

Ms. Suk Yin SO, Susan



Ms. Suk Yin SO, Susan is the Director of Hong Kong Society for the Protection of Children - one of the pioneers and major players in supporting the care and development of young children since 1926. She is the Vice Chairman of the Specialized Committee on Children and Youth Service of Hong Kong Council of Social Service, Vice Chairman of the Council of Non-profit Making Organizations for Pre-primary Education, Chairman of the Ackerman Alumni Institute For The Family (HK) Limited, member of Advisory Committee on Early Childhood Teacher Education, Faculty of Education and Human Development of the Education University of Hong Kong, member of Advisory Committee of Early Childhood and Elementary Education Division of Hong Kong Baptist University School of Continuing Education and Convener of Young Children SEN Concern Group

Ms. So is a family therapist and a registered social worker with over 30 years of experience in direct practice, training and management of children, youth and family services. She has been active in public discussion on professional as well as policy issues relating to young children and is an active advocate of public policies that affect the welfare of children and their families.

Title

Parental Stress and Child Care: Essentials for Effective Parent Support

Abstract

In general, Chinese parents put in a lot of resources to raise their children and care about their learning starting from a very young age. Recently the trend to learn early has triggered a hot debate among Hong Kong professionals, academics and parents whether parents should aim at their children "winning their peers as early as possible" (贏在起跑線). For decades, the Chinese culture has also been used by the Hong Kong government to explain the residual model in childcare and refrained from active involvement in supporting families to raise their young children, in contrary to the global trend.

Recently a lot more is known about young children's development. It is commonly agreed that parental stress is a strong predictor of difficulties in children's development. When parents experience chronically high levels of stress, their parenting practices are less appropriate, their children's behaviours become problematic and children's development is compromised.

In last decades, Hong Kong families have been facing a lot of challenges. Would Hong Kong parents of young children still enjoy enough resources, both financially and emotionally, to deal with the high demand in raising their young children as they wish? Do most of them enjoy the support from their family-of-origin as their parents' generation? What kind of support they need to contain their stress to be effective parents and provide optimal support to their children's development?