



HONG KONG
CHRISTIAN SERVICE
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School Social Work Service

Social Work Service for Pre-Primary Institutions

Parents' Newsletter
Issue 6

Issue Date: March 2020

Children's Emotion



Children have class suspension or reduction of outdoor activities due to the outbreak of coronavirus. Inevitably, they might have negative emotions, including boredom, sadness and anxiety. Here are 5 steps tips for parents to stabilize their emotions.

Step 1: Describe your child's feelings

You feel bored with staying at home and you miss your friends so much, don't you?

Step 2: Encourage your child to express

What do you want to do now? Which friend do you miss the most?

Step 3: Recognize and accept your child's feelings

We feel bored and we do want to hang out with you too!

Step 4: Explain to your child the current situation

But the new coronavirus may cause us sick, maybe seriously. We must protect ourselves, minimize our outdoor activities and avoid going to crowded places.

Step 5: Find out solutions with your child

Let's think of some fun activities that we can do at home! Well.... Do you want to make a phone call to your friends and tell them you miss them?



Children's Daily Schedule

During the class suspension, how to avoid my child being indolent but not too bored to stay at home?

A regular and planned routine could help your child keep a healthy and balanced lifestyle. Children could still have fun as well as certain amount of learning opportunities and activities at home. Most importantly, it is a chance to enhance the parent-child relationship.



Principles of Daily Activity Plan

- Regular schedule is important for children, especially diet and bed time.
- Arrange balanced activities, including sedentary and physical activities, learning opportunities, interaction and fun time.
- Allow children to do their own work but also keep some parent-child interaction activities.

How do the child have physical activities at home?

For pre-school children, simple housework or tasks are already good choice!

Activity	Suggested Tasks	Tips
Wake up	Tidy up the bed 	 Physical
Meal time	Prepare the meals together. Children can learn about the food, preparation tasks for dining and setting up table. 	 Physical  Learning
Sedentary activities	<ul style="list-style-type: none"> • Use paper or waste materials to make crafts and decorate the house • Screen time learning (less than 1 hour daily) • Parent-child time: reading, singing, creating funny stories • Make use of calendar to create DIY board game • Household chore: clothes peg game/spot the same socks game 	 Learning  Parent-child Fun
Physical exercises	<ul style="list-style-type: none"> • Household chore: hang clothes and collect clothes / tidy up the toys • Put different words on the floor and the child jump on the words and read them loud • Hopscotch/household items hide and seek/blanket roll/toilet paper roll bowling game 	 Physical  Learning  Parent-child Fun
Bed time	<ul style="list-style-type: none"> • Learn to tell time on clock • Bedtime story or parent-child pillow talk  	 Learning  Parent-child Fun

Parent's Emotion

Anxiety

We have to clean and sterilize frequently as virus are found everywhere. Is our precaution adequate?

Worry

Why is it so difficult to get masks and daily commodities? When could we resume our normal life?

Annoyance

I feel totally annoyed as my kids get bored at home and ask for going out all the time. What should I do?



Our daily routine may be affected due to the coronavirus outbreak. In order to strengthen our immunity, we not only maintain our physical health, but also take good care of our mental wellbeing.

•Care for yourself

Recognize and acknowledge we would have different emotions towards an unexpected situation. You can take some time to relax yourself by keeping the communication with relatives or listening to music. Please reminded that your emotion stability helps you to take good care of your child.

•Stay in the moment

Avoid excessive exposure to the news if you find yourself too anxious. Instead, do something that you can control, such as maintain good hygiene or prepare nutritious meals for your family. You can also take the chance to have a quality time with your child and family members.

•Be grateful and appreciate what you have

Although we are going through a rough time, we can still find grateful things around us. For example, good collaboration with family members on taking care of children and grocery shopping after work; enjoy more time with your child when staying at home; be grateful for our health and the necessities that we have. Let's take this chance to teach your child how to be grateful and appreciate what we have so as to boost their positive energy for overcoming various challenges in the future!

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