Needs Coordinators, school social

workers and teachers to enhance parents' understanding of nurturing children with SEN through consultation and school-based training. EDB launched the "SENSE" information website (sense.edb.gov.hk) in the 2021/22 school year to provide information on the policies, measures and resources related to IE and sharing of practical experiences among schools to facilitate parents' easy access to the latest information and online resources on IE. To assist parents in acquiring the knowledge and skills in taking care of their children with SEN, EDB has compiled parent resource pamphlets entitled "How to Support Children with Special Educational Needs" to provide parents with useful information on caring for children with SEN according to the nine types of SEN. All the pamphlets are available in Chinese, English and eight ethnic minority languages. Other key resources include the "Parent Guide on Whole School Approach to Integrated Education" and a pamphlet on "Early Identification and Intervention Programme for Primary One Students with Learning Difficulties". Parents may download the above resources from the SENSE website of EDB.

21. Besides, EDB has commissioned NGOs and a post-secondary institution to provide a series of parent education programmes for NCS parents starting from the 2020/21 school year, with a view to helping parents support their children's learning, encourage their children to master the Chinese language, and have a more comprehensive understanding of the multiple pathways for their children. NCS parent education programmes are also designed with reference to the Curriculum Frameworks to give them guidance on the adoption of positive parenting approaches and a healthy lifestyle, help them learn more about their children's emotions and behaviours, as well as enhance their awareness and understanding of the resilience and mental health of their children. As of March 2024, a total of 120 parent education talks cum exhibitions and community activities were organised, and 389 visits to NCS families were conducted by NCS ambassadors, benefitting about 6 700 NCS parents and children. In general, the feedback from parents of NCS students is positive. We will continue to review the implementation of the relevant measures to further enhance the programmes.

22. EDB is also committed to organising parent "gatekeeper" training to strengthen parents' support for the mental health of their children. Online "gatekeeper" training programme has been organised for all parents

of primary and secondary students in Hong Kong, and the number of workshops has been increased from 4 sessions in the 2020/21 school year to 12 sessions in the 2023/24 school year. We will continue to organise relevant training based on parents' needs.

Launching 4Rs Mental Health Charter

23. To promote mental health in schools in a more comprehensive and systematic manner, EDB announced in April this year to launch the “4Rs Mental Health Charter” (the Charter) in the 2024/25 school year. The “4Rs” in the Charter cover four indispensable elements in fostering students' mental health, namely Rest, Relaxation, Relationship and Resilience. Schools participating in the Charter should set goals and take concrete actions to promote students' physical and psychological health. While promoting the Charter, more services, activities and courses will be provided to schools through cross-departmental and cross-sectoral collaboration. Participating schools are required to step up promotion of positive parent education, which include organising programmes or activities for parents every year to promote positive parent education, such as parent-child activities, parent-child community services, and sharing on ways to raise happy and positive children. Besides, the schools should explain the school-based assignment policies clearly to parents and students, and make the policies available on the school website for parents to access so that they can understand the policies and the rationale behind; and also convey to parents and students the importance of sleep for learning and physical and psychological health. Students should be encouraged to establish bedtime routines and good sleep habits so as to achieve sufficient and quality sleep every day. The schools should enhance students' skills in building relationship with others or fostering relationships with parents, and help students understand their roles and significance in different relationships, thereby fostering their willingness to take on responsibilities and make contributions. As at 29 May 2024, a total of 290 schools have enrolled for participation in the Charter.

24. In addition, EDB has been emphasising the importance of physical and psychological health and balanced development of students. Schools participating in the Charter are required to review the existing assessment policies, including the frequency of dictations, tests and examinations, as well as the contents, scopes and modes of assessment.

Measures include replacing traditional written tests and examinations with flexible and diversified modes of assessment; arranging less dictations, tests and examinations, or cancelling term examinations for individual class levels, particularly Primary One, where diversified modes of assessment instead of tests and examinations should be adopted in the first school term. Assessment at different key stages should be planned and arranged in a progressive manner to alleviate the academic pressure on students.

25. To encourage schools and their PTAs to support the Charter through home-school co-operation, CHSC has organised a series of competitions and activities under the theme of “Home-School Support Multiplies Love and Care; Children Flourish with Joy and Flair” in April this year, which include colouring competition, tumbler doll design competition, slogan competition and thanksgiving activity, with an aim to promote parent-child relationships through home-school co-operation and encourage schools and parents to work together to help children establish healthy habits and positive interpersonal relationships. Furthermore, in the 2024/25 school year, EDB encourages PTAs and FPTAs to make reference to the indispensable elements of the Charter when applying for the Subsidy for Home-School Co-operation Activities and the Subsidy for Joint Home-School Co-operation Project for organising more activities to promote the mental health of students and parents, and to share with parents the ways to raise happy and positive children.

Promoting Cross-Departmental and Cross-Sectoral Collaboration

26. The Government has all along been attaching importance to the healthy development of families in Hong Kong. We are committed to cultivating a caring and pro-family culture through the work of different government bureaux. In gist, the Home and Youth Affairs Bureau has been supporting the Family Council in promoting family core values, advocating a culture of loving families and fostering family education; EDB promotes home-school co-operation and parent education mainly through kindergartens as well as primary and secondary schools; and the Department of Health is committed to promoting child and family health.

27. Besides, EDB and CHSC have all along been working with other organisations to promote home-school co-operation, parent education and

the importance of physical and psychological health through different platforms and channels. In the 2023/24 school year, CHSC launched the “We Did It!” Award Scheme (the Award Scheme) in collaboration with Hong Kong Disneyland to award parents who were eager to assist the school or the community in building a positive and caring culture, as well as students who actively cared for and helped others, and brought positive energy to others. Awardees would receive admission tickets to the Hong Kong Disneyland Park which they could enjoy with their families. Nearly 410 primary and special schools participated in the Award Scheme. Besides, EDB has collaborated with the Capacity Building Mileage Programme (the Programme), a structured programme offered by the Hong Kong Metropolitan University and commissioned by the Women’s Commission, to consolidate various parent education courses under the Programme that echo with the key elements of the Curriculum Frameworks on Parent Education and promote these courses to parents through CHSC and FPTAs. In a joint effort to support parent education at community level, EDB participated in the promotional activity of the Programme on promoting physical and psychological well-being (健康身心靈 開啓快樂人生) held in April 2024 so as to promote the Curriculum Frameworks on Parent Education and mental health via a cross-departmental and cross-sectoral platform.

Way Forward

28. EDB will continue to review and enhance the relevant measures, and collaborate closely with different stakeholders, so as to further promote the physical and psychological well-being of students through home-school co-operation and parent education. We hope that schools and parents will work hand in hand to nurture students’ positive attitudes and whole-person development, enabling them to grow up healthily and happily.

Education Bureau
May 2024

Information/resources related to children's physical and psychological health

「 Smart Parent Net 」

Parent-child Tips - Establishing Healthy Lifestyle Habits (Chinese version only)

“Mommy Light” and “Daddy Light”, the Ambassadors of the Positive Parent Campaign, provide parent-child tips to remind parents and children to establish healthy living habits together in the areas of daily life, parent-child activities and diet.



<https://www.parent.edu.hk/en/smart-parent-net/topics/article/code-healthlife>

Understanding and Dealing with Insomnia

Practical information on sleep helps parents understand the importance of sleep and ways to deal with insomnia to assist their children in developing a healthy lifestyle.



<https://www.parent.edu.hk/en/smart-parent-net/topics/article/sleepproblem>

Put Happiness into Practice

Ten practical tips to nourish happiness for understanding the importance of a joyful mindset for growth, and create, experience, and embrace happiness through simple and practical methods.



<https://www.parent.edu.hk/en/smart-parent-net/topics/article/happyaction>

(Video) Kids Talk – Ups and Downs in Primary School Life

The video invites five primary school students to share the ups and downs in their primary school life. A psychiatrist will explain the stress that primary students would encounter in general, so that parents can learn how to help their children handle and deal with stressful events among primary school students.



<https://www.parent.edu.hk/en/smart-parent-net/topics/article/video-studentchat>

Prevention of Damage from Toxic Stress

Practical information helps parents understand how to maintain a stable and buffering relationship with their children, so as to instill a sense of security in them to face adversity.



<https://www.parent.edu.hk/en/smart-parent-net/topics/article/childpressure>

Important Tips - How to Alleviate Stress when Facing Major Incidents (Chinese version only)

When major incidents occur, parents can refer to the positive tips to face stress and various emotional reactions together with children, and overcome the difficulties together.



<https://www.parent.edu.hk/en/smart-parent-net/topics/article/tip-pressure>

**(Video) Parent Education Video Series :
Healthy Life [Tips for healthy sleeping]
(Chinese version only)**

Adequate sleep is particularly important for mental health. The video shows how parents can help their children establish healthy sleep habits.



<https://www.parent.edu.hk/en/smart-parent-net/topics/article/video-healthlife>

(Video) Parent Education Video Series : Healthy eating (Chinese version only)

The video provides parents with a variety of tips on healthy eating for their children's breakfast, dinner and even snacks, so as to keep them smart and concentrate on their learning.



<https://www.parent.edu.hk/en/smart-parent-net/topics/article/video-health-eat>

The Value of Sports (Chinese version only)

Doing exercise has many benefits. Experts share how to cultivate common interests and regular exercise habits with children through exercise, so as to nurture a closer parent-child relationship.



<https://www.parent.edu.hk/en/smart-parent-net/topics/article/sportvalue>

(Video) What is Mindfulness?

Busy life can easily make us feel exhausted physically and mentally. What are the feasible ways to help us relax and calm down? The video explains how to learn mindfulness in order to be aware of our emotions and bodily sensations, and live in the present moment.



<https://www.parent.edu.hk/en/smart-parent-net/topics/article/video-mindfulness>

Pay Heed to Students' Mental Health and Safeguard Students in the Aftermath of Social Tragedies

How can parents help their children to cope when children face with unfortunate incidents? The article explains the changes in children's psychological, cognitive, emotional, behavioral and social aspects, in order to enhance their mental health literacy.



<https://www.parent.edu.hk/en/smart-parent-net/topics/article/careforstu>

Managing Anxiety and Worries in Children

The infographic lists six key points to help parents understand how to handle their children's anxiety.



<https://www.parent.edu.hk/en/smart-parent-net/topics/article/handleemotion>

Adjustment and Coping

The video helps parents understand the influence of various changes in children's growth and the ways to cultivate their children's adaptability.



<https://mentalhealth.edb.gov.hk/en/promotion-at-the-universal-level/parent-zone/104.html>

Stress Management and Problem Solving

The video uses the principles of neuroscience to explain what stress is and introduces five ways to reduce stress, so that parents can learn how to help their children deal with stress correctly.



<https://mentalhealth.edb.gov.hk/en/promotion-at-the-universal-level/parent-zone/101.html>

Early Identification and Help Seeking

The video helps parents understand the importance of early treatment of mood disorders, precautions for taking prescribed psychiatric drugs and ways to promote children's mental health.



<https://mentalhealth.edb.gov.hk/en/promotion-at-the-universal-level/parent-zone/103.html>

Flexibility and Resilience

The video introduces parents some ways in cultivating their children a growth mindset to overcome adversity.



<https://mentalhealth.edb.gov.hk/en/promotion-at-the-universal-level/parent-zone/102.html>

“Three Chocolate Challenges” (Chinese version only)

The story book cultivates students' “growth mindset”, guide them to face challenges positively, and regard setbacks as opportunities for learning and improvement.



[https://mentalhealth.edb.gov.hk/uploads/mh/content/%E7%82%BA%E5%AD%B8%E6%A0%A1%E6%8F%90%E4%BE%9B%E7%9A%84%E6%8E%A8%E5%BB%A3%E8%B3%87%E6%BA%90/Mental Health Literacy Resource Package \(Key Stage 2\)/chocolate_story.pdf](https://mentalhealth.edb.gov.hk/uploads/mh/content/%E7%82%BA%E5%AD%B8%E6%A0%A1%E6%8F%90%E4%BE%9B%E7%9A%84%E6%8E%A8%E5%BB%A3%E8%B3%87%E6%BA%90/Mental_Health_Literacy_Resource_Package_(Key_Stage_2)/chocolate_story.pdf)

“Caring for Children's Mental Health” Parent Education Series – Pamphlets

This series of pamphlets provide parents with basic knowledge and support strategies on different mental illnesses of children and adolescents, so as to facilitate them to early identify children in need and offer appropriate support.



<https://mentalhealth.edb.gov.hk/en/support-at-the-indicated-level/resources-and-guidelines/67.html>

Positive Vibes @ Home, Series on Parent Gatekeeper

Parents are the important gatekeepers of their children. We encourage parents to give more care and support to their children, and to recognise ways of safeguarding their children's mental health. "Thematic Online Workshops on Parent Gatekeeper Training" aims to strengthen parents' confidence and skills as "gatekeepers", help them early identify and support their children's mental health needs, and adopt a positive attitude in helping their children face challenges in their growth.



<https://mentalhealth.edb.gov.hk/en/support-programmes/parent-workshop-on-gatekeeper-training.html>

"Safeguard Children's Mental Health - Prevent Youth Suicide" Factsheet

Children at puberty experience drastic changes in physical and mental growth, and may feel distressed, helpless and hopeless when they encounter challenges and adversities during this transition. Some may even have suicidal thoughts. This fact sheet aims to increase parents' understanding of youth suicide through an introduction to suicidal warning signs, protective factors and risk factors of, and support measures for adolescents.



<https://mentalhealth.edb.gov.hk/en/promotion-at-the-universal-level/parent-zone/68.html>

Community Resources and Helplines

If parents find their children encounter mental health problems, they may help them look for professional support services in the community.



<https://mentalhealth.edb.gov.hk/en/early-identification-at-the-selective-level/helplines-and-community-resources.html>