

焦點故事 Feature Story

靦腆媽媽的成長 育兒路上不孤單

Introverted Mother Gains Support from Parenthood

榮恩媽媽是中心的初代會員，於中心剛成立時帶著當時三歲的榮恩和一歲的女兒瑩瑩來到一片天。和很多受疫情影響的孩子一樣，榮恩錯過了許多語言和社交發展的機會。她對於如何面對孩子成長的挑戰茫無頭緒，加上經濟壓力和對家人健康的焦慮，整日憂心忡忡。

Kathy joined as a OneSky family, with her 3-year-old son Ron and 1-year-old daughter Ying-ying, since the Centre was established two years ago. Like many other toddlers who were largely affected by the pandemic, Ron missed crucial opportunities to develop his language and interpersonal abilities. Kathy felt completely helpless to find a solution for these developmental challenges facing her son, and cope with the anxiety caused by financial difficulties and the family's health.



榮恩媽媽回想起初來中心的情景，說道：「在親子互動時段時，親子互動導師 Suki 察覺到我和榮恩的情況，主動和我們聊天。我才發現我一直忙著面對生活，卻沒好好地面對自己。她的關心像打開了一個缺口，我深深感到原來有人重視我的感受。」Suki 適切的關愛令媽媽倍感自在：猶如朋友般默默聆聽媽媽的內心、鼓勵她參加照顧者培訓課程，讓她學習截然不同的育兒方式。榮恩媽媽把課堂所學學以致用，對榮恩成長帶來不少裨益，惟當她與朋輩和家人分享育兒方法時卻不被認同。

性格靦腆的榮恩媽媽為了孩子和自己，決心踏出舒適區。她在 Suki 的鼓勵下，鼓起勇氣主動與不同家庭攀談，漸漸結識了不少志同道合的伙伴。這兩年來她親證自己和子女的成长，也建立了新的社交圈子。她感慨道：「回想起自己的改變、孩子的成长，這一切得來不易，但都是值得的。」

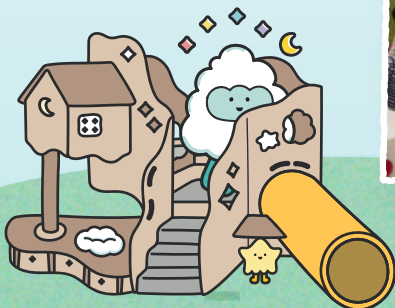
Kathy recalled the moment when she visited OneSky. "During the facilitated play sessions, Suki, one of the Family Mentors, noticed us and took the initiative to speak with me. It was only when I shared my circumstances with her, I realized I had been using all my efforts to endure and survive all these problems that I had never had a moment to look after myself. I was so grateful for her love and care because I have not felt valued or understood for a very long time." Suki's appropriate care and attention made Kathy feel immediately at home. She listened to Kathy like a friend, and recommended her to join the OneSky parenting skills training that would enhance her parenting practices and behaviors. She eagerly put her learning into practice which benefitted Ron's development significantly. However, Kathy felt extremely frustrated when her friends and family did not appreciate her efforts and new parenting methods.

Kathy found her courage and stepped out of her comfort zone. As a shy and quiet Mom, she made a huge effort to socialize with other families with some encouragement of our Family Mentors, and made good friends at OneSky! Within two years, she witnessed the development of her children, and even herself as she formed a new social circle. "It wasn't easy, yet I know how valuable it has been, especially seeing the transformation on all three of us," says the happy Mom.



榮恩媽媽積極參與親子活動，慢慢建立了新的社交圈子。

Kathy actively engaged with parent-child activities and made good friends.



照顧者支援

Caregiver Support

照顧者培訓課程注入新元素 將育兒知識活學活用

New Training Activity Helps Caregivers Put Learning Into Practice

照顧者培訓課程最近加入主題親子活動回應課堂內容，一班約兩歲幼兒的照顧者初次體驗，反應不俗。課堂上，照顧者和幼兒參與「嬰幼兒障礙賽」，合作完成任務。幼兒從中學習聆聽指令，促進五感發展，而照顧者則從旁觀察幼兒，嘗試以全新方法回應和引導孩子，從中建立更親密的親子關係。透過有趣的互動遊戲，照顧者不僅樂於分享他們的育兒故事，更能與其他家庭建立關係。課程將陸續引入不同活動，豐富課堂內容，切合照顧者的需要。

New parent-child activities have been introduced to OneSky's Parenting Skills Training program. Led by OneSky trainers, caregivers are able to better equip themselves with practical, hands-on activities. We received an encouraging response from a trial class for caregivers with children around 2 years old. Caregivers took part in a "Baby Obstacle Race" with their children. The game taught children how to follow directions, whilst enhancing their sensory development. At the same time, caregivers gained a better understanding of responsive care approach through observing, interpreting and responding to their children. We are looking forward to introducing a variety of activities at class that fit with caregivers' needs.



最新動向

What's New

創意動感玩樂區換新裝 超好玩繩網 挑戰膽量和體能 Rope Course Challenge Fosters Kids' Motor Skills

大家到訪一片天時有沒有留意創意動感玩樂區換上新裝置呢？我們新增了繩網區，照顧者可從旁協助活潑好動的小朋友，讓他們伸展及鍛鍊大小肌肉。你準備好接受繩網挑戰了嗎？

Children are put to the challenge with our new play structure in the Creative Activity Zone! Caregivers are encouraged to assist young children to complete it which stimulates their motor skills. Are you ready for the challenge?



定期主題活動企劃 照顧者與幼兒開展多元探索

Themed-Play Encourages Families to Explore Diverse Learning

親子互動導師定期於親子互動時段舉辦親子及照顧者活動，包括雞蛋 STEAM 小實驗、遊戲機 DIY、創意龍舟、學習液體密度的「星雲塔」製作、家長情緒疏導小組等，讓照顧者和幼童透過各類好玩又有趣的小遊戲，一起從遊戲中學習，自由探索。

Themed parent-child and caregiver support activities are organized regularly during OneSky facilitated play sessions. Family Mentors design interesting themed-play activities such as "STEAM Egg Experiment", "DIY Game Console", "Dragon Boat Making", "Understanding Liquid Density with 'Liquid Tower'", and more, aiming to promote learning through diversified play. We also trialed a new activity that provides parental emotional support to caregivers.



最新動向 What's New



中秋節派對 團團圓圓過中秋

Mid-Autumn Festival Celebration With OneSky Families and Generali Volunteers

一片天於九月初舉辦中秋節派對，親子互動導師與忠意保險 THSN 義工邀請照顧者和小朋友一起製作白兔燈籠、參加月餅障礙賽、在月亮波波池尋找阿雲小星星，完成各種任務後更可贏得神秘禮物！

A Mid-Autumn Festival Party was held in early September. Family Mentors and volunteers from Generali's The Human Safety Net (THSN) invited OneSky Families to celebrate this special festival that brings children, families, and friends together. Children had fun taking part in activities such as DIY lantern making, mooncake obstacle race and rescuing Comfie and Sparkie to win prizes!



一片天迷你市集 社交發展新體驗

Be A Little Shop Owner at OneSky Mini Market

一片天於七月舉辦迷你市集，旨在促進照顧者之間的溝通和交流，互享物資，而小朋友也可一嘗當小店主的滋味，加強社交及語言發展。

OneSky held a mini market at the Centre in July, inviting children to be little shop owners along with their caregivers. By creating a platform for caregivers to communicate and share, caregivers can exchange goods and toys, and at the same time, establish friendships within the OneSky community whilst children can strengthen their interpersonal and communication skills.



笑匠 Vivek Mahbubani 邀請一片天家庭用笑聲創造夢想

Stand-up Comedian Vivek Mahbubani Invites OneSky Families to Dream Big

感謝知名棟篤笑藝人呀 V 的支持，舉辦一場既幽默又別具意義的網上棟篤笑，與一片天家庭度過了充滿笑聲的美好時光。表演所得善款扣除成本後將全數撥捐一片天，幫助香港弱勢幼兒全人發展。

Thanks to the generous support of award-winning, local stand-up comedian Vivek Mahbubani, OneSky families spent a wonderful hour filled with fun, laughter and light relief right in the comfort of their own home during our online comedy show. Proceeds raised went to support early childhood education and development for our most vulnerable children in Hong Kong.



一片天慈善行*

OneSky Charity Hike

一片天將於 11 月 12 日舉辦第 11 屆一片天慈善行，為支援弱勢幼兒發展籌款。除了行山做善事外，我們會於終點（基維爾營地）設置親子遊戲，歡迎家庭參與。記得留意一片天最新消息啦！

The 11th OneSky Charity Hike will be held on 12 November this year to raise funds for supporting the development of vulnerable young children. We welcome OneSky Families to join this healthy outdoor family hike and enjoy the parent-child games at the final destination, Gilwell Campsite. Stay tuned!

* 詳情請緊貼一片天 WhatsApp 或 Facebook 最新消息。
Stay tuned with us on our WhatsApp and Facebook.

社區合作

Community Engagement



親子STEAM探索嘉年華 一片天鼓勵家庭共樂共學

OneSky Promotes Responsive Care And Play-based Learning at the STEAM Carnival

一片天早前與賽馬會「智·幼·趣」計劃合作，於觀塘海濱花園發現號舉辦親子 STEAM 探索嘉年華，鼓勵家庭從日常生活遊戲中體驗 STEAM 及回應式照顧啟育法，藉此加強親子關係。當日活動吸引逾 300 個家庭參與，場面熱鬧。親子互動導師負責「一片天拯救隊」攤位的活動設計，透過三個關於液體和空氣的小實驗，讓照顧者和小朋友攜手完成任務，從中認識浮和沉等 STEAM 的概念，並促進幼兒社交發展，活動大受歡迎。

Co-organized with the Yew Chung College of Early Childhood Education's Jockey Club 'CoolPlay' Project, OneSky organized a parent-child STEAM Carnival at VESSEL, Kwun Tong Promenade. The aim was to encourage families to apply responsive care through STEAM play in their daily lives in order to strengthen their relationships with young children. The event received an overwhelming response. Over 300 families participated in the Fun Fair. Family Mentors designed a game counter, "OneSky Rescue Team", three water and air themed STEAM activities. Caregivers and their children were able to explore the world of science as well as foster interpersonal development in children.

一片天獲邀出席幼兒社區計劃分享會 與社區伙伴交流建構照顧者支援網絡心得

Exchange on Establishing Supportive Network for Caregivers At Children Community Project Seminar

一片天獲邀出席由循道衛理楊震社會服務處舉辦的「有一種盼望叫成長」0-6 歲兒童社區計劃分享會，與 29 個機構就「貧窮與兒童空間」、「兒童成長的黃金介入」及「照顧者支援」議題交流意見，並以議題討論小組主持一角帶領眾機構研究社區痛點及強項。我們期望透過是次合作，連繫更多理念相近的社區伙伴，建構一個更鞏固的照顧者支援網絡。

Invited by Yang Memorial Methodist Social Service (YMMSS), OneSky Hong Kong participated in the "Grow With Hope" Children Community Project Seminar with 29 organizations. Participants exchanged ideas on "Poverty and Children Living Space", "The Golden Age for Intervention in Child Development" and "Caregiver Support" during the sharing session, followed by discussions on the strengths and weaknesses of the community services. OneSky Hong Kong was invited to be one of the facilitators leading the discussion. Through such collaborations, we hope to extend our connections with like-minded organizations working towards a common goal.



中心開放時間 Opening Hours

逢星期二至六
Every Tuesday to Saturday
9:00am - 4:30pm

星期日、一及公眾假期休息
Closed on Sundays, Mondays and
Public Holidays

香港九龍深水埗青山道 25-35 號
永勝大樓地下至二樓
G/F - 2/F, Wing Shing Building,
25-35 Castle Peak Road Sham Shui Po

(852) 3598 9338

李伯忠一片天國際教育中心

hkcentre@onesky.org

