

OneSky Community Living Room Fulfilling Caregivers' Happiness

The Community Living Room at the P. C. Lee OneSky Global Centre for Early Childhood Development offers caregivers of children aged 0-6 a comfortable environment to recharge. With a wide range of activities and services, it addresses both the physical and mental needs of the children and the caregivers. It also fosters connections between caregivers and the community, creating a network of mutual support.



Image 1



Image 2



Image 3

Play, Learn and Grow with your children

OneSky promotes responsive care and encourages caregivers to play, learn and grow with their children. During the recent Easter celebration, we had fun with creative crafts, egg hunting, and face painting (Image 1). We also cared for newborn caregivers through baby massage classes (Image 2), teaching proper techniques to calm infants and share daily routine tips. For older children, we rotate our themed corners on the second floor of our Community Living Room every season (Image 3), allowing them to use their imagination and bond with caregivers in an enjoyable way.

OneSky Homework Support Program

We have launched a new Homework Support Program in April 2024. Experienced volunteers provide homework help to our members' siblings aged 7-10, and work with them to build good habits to complete their homework independently. This also allows caregivers to take a break and interact with younger children at the center. Contact us for more details of the program.

Dates and Time:

Monday to Friday, 5:00 PM - 6:30 PM



Caregiver Support

Caregiver Training Program: Painting the Sky of Parenting

Taking care of young children is a constant learning process. OneSky's Parenting Skills Training Program aims to equip caregivers with necessary skills to navigate the ups and downs of raising children.

Auntie Ice-Cream (Image 4), a mother of three, found the training very helpful and learned about responsive caregiving. She started to see things from her children's perspective, greatly improving her relationship with them. Similarly, Auntie Ding-ding (Image 5) found deeper understanding of how children learn and the importance of observing their emotions. She believes that staying calm and connecting with the child's heart is key to effective caregiving.

The 8-session course helps participants develop responsive care skills, focusing on six key areas: growth, care, discipline, emotions, play, and reading. It provides practical tools and real-life examples to navigate everyday challenges. Those who complete the program and pass the assessment will receive a certificate and the opportunity of becoming a OneSky community helper.



Image 4

Image 5



Scan the QR Code to learn about the training course.

What's New



Caregiver Moments

It is important for caregivers to recharge, and OneSky organizes activities to help them relax and bond. Recently, we held a workshop where caregivers made hugging pillows, which can be used as cushions, lumbar support, or nursing pillows. Another session taught caregivers to make their own lip balm. We hope the caregivers can be mindful of their well-being and find peace in daily lives.



Stay tuned to OneSky's WhatsApp, Facebook and Instagram for our updates.

Thanks Barclays for sponsoring OneSky Parenting Skills Training Program

Thanks to the Barclays LifeSkills programme, OneSky is able to train caregivers to provide quality care to children. In celebration of International Women's Day in March, we were delighted to welcome Barclays volunteers at the P. C. Lee OneSky Global Centre for Early Childhood Development to support the women caregivers, who are now our community helpers, on their personal development. During the session, the volunteers shared their caregiving experiences and also created beautiful dried flower arrangement frames for the caregivers to take home.

Kathy has been visiting OneSky with her two children since 2020 and joined our Parenting Skill Training. After completing the training, she became an OneSky Community Helper, coming several times a week after dropping her children off at school. Kathy can now give back to the community, connect with other caregivers, and earn a part-time living.

All of OneSky community helpers have completed our caregiver training course as part of Barclays LifeSkills Programme to upskill their caregiving knowledge and share the skills they have acquired with other similar caregivers from low-income families, fostering a supportive and collaborative environment on their parenting journey. Once again, we express our gratitude to Barclays for their continuous support.



Bridging the Generations

Intergenerational interactions enhance learning and spread happiness. OneSky brings members of all ages together through activities like making snacks, crafts, and visiting elderly homes. We hope these experiences can bond families across generations.



Caregiver Activities to Come

We have lined up activities in the coming months to support our caregiver community. Our Family FUNtastic Day welcomes children 3-6 from ethnic minority families for art jamming, storytelling, and child care tips. To prioritize caregiver health, we'll organize body movement classes. We have Mother's Day in May and summer fun with kids in July. Stay connected to learn more!

UBP Supported Safeguarding Children Talk Series



OneSky is honored to have been supported by Union Bancaire Privée (UBP) to sponsor a series of 11 "Safeguarding Children" talks, covering topics such as child development, emotional management and using non-violent verbal strategies to address children's emotions and minimize physical abuse. We were privileged to have invited professionals from various areas, including university lecturers, speech therapists, and school principals to share their expertise. This included an engaging session by key opinion leader Kay Ho, who shared how family dynamics influence child development and parent-child relationships, which attracted 40 families to join. The talk series finished with a game day, where UBP representatives joined and the participating families also shared the skills they had learned and the positive changes experienced. OneSky is once again grateful for UBP's support, as well as the invaluable contributions of our volunteers and all speakers.

Community Engagement



To foster strong community connections, OneSky partnered with six organizations to host a parent-child games day at the Mei Ho House in Sham Shui Po at the end of 2023, which featured game and handcraft stalls, children's eye checks counter, and gift redemption booth, attracting over 180 families to join.

We would like to thank our partners below in alphabetical order: Caritas Community Development Service, Changing Young Lives Foundation, Family Life Education Unit of The Hong Kong Federation of Youth Groups, Fortune Library of the Tung Wah Group of Hospitals Social Development Department, Hong Kong Lutheran Social Service and the Sham Shui Po District Council Po Leung Kuk Shek Kip Mei Community Service Centre.

Preschool Principals Visiting OneSky

Over 60 preschool principals visited the P. C. Lee OneSky Global Centre for Early Childhood Development, exchanging ideas on caregiver training and how our community living room helps address the challenges faced by caregivers on their parenting journey. OneSky focuses on parenting education for children aged 0-6, and welcomes interested schools and organizations to reach out to us.



Opening Hours

MON - FRI 10:00am - 6:30pm
SAT 10:00am - 4:30pm
Closed on Sundays and Public Holidays

(852) 3598 9338
G/F - 2/F, Wing Shing Building
25-35 Castle Peak Road
Sham Shui Po, Kowloon, Hong Kong

OneSky Hong Kong
oneskyhongkong
hkcentre@onesky.org