



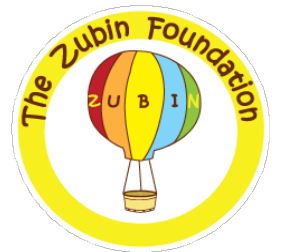
Support Services for Ethnic Minority Parents with Special Education Needs Children in Primary Schools

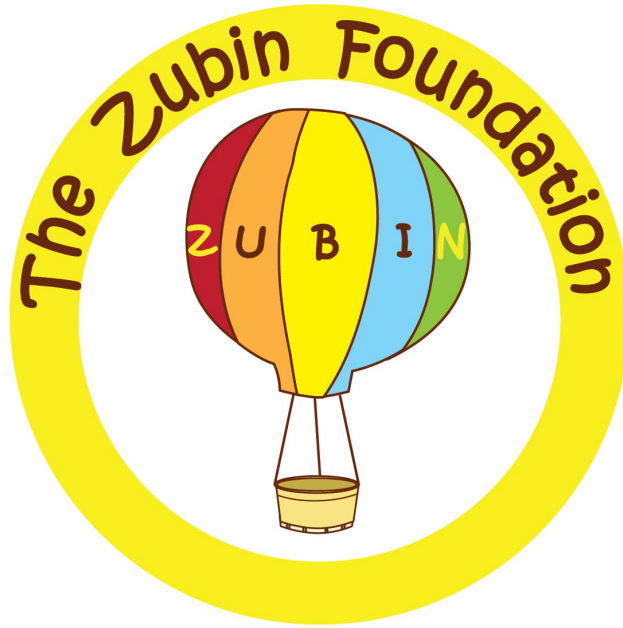
The Zubin Foundation

A research-driven organisation to improve the lives of Hong Kong ethnic minorities by alleviating poverty and inequality.

Research | Engagement | Action

www.zubinfoundation.org





Research • Engagement • Action



Services

The Zubin Foundation works with Hong Kong's ethnic minorities (the poorest population in Hong Kong).

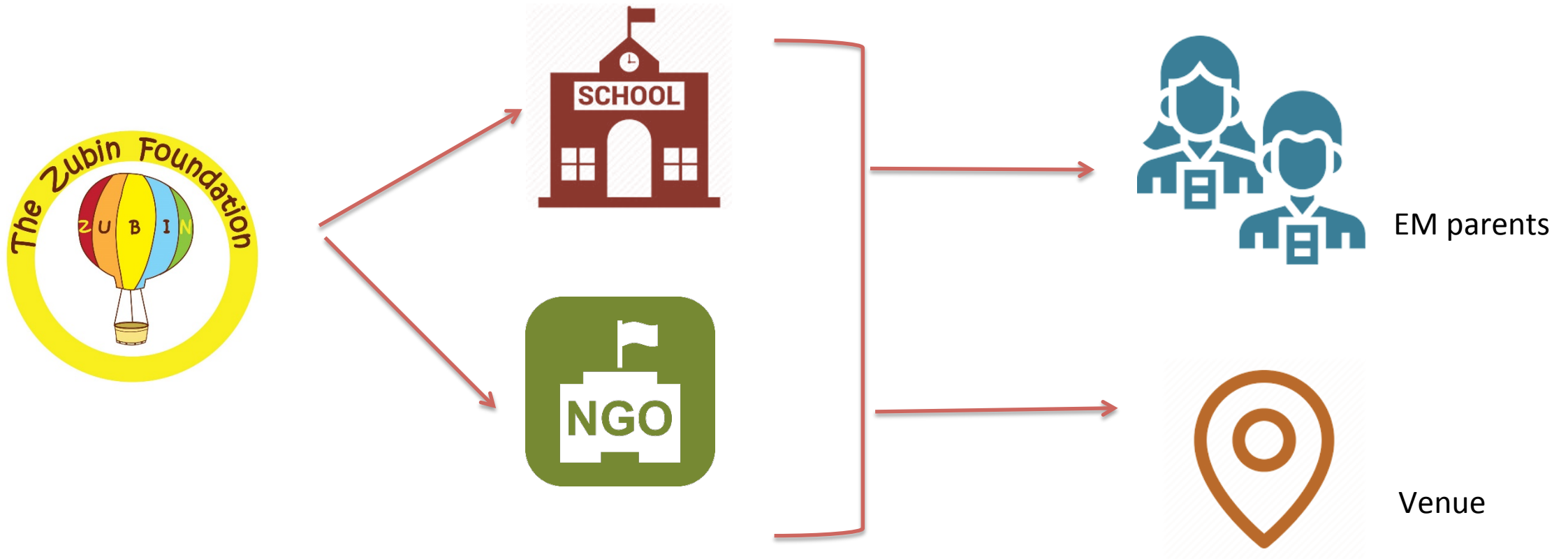


Visibility	Pre- School Chinese	Special Needs Children	Women and Girls	Opportunities	Youth Mental Health	Changing Mindsets
Diversity List	Learn Cantonese the fun way!	Smart Parenting	Call Mira	Job matching	EM Well-being Centre	Let's Chat Mama, Papa
Town Halls		Support Groups SEN	Desi Girl Friendship Circle	Networking Events for companies and youth		
Policy Submissions			Support Group DV Support Group Girls in Crisis My Father My Hero	Scholarship Fair Database building Online Training Academy		

[Latest Impact Report available at our website.](#)



Approach



Completed workshops



13 Schools



5 NGOs
Community
Centers



= 18



300 + EM
parents

30 +
sessions



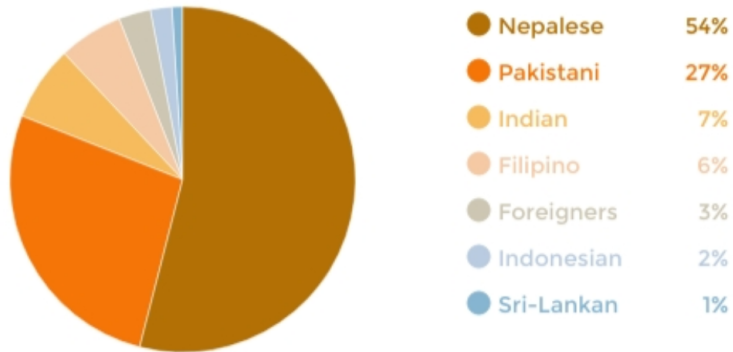
Topics covered

1. Attention Deficit Hyperactivity Disorder (ADHD)
2. Autism
3. The ABC's of parenting – Attention, Believing & Bonding and Communication
4. Helping parents understand healthy boundaries
5. The Three R's – Resilience, Relationships and Reflection
6. Parents Stress Management

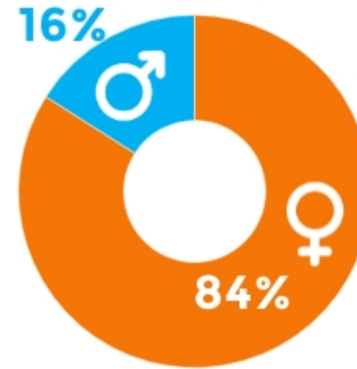


Parents Characteristics

Parents Ethnicity
n=366



Parents Gender
n=366



Language used in workshops (N=366)

Hindi/Urdu 39%

English 61%

Children Diagnosed with ADHD and Autism
n=366



TZF's approach

1. **Language:** use of simple language; what is ADHD? Where is it in the body?
2. **Visual aids:** pictures; to help parents understand without word
3. **Role play:** acting out scenarios for parents, making sessions interactive
4. **Open informal discussions:** allowing parents to share their ideas about parenting
5. **Solutions:** home based culturally appropriate tips for parents
6. **No diagnosing or labeling children**
7. **Pre and post evaluations:** use of stickers, responses by (smiley faces).
8. **Tool bags:** clock, smiley face stress balls and chair band



Parent's beliefs based on culture / religion

1. Cursed to be born with children who have SEN
2. Children who are not performing according to age appropriate levels will grow out of their difficulties Example: *He's not really naughty, he's just young. He will grow up fine.*
3. Children not learning well will learn better when they grow older
4. All children are naughty so it's okay that my child is naughty
5. School is the only place that provides children an education. Therefore schools should teach children discipline
6. Mothers should be closer to daughters
7. Fathers should be closer to sons. Only fathers should discipline sons.



Observations based on workshop sessions

1. Parents believe their children are the center of their worlds
2. Parent's (mothers) lives revolves around their children.
3. Parents want to help their children but at the same time are helpless and hopeless.
4. Parents feel guilty when they say, "NO," to their children
5. Parents (mothers) tend to forget about themselves as in they push away, "self care," and making time for themselves.
6. Parents (mothers) who have reported feeling sadness or loneliness are more likely to put away their struggles and focus on their children's well-being.



FEEDBACK FROM SCHOOLS

“

Parents have gained a lot in the seminars.”



“

Parents appreciated the workshops and found the workshops interactive.”

“

The feedback from parents are positive and supportive.”



“

Parents appreciated the topic on ADHD. They expressed that time was inadequate and that the workshops should be longer. They also loved the advice about maintaining a stable time schedule for children to transition to school.”



“

I felt so calm and I can see that the parents really trust you.
--- from a school social worker”



FEEDBACK FROM PARENTS AFTER WORKSHOPS

“The clock technique is very helpful.”



“Everything I do now, I put a timer on.”



“My children love the emoji balls.”

“My child has made improvements so far.”

“My son is preforming well at school, we receive no complaints.”



“I realise from the workshops that dealing with special needs is team work”



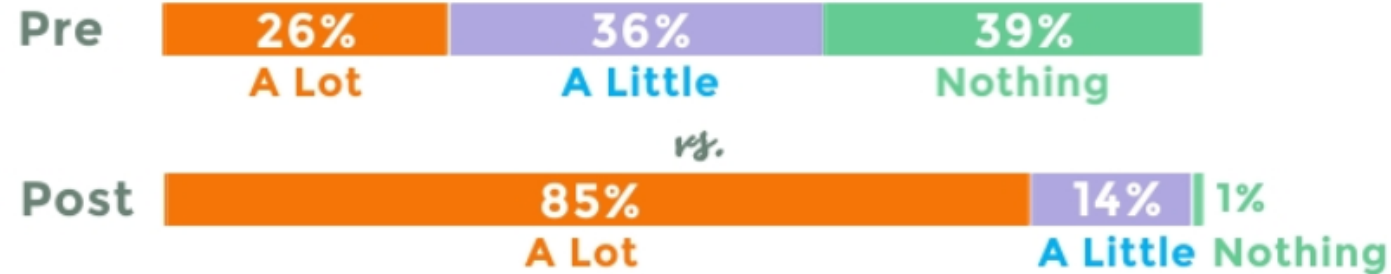
“Thank you for the sweet information.”

“It is very helpful.”



EVALUATION - PRE VS POST

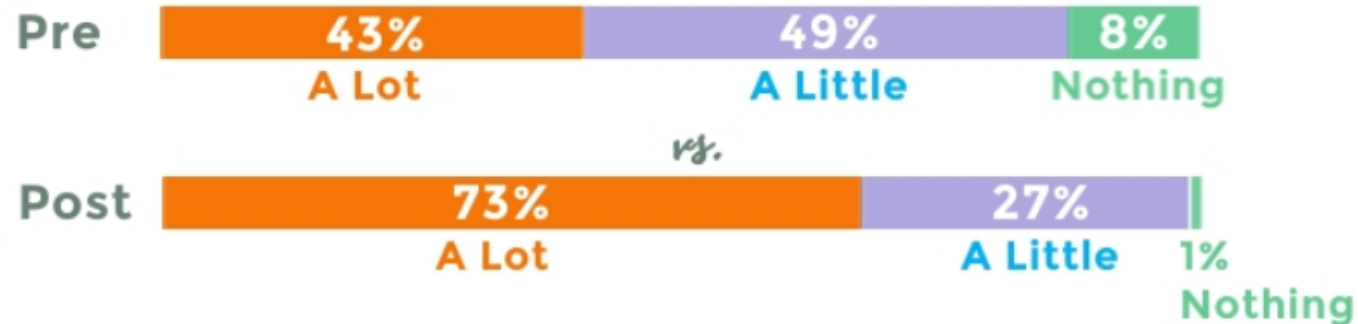
Q How much do you know about ADHD?



Q Has anyone spoken with you about ADHD?



Q How well do you understand your child's difficulties?



Q Would you tell others about this workshop?



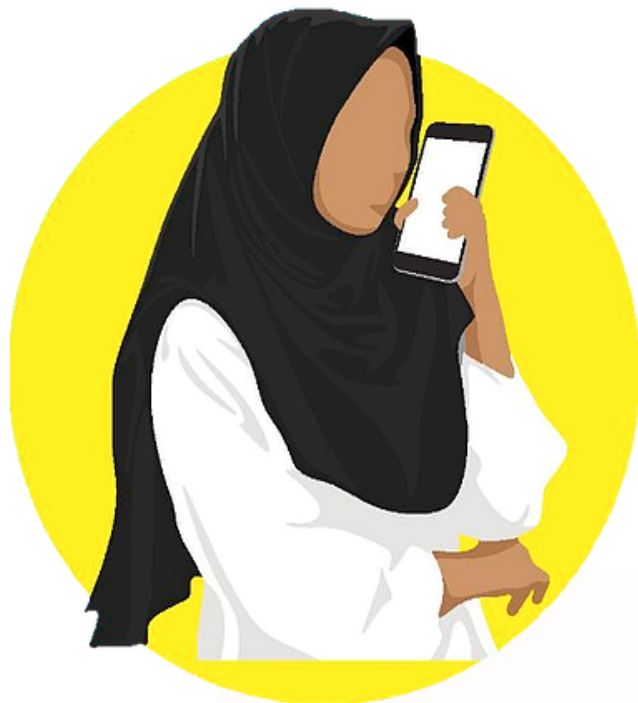
Working together

Please call us if you are interested in us coming in to your centre to conduct:

- Free SEN Training for EM parents
- Free Staff Training
- Call Us at: **2540 9588**
- Email us at: info@zubinfoundation.org



Call Mira



Call Mira
9682 3100

Helpline with services offered in English, Hindi, and Urdu

Monday, Thursday, and Friday from 10 AM to 4 PM



EM Well-being Centre (free one-to-one counselling for EMs)



**ETHNIC MINORITY
WELL-BEING CENTRE**

Talk to our counsellors about
your mental well-being.

Our counsellors speak: English / हिन्दी / اُردُو

	THURSDAY	FRIDAY
OPEN	9.30 am to 1 pm Wanchai	11 am to 5 pm Kwun Tong

Book an appointment
via whatsapp at **6094-9859**

For more info: <https://www.zubinfoundation.org/wellbeing>



THE ZUBIN FOUNDATION | W: <https://www.zubinfoundation.org/> | P: 2540-9588 | E: info@zubinfoundation.org

Questions and thank you!

