



家福會
HKFWS

屯門(東)服務中心



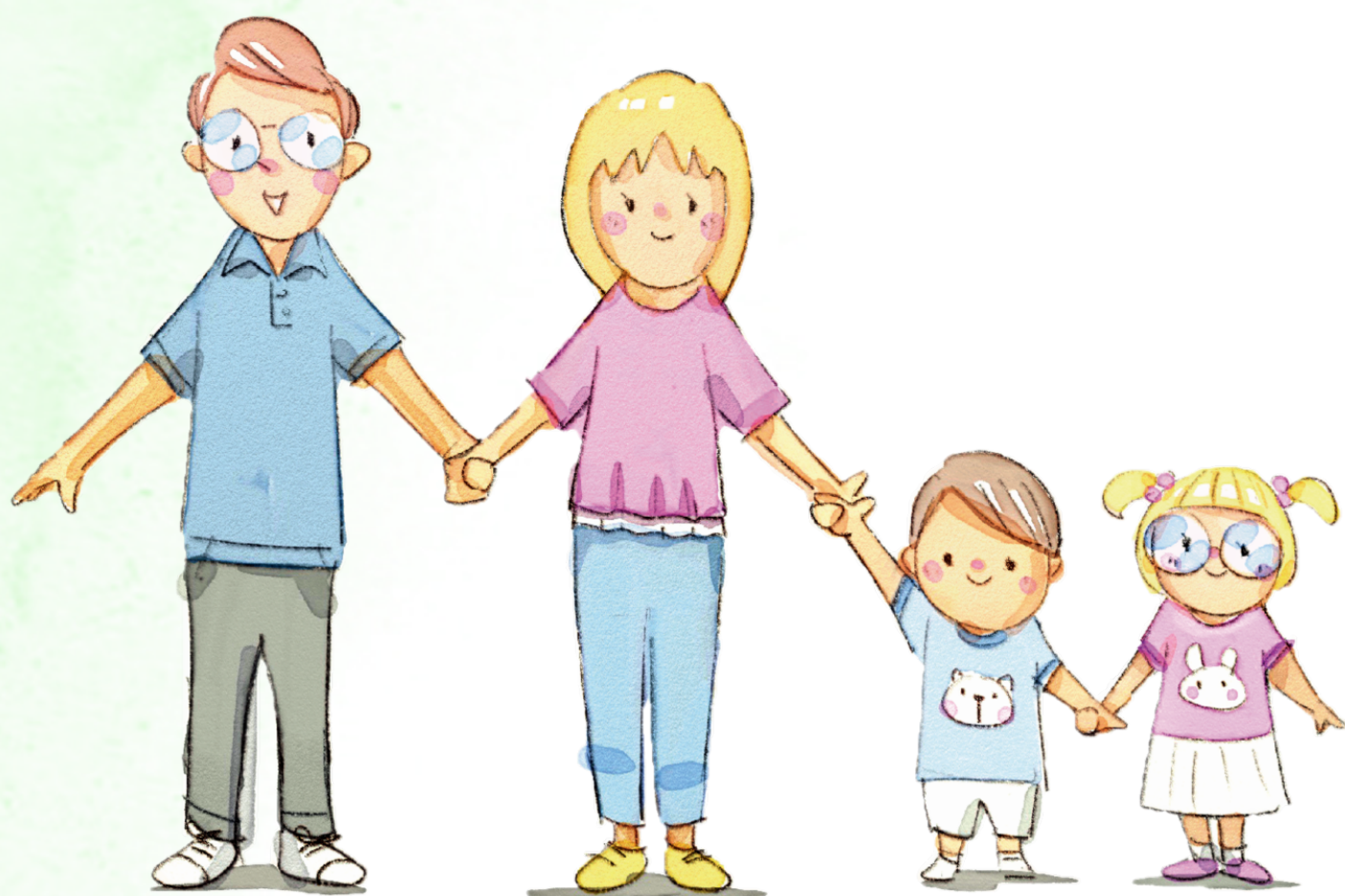
小荳芽駐園社工服務
Nurturing Seeds KSWS

如何與孩子談論社會災難？

各位家長，昨天(26/11)在大埔發生的火災不幸事件，伴隨著社會各界的關心和關注，當您觀看新聞畫面播放現場實況，又或在社交平台接收到大量相關資訊時，您會因而感到心緒不寧嗎？您會掛心孩子從媒體目睹或不同途徑獲悉此事，因而可能出現的各種負面情緒或困擾嗎？

我們明白您和孩子可能有的擔心、焦慮或無力感，在協助孩子之前，請先照顧好自己，才能更好地支援子女的情緒。

若需要進一步的支援，歡迎您直接聯絡駐園社工，相信在家校社合作下，我們能更好地承托自己和子女情緒。





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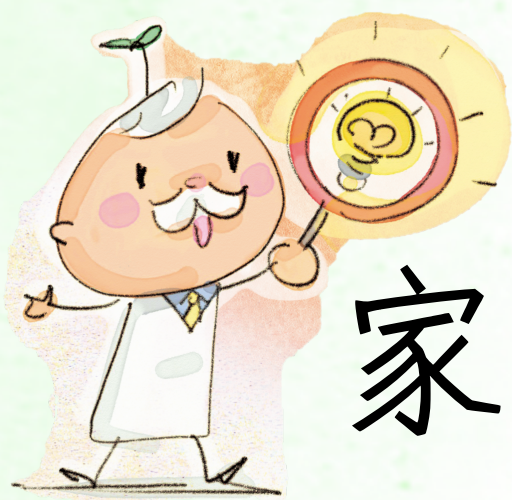
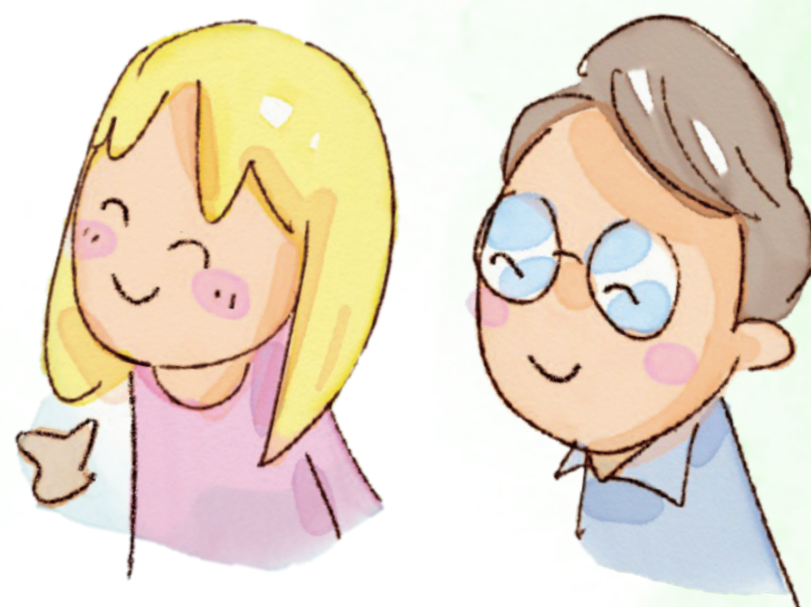


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家長小錦囊:照顧自己情緒

- 減少接觸令自己情緒不安的媒體畫面或資訊
- 照顧自己的需要(如充足睡眠、定時和均衡飲食等)
- 安排自己喜歡的活動
- 進行安定心神放鬆練習
- 與信任的人尋求情緒或實務上的支援
- 有需要時, 向專業人員(社工)求助



家長小錦囊:協助子女表達情緒

子女表現與平時的行為或情緒有所異常



如行為倒退、不斷提及與事件相關的資訊、焦慮、沉默、
在遊戲時重現火災片段、做惡夢或難以入眠等

- 協助子女表達情緒, 避免否定子女情緒, 接納子女的感受
- 安排溫馨的親子時間, 建立子女的安全感
- 平實直接與子女討論火災事件, 讓他們知道自己現在很安全, 同時可以透過親子溝通, 回應子女在此事最恐懼或擔憂之處, 令他們感受到安心和安全



若有需要, 歡迎在駐園日親臨幼稚園

或致電聯絡駐園社工  3101 3037



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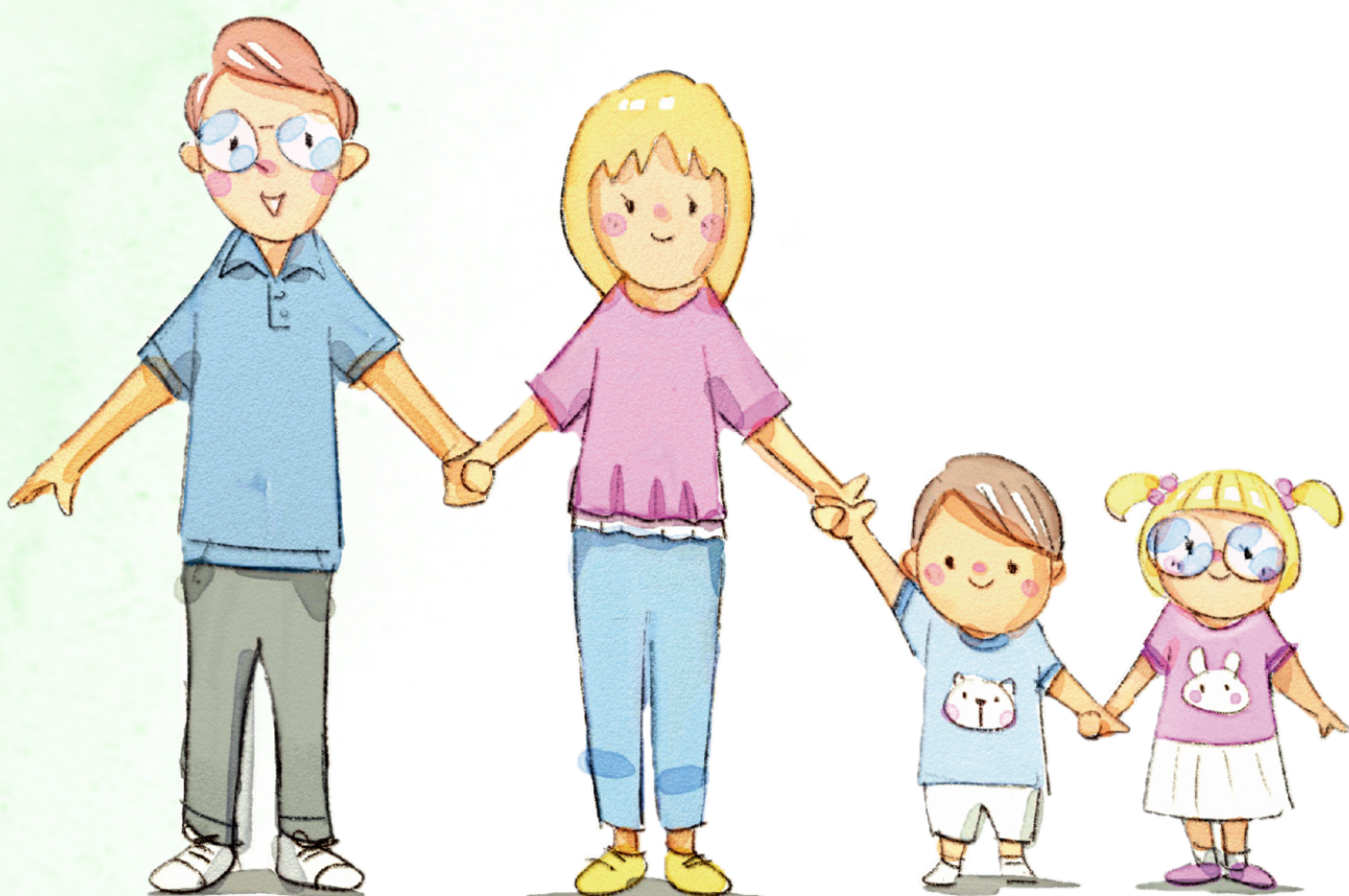
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How to talk to children about social disasters?

Dear parents, regarding the unfortunate fire incident that occurred yesterday (26/11) in Tai Po, along with the concern and attention from all sectors of society—when you watch the live scenes broadcasted in news reports, or receive a large amount of related information on social media platforms, do you find yourselves feeling unsettled? Are you worried that your children, upon witnessing the incident through media or learning about it through various channels, might experience negative emotions or distress?

We understand the concerns, anxiety, or sense of powerlessness that you and your children may be feeling. Before assisting your children, please take care of yourselves first, so that you can better support your children emotionally.

If you need further support, please feel free to contact our Kindergarten Social Worker. We believe that through collaboration between family, school, and community, we can better support both ourselves and our children emotionally.





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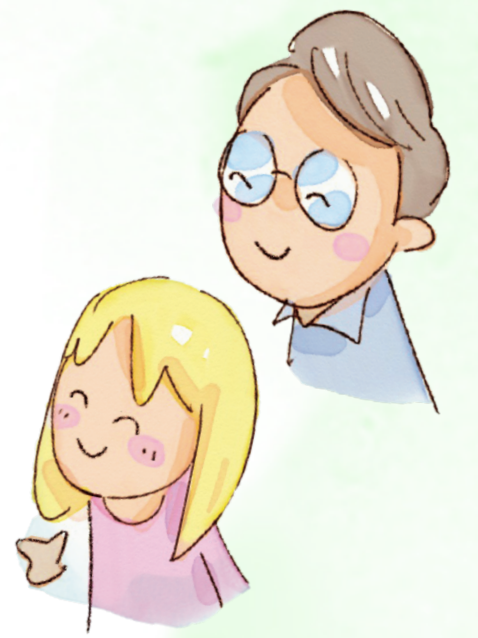


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Parent's Quick Guide: Taking Care of Your Own Emotions

- Limit exposure to media coverage or information that causes emotional distress
- Attend to your personal needs (such as ensuring adequate sleep, maintaining regular and balanced meals, etc.)
- Schedule activities you enjoy
- Practice calming and relaxation exercises
- Seek emotional or practical support from trusted individuals
- When necessary, seek help from professionals (e.g., social workers)



Parent's Quick Guide: Helping Your Child Express Emotions Signs to observe in children:



Regression in behavior, repeatedly mentioning event-related information, anxiety, withdrawal or silence, reenacting fire scenes during play, nightmares or difficulty sleeping

- Help them express emotions without dismissing their feelings; accept their emotional responses
- Schedule warm parent-child bonding time to build a sense of security
- Discuss the fire incident honestly and calmly, reassuring them they are safe
- Address their specific fears or concerns through open communication, helping them feel comforted and secure



If needed, you are welcome to visit the KG
during our stationing days at school or
contact the Social Worker directly



3101 3037