



香港家庭福利會 小荳芽駐園社工計劃





試沿著線,幫助小超人選擇 良好的睡前習慣,讓他們能夠好好入睡 222



吃零食



發脾氣



玩電子產品







洗面







關燈











我們將定期更新Facebook專頁, 向大家推介網上資源及學習資訊, 歡迎讚好我們的Facebook~

睡得好,做個甜夢小寶寶 ,打敗病毒有信心





Healthy Superkids

started feeling sleepy...



Hong Kong Family Welfare Society Nurturing Seeds Kindergarten Social Work Service





Please help Healthy Superkids to choose the good habits before bed by connecting the bubbles. 22.7



Eat snacks



Read storybook



e-devices











with parents













Welcome to our Facebook page! We will update and share community and learning resources on it regularly.

Better sleep for better health





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