



Converging
PROFESSIONAL WISDOM
FOR Family Well-Being

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Message from Mrs. Patricia CHU, Chairperson, CIFA



During this quarter, the CIFA Council and its various Committees and Working Groups have been actively meeting and putting plans into action in the preparation of the celebration of the 30th Anniversary of the International Year of the Family (IYF+30). These include the Expert Group Meeting on Ageing of Population under the megatrend of Demographic Changes to be held in November/December 2023 to kick start the celebration, in collaboration with UNDESA, National University of Singapore and the University of Hong Kong; and the invitation of co-organisers for the Asian Family Summit scheduled to be held at the end of 2024 to wrap up the celebration, among

other activities.

In this issue, we are pleased to share the Silver Award winning project of Wofoo 3A Project 2022 on Brain Based Emotion Coaching Parenting Program by the TWGHs Ho Yuk Ching Educational Psychology Service Centre where innovative solutions have been adopted to respond to the need for a quality emotion-focused parenting education. The Project team is also proud to showcase the impacts of the project, with the involvement of the Department of Psychology of the University of Hong Kong in adopting a randomised waitlist-controlled design.

Being the Chairman of the Hong Kong Anti-Cancer Society (HKACS), an active member organisation of CIFA, I am also pleased to share the exciting celebration of our 60th Anniversary. With the concerted efforts of the Executive Committee, staff members and volunteers, HKACS has rolled out a series of exciting activities to celebrate this important milestone in the development of this oldest cancer fighting NGO in Hong Kong.

Last but not the least, we are thankful to Prof. Kim of Korea and Ms. Eliza Lam of Hong Kong for conducting the Webinar on "Father's Involvement in Helping Families During COVID-19 in Asia", a most timely topic on a very often neglected subject on the role of fathers in the family, especially during difficult times. We are pleased to have good attendance, with positive feedback from participants.

Let's look forward to the coming quarters for ongoing exciting news of development in the work of CIFA! We will continue to rely on all of you for your support and encouragement!



Wofoo 3A Project 2022

Silver Award & My Favourite Project

Brain-based Emotion Coaching Parenting Program

Tung Wah Group of Hospitals Ho Yuk Ching Educational Psychology Service Centre

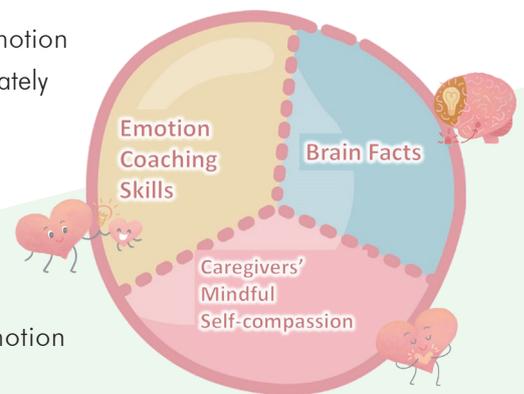
Quality Emotion-Focused Parenting Education for Kindergarteners in Hong Kong

Parenting is never easy. An increasing trend in parenting stress was reported¹ and local news reports have been covering more tragic family stories since 2016². The educators as well as mental health professionals were facing the urgent need to review and improve the community resources in parental education.

TWGHs Ho Yuk Ching Educational Psychology Service Centre (our Centre) has been taking an active role in providing innovative solutions in response to local service needs. We had reviewed the existing parenting programs for preschoolers available in Hong Kong and found the community was in need of an emotion-focused parenting program in early childhood and also a parenting program that put a balanced focus on taking care of the emotional needs of parents and children.

Funded by the Bank of China (Hong Kong) and responding to the need for a quality emotion-focused parenting education, the multi-disciplinary team of our Centre had developed the Brain-based Emotion Coaching Parenting Program (BCEP) targeting parents of preschoolers (age 3-6). The Program consists of eight two-hour sessions. The content innovatively integrates three components.

1. Emotion Coaching Skills (EC) (adapted from Gottman's approach of emotion coaching³): equip parents with the essential know-how to respond appropriately towards children's emotional needs;
2. Caregivers' Mindful Self-compassion (MSC): nurtures grounding skills and compassion that help parents to cope effectively with distressing parenting moments, which could in turn enhance parents' capabilities to respond to children's difficult emotions with emotion coaching skills;
3. Brain Facts: explains the brain mechanism underlying the effect of emotion coaching and helps clearing parenting myths.



Three Components in the BCEP Program

Implementation under COVID-19

During the pandemic, parents in Hong Kong were facing unprecedented parenting stress in coping with children's home schooling as well as other stressors. BCEP was adapted into an online version so that parents were able to meet and learn via zoom under the social distancing measures. By May 2022, BCEP had served close to 440 families in Hong Kong. Parenting groups were delivered by the program team members with the assistance of the school social workers of the participating preschools so parents could receive follow-up school-based support despite receiving the program online. Three mindfulness-based reunion activities were also conducted online or face-to-face to extend parents' learning of MSC after the online sessions. For the public, 10 parent-child workshops were provided to families from low-income districts to enhance their understanding and acceptance of emotions.



Photo Collage of BCEP Online Parenting Groups

Impacts & Effectiveness of BECP Program

In collaboration with the Department of Psychology at the University of Hong Kong (HKU), the program effectiveness study was conducted with 145 participating parents in a randomized waitlist-controlled design. The BECP Program was found to be empirically effective in alleviating parenting stress, enhancing emotion coaching skills of parents and reducing emotional-behavioral difficulties among children.



One of the Mindfulness-based Reunion Activities

Key Outcomes from the Evaluation Research conducted by HKU	
Parents' Emotional Well-being	
↓ Reduced level of parental stress	↑ Improved self-compassion
Parents' Responses to Child's Difficult Emotions	
↓ Fewer distress reactions	↓ Lowered minimization reactions
↓ Fewer punitive reactions	↑ Increased expressive encouragement to children
Child Outcomes	
↓ Fewer total difficulties	↓ Reduced externalizing behaviors
↓ Fewer internalizing behaviors	↓ Fewer emotional problems reported by the spouses of participating parents

Sustain and Prolong the Impact of the Evidence-based BECP Program

To support community capacity building and sustain the program impact, our Centre organized a sharing session on 17 July 2021 to disseminate the program effectiveness and good parenting practices. Distinguished guests from the Government and Universities, together with about 500 staff from the education and social welfare sectors, as well as parents had participated in the sharing session through online and offline activities. At the same time, the Program Training Package was published and it included instructor's manual, parent workbook, slides for each session and audio guides for MSC practices. Our Centre has been conducting train-the-trainer (TTT) courses for professionals. By 2022, a total of 119 professionals had completed the TTT, which included educational psychologists, clinical psychologists, kindergarten principals, teachers, social workers, psychiatrists as well as psychiatric nurses, while there were approximately 270 were put on waitlist for joining the TTT. The training received very positive response from the professionals and many had conducted or planned the parent groups at their own work settings.



Group Photo of Guests and Participants at the Sharing Session



Publication of BECP Program

Meanwhile, our Centre will continue to review and update the course contents. The program team members will support the trained professionals to provide the BECP program and suitably respond to the needs of parents in different service settings. In addition, we are planning for new sessions of TTT in the coming school year so that more families can be benefited.

Reference:

- 60% of parents feel pressure to discipline their children Children from low-income families are less motivated to learn. (2016, August 23). *Ming Pao*. https://m.mingpao.com/ins/instantnews/web_tc/article/20160823/s00001/1471949290026
- Ng, Y (2018, Feb 24). Violence is not parenting, Hong Kong child advocate says amid rise in physical abuse cases. *SCMP*. <https://www.scmp.com/news/hong-kong/community/article/2134163/violence-not-parenting-hong-kong-child-advocate-says-amid>.
- Gottman, J. M., & DeClaire, J. (1997). *The heart of parenting: How to raise an emotionally intelligent child*. London, UK: Bloomsbury.



BECP Train-the-Trainer Course

Webinar on “Father’s Involvement in Helping Families during COVID-19 in Asia”

CIFA organises Webinars with the view to provide opportunities for professional learning and exchange among family practitioners, researchers, policy makers and University students from the Asian regions and beyond. The Webinars are hosted by Vice-Chairpersons from various regions/countries in Asia, together with invited speakers to cover family related issues and stimulate our thoughts on how we can provide evidence-based practice and formulate policies for the well-being of families.

Following the first Webinar on **“Skills of Helping Asian Families under Stress”** held on 15 June 2022, the Webinar on **“Father’s Involvement in Helping Families during COVID-19 in Asia”** was successfully held on 21 April, with around 70 participants attending the session. Professor Kim Yeong-Hee (Vice-chairperson of Korea & Japan; Emeritus Professor of Chungbuk National University & Endowed Chair Professor of SolBridge International School of Business, Korea) and Ms. Lam Yee Wan Eliza (Chairman of Membership Committee, CIFA & Service Head of Family Service, Caritas Hong Kong) had been invited to speak and share with the participants on the topics of **“Father Involvement”** and **“How to Build up PAPA Zone in Synergy with Core Services of Family Work - Succession of Heritage with Local Experience of Caritas – Hong Kong”** respectively. Their enlightening presentations had generated much discussion and sharing. The overall response was very positive and encouraging remarks had been received. The video recording of the Webinar has been uploaded onto CIFA website for the reference of those who could not attend the event.

2ND CIFA WEBINAR

Father's Involvement in Helping Families during COVID 19 in Asia

CIFA is organising Webinars with the view to provide opportunities for professional learning and exchange among family practitioners, researchers, policy makers and University students from the Asian regions and beyond!
The Webinars will be hosted by Vice Chairpersons from various regions/countries in Asia, together with invited speakers to cover family related issues and stimulate our thoughts on how we can provide evidence-based practice and formulate policies for the promotion of well-being of families.

Prof. Kim Yeong-Hee

- Emeritua Professor, Chungbuk National University
- Endowed Chair Professor, SolBridge International School of Business
- Vice-Chairperson (Korea & Japan), CIFA

Ms. Eliza Lam

- Service Head of Caritas Family Service
- Chairman of Membership Committee, CIFA

Registration Fee: Free
Please register by filling the Google Form at <https://forms.gle/Qn8mwe5WaEK8HCcE8>
Zoom link will be provided upon successful registration.
Please contact CIFA Secretariat at cifasecretariat@gmail.com for any enquiries.

Cifa

21st April 2023 (Friday)
9:30am - 12:00pm (Hong Kong time)
Online via ZOOM

More webinars will be organised with exact date and theme to be announced. Please watch out for the announcement on CIFA website. If you have any specific topics you would like us to cover, please feel free to let us know!

Celebrating 60 Years of Fighting Cancer

2023 marks the 60th Anniversary of The Hong Kong Anti-Cancer Society (HKACS), the longest running non-profit making cancer organisation in Hong Kong since 1963. To commemorate this significant milestone of HKACS, we have adopted the theme of 'Infinity', incorporating the mathematical symbol " ∞ ". The number 60 has a special meaning, symbolising our commitment to providing infinite love and care to support cancer patients, their families, caregivers and the community, echoing our vision: TO FIGHT AGAINST CANCER BY ADVOCATING, ENGAGING, EMPOWERING AND SUPPORTING ALL!

For the past 60 years, HKACS has always been at the forefront of fighting against cancer and is committed to serving the people of Hong Kong by raising cancer awareness, providing comprehensive services including drug/medical assistance and charity bed program for sick and needy patients, and supporting patients and their caregivers through the cancer journey by the Walking Hand-in-Hand program, just to name a few. All our charitable initiatives have continued despite the challenges from the COVID-19 pandemic over the last 3 years with the staunch support from civic spirited sponsors and donors.

To celebrate the occasion, a series of activities have been rolled out in the last few months, including an exhibition in the Central Library to give an account of development of the HKACS, highlighting the services and contribution made to the Hong Kong community. We have also promoted our services on different media channels and our mobile E-bus has travelled to different districts and remote areas for education and service delivery. More exciting development will take place in the coming months, including different cancer awareness campaigns, 60th Anniversary Charity Dinner with full sponsorship from our strategic partner, the Regal Hotels International, Regional Symposium on Cancer Survivorship in collaboration with the International Union of Cancer Control (UICC), and the operation of the Jessie Tam Cancer Recovery Centre with funding support from the Jessie & Thomas Tam Charitable Foundation.

As we look into the future, we will continue the legacy of our founder, Prof. John Ho Hung Chiu, whose vision 60 years ago had laid the foundation for the fight against cancer, contributing significantly to the development of a comprehensive and holistic provision of services to meet the varying needs of the cancer patients and their families in the midst of growing incidences of cancer in Hong Kong.



Stay Connected With Us





HKACS 60th Anniversary Exhibition at Central Library



Chairman, colleague and volunteer introduced HKACS's services on RTHK radio programme hosted by Mr. Steven Ma.



Mobile E-bus for education & service delivery to remote areas