

Commission on Children holds stakeholder engagement event to promote children's mental health and positive parenting (with photos)

The Commission on Children (CoC) held a stakeholder engagement event on the theme of "Mental Health of Children and Positive Parenting" this afternoon (April 22), attended by a total of about 120 primary school students and their parents. The Secretary for Labour and Welfare and Vice-chairperson of the CoC, Mr Chris Sun, joined and listened to views from children and parents on how to improve physical and mental well-being through interactive activities. Representatives of the Education Bureau and the Department of Health also attended.

The engagement event featured a parent-child film, sharing of parenting experience, group games and parent-child interactive activities. The purpose was to encourage positive parenting and cultivate a loving environment conducive to children's growth, thereby enhancing their mental health. Non-official members of the CoC assisted in moderating the group games and parent sharing sessions. Children were encouraged to speak up and express their emotional needs, and understand and embrace their emotions. Parents were offered advice on how to establish positive thinking for children and cater for their mental health.

Under the "Walk with Kids" thematic campaign of the CoC, the stakeholder engagement event is the first event this year. With children's mental health and positive parenting as the focus, it aims to raise the awareness of parents on children's psychological and emotional well-being, and forge a pro-child community conducive to a healthy and happy childhood and children's development.



