

春晖博爱在中国资源匮乏的少数民族地区建立的为帮助困境儿童提升生活质量水平及心理健康水平的公益项目

我基金会对于议题四：积极范例、良好实践及方法感兴趣。

自 2021 年以来，春晖博爱通过情感支持、家庭教育指导以及社区融合三大项目元素，借助独创的“关系疗愈”手法，为身处贵州少数民族地区的困境儿童营造滋养型生态系统，提升儿童抗逆力，助其全面发展，并最终能够成为一名有归属感的自尊自信的社會人。项目具体做法为：

- 1) 在当地招聘富有爱心的儿童工作者成为“春晖儿童社工”，通过春晖博爱专业培训，提供以“儿童为中心”的服务；
- 2) 创建以儿童为中心的安全物理空间，同时也是儿童的心理安全空间，组织丰富有益的活动，支持儿童在此空间愉悦地体验、学习、发展兴趣爱好，丰富阅历、建立友谊；
- 3) 评估儿童及其家庭监护状况和需求，排查风险，为其提供心理关爱；
- 4) 对儿童进行家访，为其制定并实施个别化支持、辅导计划；
- 5) 通过亲职教育课堂、亲子游戏等，对儿童家长进行教育指导，宣传科学的儿童教育抚育理念；
- 6) 开展丰富多彩的社区活动，打造有益于儿童成长的社区文化等等。

Chunhui Children's Foundation's Charity Project in Ethnic Minority Regions with Limited Resource of China to Improve the Quality of Life and Mental Health of Children in Need

We're interested in Session 4: Positive Examples, Good Practices and Approaches.

Since the year of 2021, Chunhui Children's Foundation has established a charity project in resource-limited ethnic minority regions of Guizhou province in China with the aim of enhancing the quality of life and mental health of children in need. Through the incorporation of three key project elements – emotional support, family education guidance, and community engagement – and utilizing the innovative “relationship healing” approach, Chunhui strives to create a nurturing environment for the children. The ultimate goal is to boost their resilience, facilitate holistic development, and empower them to become socially integrated individuals with a sense of belonging, self-esteem, and confidence. The project is implemented as follows:

- 1) Recruit local program staff to become professionally trained Chunhui social workers who provide children-centered services;
- 2) Set up physically safe activity centers which are also children's psychologically safe space where the children learn, experience, develop interests and establish positive relationships;
- 3) Evaluate the children and offer them psychological care;
- 4) Pay home visits to identify problems and provide individualized support;
- 5) Educate the parents and caregivers on science-based childcare and education approaches;
- 6) Create nurturing community environment and deliver enriching activities to promote the communities' growth.