



平安福音堂幼稚園(牛頭角)
Peace Evangelical Centre Kindergarten (Ngau Tau Kok)

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Cultivate the mental health of our children, starting from daily life

Love and being loved is what everyone needs, and it is an important element that supports us, lead us to face difficulties, move forward bravely, and learn to grow. Although love may seem abstract, God has already given us the induction system of love. From the mother's womb, we have a sensitive heart for love. After the baby is born, it seems that they don't understand anything, but in fact, they have already deeply felt how their caregivers love and accept themselves from their facial expressions, emotions, the interaction between family members, and the atmosphere in the family, etc. These have become their power to connect with and explore the world.



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Through a close parent-child and family relationship, it can help children to appreciate the love between people, and learn self-love, caring, respecting others. When you are talking, having fun and getting along with your children, you can hug them more, show more smiles, and enjoy the time together, so that they can feel more secure and happy. Because children are still young, the world they experience is smaller, and they rely on parents' physical touch to feel being loved.

In addition, we encourage parents to set up a “deep sharing” time with children. Parents can share their thoughts open-heartedly first, maybe what you are feeling happy, satisfied, worried or afraid. With the accumulation of time and effort, children will be nurtured to care about themselves, care about parents, care about the people and things around them.

They will be willing to express their feelings, start to communicate more and establish a relationship of love and caring. This is of great help to children's spiritual growth. Children can experience how to love and being love through parents, and this will leave deep and unforgettable markings in their hearts. These are what supports their growth and affects their whole life.

“Train up a child in the way he should go: and when he is old, he will not depart from it.”

Proverbs 22:6