



15 September 2021

SSCPSPTA Notice No. 2

Parent Seminar

“Mindful Parenting: How to Apply Mindfulness in the Parenting Process to Enhance Parent-Child Relationship”

Dear Parents,

We parents sometimes may be overwhelmed or exhausted when our stress receptors are triggered. We even lose our patience and confidence on our child. Through mindfulness practice, many practitioners find this can heighten our self-awareness and restore our conscious attention to our own stress. We can then become more aware of our own needs as well as our child's needs and thoughts. Studies reveal that mindful parent can reduce rebellious reaction of our child, stabilize emotions of our child, and alleviate our own stress thus enhance parent child relationship.

With support from Mental Health Foundation Hong Kong (<https://hkmhf.org>), we are pleased to have invited a specialist in Psychiatry, Dr. Wong Wai Yin, Elisabeth, to conduct this seminar with our parents. Dr. Wong will share with us her immense knowledge on mental health and mindfulness in nurturing parent-child relationship, guiding parents to handle stress and cultivating wisdom and compassion.

Details are as follows:

- Date:** 11 October 2021 (Monday)
Time: 1:00 pm to 2:30 pm
Venue: Online via Zoom
Language: The Presentation and Questions & Answers will be conducted in Cantonese whereas the Presentation Material will be presented in English

Special: A basic mindfulness exercise will be taught in the beginning and at the end of the seminar.

Fee: Free (For SSCPS parents only)

Should you be interested in joining us, kindly **complete the enrollment form in eClass by 27 September 2021 (Monday)**. Please feel free to call Ms. Rita Lok on 9457 2228 if you have any queries.

SSCPSPTA



家長教師會通告第2號
家長講座

「如何透過靜觀練習教養子女」

致各級家長：

作為父母，在孩子剛誕生時，我們也許單純希望孩子健康快樂成長。日子久了，不少父母都身不由己。在朋輩、網絡資訊、社會氣氛的影響下，我們在教養歷程上變得焦慮及惶恐，甚至對孩子的能力失去信任，愈見嚴苛。縱使學習了林林總總的親子技巧，在忙碌的生活中也知易行難。慢慢地，美麗的親子關係從並行變成對立，雙方都受苦。

我們很榮幸邀請到精神科專科醫生 黃瑋妍醫生為我們家長進行講座，她將會以她專業的知識和豐富的靜觀課程教學經驗，和我們分享如何把靜觀態度及技巧放於親子教養，幫助父母處理在親子歷程中所承受的壓力，培養智慧與慈愛。

詳情如下：

日期：二零二一年十月十一日 (星期一)
時間：下午十二時十五分至下午一時四十五分
地點：透過Zoom 網上視像會議

語言：此講座及答問時段將以粵語進行，而演示材料將以英語編寫

費用：免費 (只限本校家長參加)

有興趣參加之家長，請於二零二一年九月二十七日(星期一) 或以前填妥eClass內之報名表。由於名額有限，若報名反應熱烈，低年級家長將作優先考慮。如有查詢，歡迎聯絡駱秀蘭女士(電話: 9457 2228)。

此致
各家長 台鑒

家長教師會 謹啟

二零二一年九月十五日

I will attend the Parents' Seminar on 11th October, 2021 (Monday).
本人將會出席二零二一年十月十一日 (星期一)之家長講座。

Name of Parent / 家長姓名：

No. of Attendee(s) / 出席人數：

Contact No. / 聯絡電話：

Email Address / 電郵地址：
