



Igniting Learning Journeys
啟育學習旅程



Promoting Children's Welfare @ CDC's Inclusive Funfair

[Click here to read more!](#)

Dear Friend of CDC,

We hope you've been doing well and keeping healthy recently. Before we head into the busy winter festive period, we thought it would be good to check in with a newsletter to share what the CDC has been up to, as well as give you some of the latest SEN Tips and Upcoming Events too!

The CDC's Inclusive Funfair, funded by the Funding Scheme for Children's Well-being and Development under the Commission on Children, was successfully held on Sunday 31 October. We were delighted to see so many families in attendance, participating in the parent-child workshops, game booths as well as the parent talks. To read our full event recap, click [here](#).

Additionally, we have just sent out our Parent Survey 2021/2022. If you're a CDC Parent, please do take the time to complete the survey before the deadline on 17 December 2021! We greatly value all the feedback we receive, which is vital for the future growth and development of the CDC!

Stay safe and healthy!
Team CDC

SEN Tips



“Sweet Dreams” - How to Help Your Child Have a Good Night’s Sleep?

Many studies have shown the health benefits for children of getting adequate sleep including improved behaviour, memory, attention, learning and general overall good mental and physical health.



Enhancing Emotional Regulation with Cognitive Behavioural Therapy

Find out what exactly is Cognitive Behavioural Therapy (CBT) and how we can apply its practices to enhance our child's emotional and behavioural regulation.

Upcoming Events

- 3 December - [Symposium on Early Childhood Intervention](#)
- 4, 11 December - [Yoga for Parents & Preschoolers with SEN](#)
- 6, 13 December - [Accessible Yoga – Chair / Wheelchair Yoga](#)

For more events visit our [SEN Events Calendar](#). You can also submit your own events by completing our [online form](#) or sending an email to connect@cdchk.org.

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