



*Converging*  
**PROFESSIONAL WISDOM**  
**FOR Family Well-Being**

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## Message From Mrs. Patricia CHU, Chairperson CIFA



With the Asian Family Summit (AFS) and the Final Round Adjudication of the Wofoo 3A Project 2018 to be held in this August fast approaching, the Organising Committee of the AFS and the 3A Project Committee have a very busy time working out all the details for these important events. With the unfailing support from all quarters, progress is satisfactory. We are looking forward to a very exciting and successful Summit, which is also an occasion to celebrate the 10th Anniversary of CIFA since its Inauguration at The University of Hong Kong in 2008.

In this issue, apart from an update on the AFS and the Wofoo 3A Project 2018, there will be a sharing of a research study on School-Based Mindfulness Intervention with Rural Migrant Children in China conducted by Dr. Shuang LU, Assistant Professor from The University of Hong Kong. In the paper, it will address the problems faced by migrant children who have moved with their parents from rural regions to cities as a result of rapid urbanisation and industrialisation in China. It is encouraging to see that the 4 week school-based intervention pilot project has reaped preliminary positive effects in reducing the problems faced by these children.

Look forward to meeting you at the Asian Family Summit. Please join us and share the excitement and fun in this regional event which will mark an important milestone of CIFA. And I wish to appeal for your continuous support and participation for the sustainability of CIFA as a regional platform to advance family well-being in Asia.



# ASIAN family Summit

亞洲家庭高峰會

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

家庭福祉 • 持續發展：亞洲行動綱領

Sunday - Wednesday, August 19 - 22, 2018 | Hong Kong

## Top three reasons why you should attend the Summit:

- 1. Learn Globally, Act Locally:** Three keynote grand lectures, more than 15 plenary speakers covering four pressing themes (poverty, family well-being, family-work balance and ageing) and exceeding 50 oral and poster presentations, involving scholars, practitioners and policy-planners from the United Nations, Hong Kong, New Zealand, China, Cambodia, Canada, India, Japan, Korea, Malaysia, Philippines, Singapore, Taiwan, Thailand and the United States.
- 2. Conference Highlights:** Frontier knowledge on family well-being and assessments, evidence-informed policies and practices, evaluations, innovative ideas and unconventional thinking for services.
- 3. Combine Theory and Practice:** A superbly vibrant programme – rich learning, full of actions and inspirations – consists of Family Well-Being Expo (19 August), 3-day Summit (20-22 August) and 4-session of skills-based Post-Summit Workshops and 2 routes of 4 Agency Visits (23 August).

**A TRUE CROSS-OVER OF THEORY, PRACTICE & POLICY**  
**An Exciting Encounter And Networking With Like-Minded People**

## Highlights of the Summit:

The Organising Committee has put up a full and exciting programme including:

- A. Family Well-Being Expo** on 19 August highlighting the theme of “You are the Spring of Family Happiness” which will be open to the public, striving to promote integration of families with inter-generations, ethnic origins and ability and disability.  
A series of interactive activities, thematic workshops and attractive performances will be conducted to promote family wellness in various aspects of daily life, covering clothing (惜衣), food & nutrition (足食), living & environment (安居) and travelling & leisure (樂行).  
We are honoured to have Mr. Bernard Chan, GBS, The Convenor of the Non-official Members of the Executive Council of the Hong Kong SAR Government, and Ms. Christy Yiu Kit-Ching & Mr. Chan Ka-Ho, athletes representing Hong Kong in Rio 2016 Olympics & 2009 East Asian Game respectively, to be present in the Expo to share their experience and insights on building family well-being.
- B. Scientific programmes** includes 3 keynote speeches, 4 plenary sessions (with 16 presentations), and 4 concurrent sessions with over 50 quality papers, involving a total of nearly 70 speakers from 14 countries/regions, covering a wide variety of topics relating to issues faced by families in the fast changing economic, social and demographic environment.

- C. Another very interesting highlight is the **Final Round Adjudication of the Wofoo 3A Project 2018** when 8 finalist teams will present their projects to compete for various awards. For details, please refer to page on the Wofoo 3A Project 2018 in this newsletter.
- D. A number of **Hospitality Programmes** has been organised to provide opportunities for networking, sharing and relaxation in the midst of the busy schedule of the Summit allowing participants to enjoy cultural performances and activities, delicious food and good company.
- E. A number of Post Summit activities including workshops and agency visits has been organised to allow participants to learn from experts on specific subjects in working with families, and to have a chance to meet front line professionals and witness services and activities on the ground.

## Promotion of the AFS

A Press Conference will be held on 5 August at The University of Hong Kong when the 3 co-chairpersons will brief the media about the AFS, its objectives and programmes, as a regional collaborative initiative to echo the international efforts on the 2030 Agenda For Sustainable Development, with focus on the relationship and impacts on well-being of families. Several interviews will be arranged on radio and TV programmes before and after the Summit to generate more publicity and raise awareness on the importance of family health, happiness and harmony in the long term sustainability of human kind. In case more information is needed, please visit the AFS website at [www.socsc.hku.hk/afs](http://www.socsc.hku.hk/afs).

### Symposium Monday – Wednesday, August 20 – 22, 2018

#### Guests of Honour



**The Hon Mrs Carrie Lam**, GBM, GBS  
The Chief Executive  
Hong Kong Special Administrative Region



**Ms Daniela Bas**  
Director, Division for Inclusive Social Development  
Department of Economic and Social Affairs  
United Nations

#### Keynote Speakers



**Sustainable Development 2030 – An Agenda for World Action**  
**Ms Daniela Bas**  
Director, Division for Inclusive Social Development, Department of Economic and Social Affairs  
United Nations



**Family Impact Assessment in Policy Formulation – The Hong Kong Experience**  
**Professor Daniel Shek**, SBS, JP  
Chairman, Family Council, HKSAR



**The Dunedin Study – Insights for Advancing Family Well-Being**  
**Professor Richie Poulton**  
Director, Dunedin Multidisciplinary Health and Development Longitudinal Study (since 1972/93)  
University of Otago, New Zealand

#### Plenary Sessions

- Alleviation of Poverty
- Family Health, Happiness and Harmony
- Family Work Balance
- Population Ageing

### Family Well-being Expo Sunday August 19, 2018

*You are the Spring of Family Happiness*

幸福家庭 全賴有您

### Post-Summit Workshops & Agency Visits Thursday August 23, 2018

**Early-bird Registration**  
Deadline: June 30, 2018

Co-organisers:



# Wofoo 3A Project 2018

The 3A Project has come to its 5th round. The process of engaging stakeholders throughout the years during the competition, award presentations and exchange programmes have played a significant motivational role to drive more and more participation and sharing. The good response from the social service sectors in the Asian Region has again proven the growth and success of this project as the number of entries has a 27.8% increase from 36 in 2016 to 46 in 2018.

The Second Round Adjudication has taken place on 31 May and 1 June 2018 at the Chinese University of Hong Kong. 8 finalist teams have been shortlisted to compete for the Gold, Silver, and Bronze Awards, My Favourite Project and The Best Collaborative Award at the Asian Family Summit to be held on 19-22 August 2018, an occasion also to celebrate the 10th Anniversary of CIFA. It will be one of the highlights of the Summit, and everyone joining the session will be invited to elect My Favourite Project onsite.

The finalist teams, in alphabetical order according to names of their organisations, are:

Region	Organisation	Name of Project
Hong Kong	Aberdeen Kai-Fong Welfare Association Social Service	Person with Dementia and Caregiver Companion Project
Taiwan	CTBC Charity Foundation	Taiwan Dream Project
Singapore	Focus on the Family Singapore Limited	Family CARE
China	Guangzhou POAI Social Work Service	Warming Your Hearts: Support Families Who Lost the Only Child in Panyu, Guangzhou
Hong Kong	Hong Kong Christian Service	Talk Right – Speech Therapy Training Kit and Home Program
Hong Kong	The Hong Kong Federation of Youth Groups – Media Counselling Centre	BeNetWise – Educational Project for Media Literacy
Malaysia	PT Foundation	Youth Mentorship Initiative - 2nd Chance Program
Hong Kong	Tung Wah Group of Hospitals Integrated Centre on Addiction Prevention & Treatment	"Lamb Lamp" – An Innovative Measure to Facilitate Family Fun Time and Enhance Family Relationship

Ms. Daniela Bas, Director of the Division For Inclusive Social Development, Department of Economic and Social Affairs of the United Nations, Dr. Joseph Lee, President of Wofoo Social Enterprises and Title Sponsor of 3A Project, together with the Hon. Mr. Matthew Cheung, the Chief Secretary For Administration of the HKSAR have been invited to be the Guests of Honour who will present awards to the winning teams at the Gala Dinner cum Award Presentation Ceremony on 21 August. In addition, the winning teams of the past 4 rounds competition have also been invited to join the Gala Dinner to share the joy and catch up with each other on the development of their winning projects. Indeed, this will be an excellent occasion for all the teams to have professional exchange and sharing of their innovations and wisdom in practice.

Hope to see you all at the Asian Family Summit in Hong Kong to witness yet another exciting competition among the eight teams from China, Hong Kong, Malaysia, Singapore and Taiwan!

# Wofoo 3A Project 2018

# School-based Mindfulness Intervention with Rural Migrant Children in China<sup>1</sup>

Shuang Lu, PhD, MSW

*Assistant Professor  
Department of Social Work and Social Administration  
The University of Hong Kong*

## Background

Along with China's rapid urbanization and industrialization, rural-to-urban migrant workers in China have reached 285.62 million today<sup>2</sup>. This massive family migration imposes significant challenges for children who migrate with their parents to cities, who have grown from 25.33 million in 2005 to 35.81 million in 2010<sup>3</sup>. Despite their large number, many rural migrant families are considered non-locals, whose official residency remains in their hometown under China's Household Registration (*hukou*) System. Without an official urban residency, many migrant families are often excluded from public welfare, such as access to public education.

Migrant children in China face significant emotional and behavioral challenges. Compared with their local urban peers, migrant children have more conduct problems and hyperactivity and inattention problems<sup>4</sup>. Compared with migrant children in other countries (e.g. Chinese Americans), migrant children in China also show higher levels of depression<sup>5</sup>.

*Mindfulness* means to maintain a moment-by-moment awareness of our thoughts, feelings, body sensations, and surrounding environments with a non-judgmental attitude<sup>6</sup>. Increasing recent evidence in western countries (e.g. U.S. and Canada) shows that mindfulness can benefit child development, such as improved concentration<sup>7</sup>, increased classroom social-competent behaviors<sup>8</sup>, and reduced ADHD problems<sup>9</sup>. Yet the effect of mindfulness intervention has not been explored within rural-to-urban migrant children in China. Through a 4-week school-based mindfulness intervention in a migrant school in Beijing (privately-run elementary school established for migrant children who do not have access to public schools given their non-local hukou status), we conducted a pilot study to examine the effects of mindfulness on Chinese migrant children's internalizing and externalizing problems.

## Method

We randomly selected 2 (out of 4) 5<sup>th</sup>-grade classes in a migrant school in Beijing; 93 students participated in a pretest using self-report questionnaires that included:

- Self-Description Questionnaire (SDQ) short-version<sup>10</sup> for internalizing problems (problems manifested in thoughts and feelings) and externalizing problems (problems in outward behaviors);
- Mindful Attention Awareness Scale (MAAS)<sup>11</sup> to measure level of mindfulness;
- Demographic information: gender, age, whether born in Beijing, whether transferred school(s) since 1st-grade, and family structure.



Over the following 4 weeks (Mar–Apr 2016), 8 mindfulness intervention sessions were provided in classrooms during regular school hours (2 sessions/week, 45min/session), followed by 8 review sessions (1 session/week, 30min/session) over the following 2 months (Apr–Jun 2016). Our research team developed the intervention manual based on mindfulness concepts and adapted for Chinese children. Each session discusses a topic related to migrant child daily life, including mindful breathing, recognizing feelings, sensational awareness, mindful eating, emotional regulation, stress coping, rational decision-making, and gratitude expression.

Due to time conflict with the school term tests before summer break, we conducted a posttest in the first week of fall semester (Sep 2016). Excluding 22 participants who moved out of Beijing and 2 participants with incomplete information, 69 students completed the posttest.



## Findings

- The 69 participants' mindfulness significantly ( $p < 0.05$ ) increased in posttest (pretest Mean = 69.2, SD = 12.7; posttest Mean = 71.7, SD = 10.2; possible mindfulness scale range 15–90).
- Dividing pretest mindfulness into low-, medium-, and high-levels, those who had the lowest mindfulness (Mean = 54.9, SD = 11.4) gained the most (posttest mindfulness – pretest mindfulness = 9.1,  $p < 0.001$ ).
- Controlling for all other variables, increased participant mindfulness was associated with significantly reduced internalizing problems ( $\beta = 0.2$ ,  $p < 0.001$ ) and externalizing problems ( $\beta = 0.13$ ,  $p < 0.001$ ).

## Implications

- Mindfulness shows preliminary positive effect on reducing Chinese migrant children's internalizing and externalizing problems.
- Longitudinal experimental studies need to be conducted to establish causal relationship between mindfulness intervention and child emotion and behavior.
- Researchers may collaborate with at-risk population and community (e.g. migrant schools) to design and deliver school- or community-based interventions based on community needs and resources.
- How and why mindfulness intervention works differently for children at different mindfulness levels warrants further exploration.

<sup>1</sup> For more details about this study, see Lu S, Rios J, Huang C-C. 2018. Mindfulness, emotion, and behaviour: An intervention study with Chinese migrant children. *Children & Society* 32: 290–300.

<sup>2</sup> National Bureau of Statistics of China. 2018. 2017 National monitoring report on migrant workers. [http://www.stats.gov.cn/tjsj/zxfb/201804/t20180427\\_1596389.html](http://www.stats.gov.cn/tjsj/zxfb/201804/t20180427_1596389.html)

<sup>3</sup> All-China Women's Federation. 2013. The research report of left-behind children and migrant children in rural China. Chongqing: Southwest China Normal University Press.

<sup>4</sup> Hu HW, Lu S, Huang C-C. 2014. The psychological and behavioral outcomes of migrant and left-behind children in China. *Children and Youth Services Review* 46: 1–10.

<sup>5</sup> Wong DFK, Chang YL, He XS. 2009. Correlates of psychological wellbeing of children of migrant workers in Shanghai, China. *Social Psychiatry & Psychiatric Epidemiology*, 44, 815–824.

<sup>6</sup> Kabat-Zinn J. 2003. Mindfulness-Based Intervention in Context: Past, Present, and Future. *Clinical Psychology: Science and Practice* 10(2): 144–156.

<sup>7</sup> Black DS, Fernando R. 2014. Mindfulness training and classroom behavior among lower-income and ethnic minority elementary school children. *Journal of Child and Family Studies* 23: 1242–1246.

<sup>8</sup> Schonert-Reichl KA, Lawlor MS. 2010. The effects of a mindfulness-based education program on pre- and early adolescents' well-being and social and emotional competence. *Mindfulness* 1: 137–151.

<sup>9</sup> Van der Oord S, Bogels SM, Peijnenburg D. 2012. The effectiveness of mindfulness training for children with ADHD and mindful parenting for their parents. *Journal of Child and Family Studies* 21: 139–147.

<sup>10</sup> Marsh HW. 1990. Self-Description Questionnaire Manual. University of Western Sydney: Campbelltown, NSW. Bendheim-Thoman Center for Research on Child Wellbeing. 2013. Self-description questionnaire. Scales documentation and question sources for the nine-year wave of the Fragile Families and Child Wellbeing study.

<sup>11</sup> Brown KW, Ryan RM. 2003. The benefits of being present: Mindfulness and its role in psychological well-being. *Journal of Personality and Social Psychology* 84: 822–848.