



Igniting Learning Journeys  
啟育學習旅程



Dear Friend of CDC,

As we move further towards the festive period, we have got a few treats in store for you! In this late-November edition of the newsletter, we have another special feature - a brand new video in our 'CDC Stories' series, featuring Angela, mother of CDC past student, Darren. Darren was diagnosed with Global Developmental Delay just before his second birthday. Watch the [video](#) to learn about Darren's experiences at the CDC, and read our [article](#) to get an in-depth view of his story.

In recent CDC news, we were delighted to be the sole beneficiary in Hong Kong Call Centre Association's (HKCCA) "Run for the Roses" charity run event. Read our recap of the event [here](#)! And, if you're thinking about Christmas presents, we may have something for you! One of our ex-students, Nora, features in the [new book of the "Not Just a Princess" series](#)! A perfect gift for young children! All proceeds from the sale of the book will be donated to the CDC.

Another treat we have for you is an [exclusive offer](#) from Valdivia Wine, which now includes traditional Italian Panettone and Pandoro Christmas Cakes on top a wide range of wines.

Don't forget to scroll down further for the latest 'SEN Tips' articles and check out all the 'Upcoming Events' to mark in your calendar!

Team CDC

# In the News



## Run For The Roses, Run For The Children

The CDC was the sole beneficiary in the HKCCA "Run for the Roses" charity run. Our staff and executive committee members joined the races to support the event too!



## Ex-Student Featured in "Not Just a Princess" Book

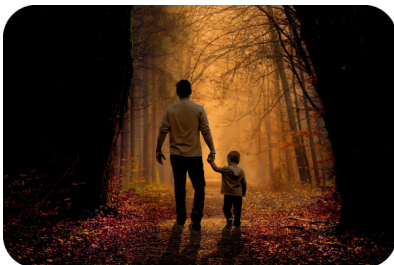
Nora, a CDC ex-student, is featured in the new book of the "Not Just a Princess" series! Find out more about the book and how you can buy it!

# SEN Tips



## Tips for Building Core Strength

Children with weak core strength may face many difficulties including, poor posture and endurance, difficulties with balance etc. Find out some activities your child can do to build up their core strength!



## Helping Children Overcome Fears of Separation

Almost all children go through feelings of separation anxiety during some time in their childhood. Learn 5 ways to help alleviate this problem in this article.



## Communication Pyramid

The communication pyramid is a favourite of speech and language therapists as a simple way to show how communication develops. Discover what your child needs to do to climb to the top!

## More ways to support CDC



### Valdivia Wine and Christmas Cake Order

From now till 31 Mar 2020, friends of the CDC are welcome to purchase wines and Christmas cakes through Valdivia. If you order 12 bottles or above, Valdivia will donate 10% of the sales to the CDC!

## Upcoming Events



### CDC Events:

- 18 December - Winter Celebration for CDC families - details to follow soon
- Starting 12 February - Parenting Courses
- 8 March - Centre Trip

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](mailto:connect@cdchk.org).



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The Child Development Centre · 4/F, Prime Mansion, 183-187 Johnston Road, Wan Chai, Hong Kong

明德兒童啟育中心 · 香港灣仔莊士敦道183-187號德業大廈4樓