



Converging
PROFESSIONAL WISDOM
FOR Family Well-Being

CIFA-NET EDITORIAL GROUP MEMBERS:

Dr. Miranda Chung, Mr. Timothy Li, and Dr. Herman Lo.
Contribution of articles are welcome. Please express your interest
to the editorial group through email cifasecretariat@gmail.com.

SECRETARIAT:

6/F, Tsan Yuk Hospital, 30 Hospital Road, Sai Ying Pun, Hong Kong
Tel: (852) 2859 5301 Fax: (852) 2559 1813
Email: cifasecretariat@gmail.com Web: <http://www.cifa-net.org>

Message From Mrs. Patricia CHU, Chairperson CIFA



Following the success of the Charity Concert For Family Harmony and the Exchange Program on Wofoo 3A Project 2016, and the excitement of having Mrs. Renata Kaczmarek of the Focal Point on the Family of the United Nations to visit Hong Kong in the last quarter, the CIFA Council is busily engaged in working on the planning of the Asian Family Summit (AFS) and the Family Well-Being Expo to be held in August 2018 and the preparation to launch the Wofoo 3A Project 2018.

The announcements of these activities in the following pages bear witness of the unfailing efforts of the Organising Committee and the various committees underpinning it and the 3A Project Committee, mapping out a full programme for the AFS and the launching of the Wofoo 3A Project 2018. All are excited about these developments and look forward to an eventful year ahead when CIFA celebrates its 10th Anniversary. Mark your diary and watch out for further details in the respective websites.

In this issue, an academia and a senior NGO manager shared their collaborative efforts and experience in improving family practice for parents of children with special educational needs. Their partnership started with a survey, the findings of which indicated that the stress level of parents with special needs children is significantly higher. Following that, an initiative was launched to develop a mindfulness-based parenting program so that parents in need can cope with the stresses better.

The logo for the Asian Family Summit (AFS) features the letters 'A', 'F', and 'S' in a large, stylized font. The 'A' is filled with various Asian dishes like sushi and noodles. The 'F' contains a high-speed train. The 'S' is decorated with a colorful dragon and a person in traditional attire. Below the letters, the text 'Asian Family Summit' is written in a bold, orange font. Underneath that, the subtitle 'Sustainable Development & Family Well-Being: Agenda For Action in Asia' is displayed in a smaller, blue font.

Asian Family Summit

Sustainable Development & Family Well-Being: Agenda For Action in Asia

August 19 - 22, 2018 | Hong Kong

Following the exciting and successful 5th Regional Symposium at the National Museum of Korea in Seoul, it is time to welcome you to the next CIFA Regional Symposium, which will be organised in the form of Asian Family Summit (AFS) at the Grand Hall, Lee Shau Kee Lecture Centre, Centennial Campus of The University of Hong Kong in Hong Kong from 19 August to 22 August 2018, with a Family Well-Being Expo on the first day. This is also an occasion to commemorate the 10th Anniversary of CIFA since its inauguration in 2008.

The Summit aims to provide a platform for public, private, academic/professional and the NGO sectors to map out an Agenda For Action in Asia for the well-being of families and to echo the international efforts in working on the 2030 Agenda For Sustainable Development as promulgated by the United Nations. To be in line with the 2030 Agenda, the Summit has chosen **“Sustainable Development & Family Well-Being: Agenda for Action in Asia”** as its main theme. Subthemes relating to key issues faced by families have been carefully chosen, with a wider perspective of viewing family and the larger system. In the deliberations, emphasis will be placed on policy formulation, service development, good practice, and partnership.

Highlights of the Asian Family Summit will include Opening/Closing Ceremony, Keynote speeches, plenary sessions, Wofoo 3A Project 2018 Final Round Adjudication & Award Presentation Ceremony at the Gala Dinner, paper presentations at concurrent sessions, poster presentation, and post-Summit activities including workshops and agency visits on 23 August. Simultaneous interpretation for English and Putonghua will be provided at sessions in the Grand Hall. For further details, please visit <http://www.socsc.hku.hk/afs/>.

We are pleased and honoured that a representative from the Division For Social Policy and Development, Department of Economic and Social Affairs of the United Nations will be one of the Guests of Honour at the Opening Ceremony, as well as the first keynote speaker, to set the scene for the Summit. The recognition from the United Nations is of vital importance to us as it puts Hong Kong onto the international arena. We have also extended invitation to Mrs. Carrie Lam, Chief Executive of HKSAR government to be the Guest of Honour at the Opening Ceremony and we are awaiting for her reply.

Online registration will be available on the above website in November and you are encouraged to benefit from the early bird rate which will expire on **30 April 2018**. You are also invited to submit abstracts for oral or poster presentation before **31 March 2018**. As in previous CIFA Symposiums, CIFA members will enjoy the benefit of a reduced registration fee. Please mark your diary and take prompt action to register for the Summit.

With your full support and active participation, we look forward to an exciting and successful Asian Family Summit, which will mark another milestone in the development on family well-being not only in Hong Kong, but at the regional and international levels.

Date: 19 - 22 August 2018
Venue: Grand Hall, Lee Shau Kee Lecture Centre,
Centennial Campus of The University of Hong Kong,
Hong Kong
Website: <http://www.socsc.hku.hk/afs/>
Registration: **November 2017**
Deadline for abstract submission: **31 March 2018**
Deadline for Early Bird registration: **30 April 2018**

Keynote speeches:

1. Sustainable Development 2030 – An Agenda for World Action
(by UN representative)
2. Family Impact Assessment in Policy Formulation – The Hong Kong Experience
(by Prof. Daniel Shek, Chairman of Family Council, HKSAR)
3. The Dunedin Study – Insights for Advancing Family Well-Being
(by Prof. Richie Poulton of University of Otago, New Zealand)

Co-organisers:



Wofoo Asian Award for Advancing Family Well-Being (Wofoo 3A Project) 2018

Following the success of the previous 3A Project competition since 2010 when it was initiated, we are pleased to announce that the Wofoo 3A Project 2018 will be launched, once again, with Wofoo Social Enterprises (WSE) as the Title Sponsor. The theme on 'Aspiration for Sustainability, Innovation and Applicability' (ASIA) will continue to be adopted to depict the unique nature of this initiative, with the aim to share information and practice wisdom among organisations and countries for advancing family well-being for the long term sustainability of the Asian Region.

Preparatory work is underway, and you may like to note that the Launching Ceremony of the Wofoo 3A Project 2018 will be held on 16 October, 2017 and that the Final Round Adjudication and Award Presentation Ceremony will take place at the Asian Family Summit, scheduled to be held on 19 – 22 August, 2018 at The University of Hong Kong in Hong Kong. Subsidy will be given to members of the 8 finalist teams to attend the Summit.

Whether you are a social service organisation, a religious or professional group, a caring company, or an academic institute, we are sure that you have a lot to share in advancing family well-being. Watch out for the invitation letter and promotional leaflet together with submission

form which will be issued and uploaded onto the CIFA website for information and action.

Some Important Dates:

Launching Ceremony

Date/time: 16 October, 2017 (Monday) at 4p.m.

Venue: Room 103, 1/F
Duke of Windsor Social Service Building
15 Hennessy Road, Wanchai, Hong Kong

Deadline for Submission of Initial Application

29 December 2017

Announcement of First Round Result

12 February 2018

Deadline for Submission for Second Round

20 April 2018

Second Round Adjudication Interviews

31 May - 1 June 2018

Announcement of Second Round Result

11 June 2018

Final Round Adjudication

21 August 2018

Award Presentation Ceremony

21 August 2018

Family Well-Being Expo

Family & the Larger System • Interactive • Integration

Family well-being is the root of a harmonious and stable society, contributing to its sustainable development in the long run. More and more efforts are being made by all sectors to view family in a wider perspective and how it relates to the larger system.

Moreover, family wellness is more than an abstract concept, but the real experience in our daily life. To heighten community awareness on family wellness, while offering families a day of fun, the Family Well-Being Expo will be held on August 19, 2018 at 11:00 am – 6:00 pm at Lecture Hall 2, Lee Shau Kee Lecture Centre, Centennial Campus, The University of Hong Kong as the prelude of the Asian Family Summit.

The Family Well-Being Expo will be open to the public, providing an opportunity for integration of families with multi-generations, ethnic origins and ability/disability to participate in interactive activities and acquire information and knowledge on family well-being in terms of family health, happiness and harmony.

A series of interactive activities and workshops will be conducted to convey the message of family wellness in various aspects of daily life, covering community health, clothing, food & nutrition, living & environment and transportation & leisure. The Family Well-Being Expo will be free of charge and all are welcome.

For further information on the Asian Family Well-Being Expo, please visit: <http://www.socsc.hku.hk/afs/>

Understanding the Stress of Parents Having Children with Special Educational Needs (SENs)

Dr. Herman Hay-Ming LO

Assistant Professor/Department of Applied Social Sciences
Hong Kong Polytechnic University

Ms. Miu Ping SZETO

Regional Manager, Heep Hong Society

In the contemporary society, parents of children with developmental disabilities have encountered serious parenting difficulties. They are often stressful, depressed and helpless, which in turn lead to negative impact on the child's development and family well-being. In order to render assistance to these families, an exploratory study on the stress and problems of the parents of children with special educational needs has been conducted by Heep Hong Society in Hong Kong in 2014.

Objectives of Study

1. To investigate the stress of parents having children with special educational needs (SENs)
2. To compare the stress of parents having children with SENs and that of the parents having children without SENs
3. To explore the risk factors and protective factors of parental stress

Methods

Participants

394 participants were recruited. 208 of them were parents having children with SENs, and 186 of them were parents having children without SENs.

Measures

1. Parental stress was measured by Parenting Stress Index – Short Form (PSI/SF; Abidin, 1990).
2. Children's varieties and intensity of problematic behavior was measured by Eyberg Child Behavior Inventory (ECBI; Eyberg, Boggs, & Reynolds, 1980).



3. Parents' mindfulness in parenting was measured by Interpersonal Mindfulness in Parenting Scale (IM-P; Duncan, Coatsworth, & Greenberg, 2009).
4. Parents' received social support was measured by Multidimensional Scale of Perceived Social Support (MSPSS; Zimet, Dahlem, Zimet, & Farley, 1988).
5. Parents' marital satisfaction was measured by Kansas Marital Satisfaction Scale (KMS; Schumm et al., 1986).

Results and Discussion

1. Sources of Parental Stress

Parents having children with SENs (later abbreviated as SEN parents) had significantly higher stress than parents having children without SENs (later abbreviated as normal parents), $t=4.50, p<.001$. This indicated that SEN parents had higher overall parental stress than normal parents.

SEN parents had significantly higher parental stress from the sources of Parent-Child Dysfunctional Interaction ($t=6.97, p<.001$) and Difficult Child ($t=3.84, p<.001$).

(a) SEN parents believed their children do not meet their expectations; (b) their interactions were not satisfying; (c) they saw the children as a disappointment; (d) they felt rejected or alienated by/from the children; and (e) they had not properly bonded with the children. Apparently SEN parents more likely had a hard time in child management.

II. Profile of Parental Stress

Most of the parental stresses were related to the management of child behaviors, indicating child's behaviors was the more serious problems for parents. Besides, the smiles and warmth in parenting relationships might not quite be a problem for parents. The largest difference in mean scores between SEN parents and normal parents appeared in item related to children's learning; and followed by that of children's behavior inhibition.

III. Predicting Variables of Parental Stress in SEN Parents

a. Income

The parent's income significantly predicted the severity of parental stress ($\beta = -2.59$, $t = -3.15$, $p < .01$). It also explained 5% of variance in the severity of parental stress.

b. Living environment

The home area significantly predicted the severity of parental stress ($\beta = -.02$, $t = -3.23$, $p < .01$). It also explained 6% of variance in the severity of parental stress.

c. Social Relationships

- *Marital satisfaction*: The marital satisfaction of parents significantly predicted the severity of parental stress ($\beta = -1.31$, $t = -4.18$, $p < .001$).
- *Family*: The social support from family significantly predicted the severity of parental stress ($\beta = -1.09$, $t = -5.06$, $p < .001$).
- *Friends*: The social support from friends significantly predicted the severity of parental stress ($\beta = -1.13$, $t = -5.60$, $p < .001$).
- *Significant Others*: The social support from significant others significantly predicted the severity of parental stress ($\beta = -1.12$, $t = -5.77$, $p < .001$). In regression analyses, marital satisfaction, family support, support from friends, and support from significant others accounted for 8%, 11%, 13%, and 14% of the variance of parental stress.

d. Child Problematic Behaviors

The varieties of child problematic behaviors significantly predicted the severity of parental stress ($\beta = 1.02$, $t = 6.78$, $p < .001$). Besides, the intensity of child problematic behaviors significantly predicted the severity of parental stress ($\beta = .43$, $t = 10.14$, $p < .001$). The problem behavior varieties and intensity explained 18% and 33% of the variance of parental stress.

e. Mindfulness in Parenting

The interpersonal mindfulness of parents significantly predicted the severity of parental stress ($\beta = .95$, $t = -8.34$, $p < .001$). It explained 25% of variance in the severity of parental stress.

Way Forward: Mindfulness-based Parenting Program

In response to the findings, the researcher together with a team of social workers and educational psychologist have developed a new Mindfulness-based Intervention Program for the parents of children with SENs. To test the effectiveness of this intervention program, a randomized controlled study on 180 eligible parents had been conducted in 2014-2016. The intervention included 6 weekly sessions, 9 total contact hours, and 10 minutes of daily home practice. The results indicated that the parents from the treatment group had more significant improvements in parental stress, depression and stress from parent-child dysfunctional interaction. Besides, the parents' feedback had affirmed that their coping with emotions and stress was enhanced as well. For professional sharing of the research endeavor, the Heep Hong Society has published a Project Parent Booklet and an Instructor Guide in 2017. To encourage more attempts in replicating the program, relevant training workshops will be offered to family professionals in Hong Kong.

