

Abstract

Towards Positive Family Life – Happy Family Kitchen Project

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The “Happy Family Kitchen Project” aimed at promoting family happiness, harmony health (3Hs) by advocating positive family communication. The practice model integrating positive psychology and family dining (“正向溝通五常法”) developed by clinical psychologists was proven effective for enhancing positive family communication through 2-session program. All participants were required to attend the core program together with at least one family member. With the follow-up booster session and assigned homework, the key program message which is one of the themes of positive psychology had been strengthened for the participants. Evidence showed that the program significantly increased participants’ intention to perform and actual practice of theme-specific behaviors they had learnt. And evidence of the effectiveness in improving family communication, relationships and family 3Hs in the programs was shown. The one-year pilot project was firstly run in September 2010 in Yuen Long district. To sustain the impact made, the project had been extended to Tsuen Wan and Kwai Ching districts since April 2012 (and completed in September 2013) with the continued support from The Hong Kong Jockey Club Charities Trust. In the past 3 years, over 2,000 families in different districts had attended the programs, which were carried out by 44 social service units and 23 schools. The practice wisdom had been disseminated among the sector through a series of workshop, seminar and practice manual.