

SYMPOSIUM SERIES / 研討會系列  
**10萬分**  
 from One Hundred Thousand

Season 9 第九季：  
 Children's Well-being in  
 Subdivided Units  
 劏房戶兒童的身心健康

# 劏房戶兒童空間 六大實戰小貼士

## SIX TIPS FOR CHILDREN'S SPACE IN SUBDIVIDED UNITS

面對包含居住環境、身心健康和經濟考慮等挑戰，共創團隊透過以人為本的設計思維方式，從劏房戶的經驗着手改善擠擁房屋中的生活挑戰。以下六項實戰小貼士由五組共創團隊的原型設計產生而來，期望劏房戶在有限度的居住條件內，亦能具備改善生活質素的環境與能力。

Encompassing multiple forms of deprivation on the living environment, well-being and economic condition, the co-creation teams have adopted a human-centric design thinking approach in addressing the challenges brought by crowded housing. It is hoped that the six key tips derived from the prototype design will equip tenants with the ability to take minimal changes for the betterment of their living condition and quality of life.

### 1 儲物空間 Storage and Space Utilisation

了解需求 勿亂儲 Know your need, Do not pile up if not needed

定期整理 家整潔 Regular tidy up, Easy cleaning with thumbs up

善用牆身 有空間 Utilise wall space, Getting your items in place



定期整理家居不但使居住變得有條理，更可從中審視自己及家人的需要，將過期或不常用的物品篩選出來，決定捨棄去留，有助騰出更多儲物與生活空間。透過各類劏房單位的個案研究，共創團隊留意到劏房戶一般沒有利用牆身空間。只要牆身夠堅固，劏房戶亦可在搬遷前還原牆身狀態，可考慮加裝櫥櫃及層架等掛牆式傢俱，以提供額外的儲存空間。

A regular clean-up not only organises your home, it also helps review the needs of your family. By clearing out-of-date and less regularly used items, it helps to free up living spaces and storage space. Through the various case studies, co-creation teams observed that the walls of SDU units are usually not utilised. Provided that the drywall is sturdy and SDU tenants could reinstate the drywall when they move out, the installation of wall-mounted furniture such as cabinets and shelves could provide extra space for storage.

### 2 靈活性 Flexibility

靈活改裝思維 應對狹小空間 Adopt flexible mindset, Be selective with no stress

小空間斷捨離 兼顧舒適功能 Less is more, Comfortable and functional after all

注意傢俱選擇 捨棄不必之物 Be vigilant on your choice, Clear out less regularly used furniture with joy

改造現有傢俱 創造個人特色 Customise your furniture, Bring out your favourite features



調整家庭的生活習慣有助優化工作流程，減少家人因不同生活習慣引起的紛爭。適時捨棄功能不足及破損的傢俱，並優先挑選適合生活環境和需要的傢俱。儘量挑選小型、可組裝和可調整的組件，以配合家庭和生活環境的需要，有助減低搬運時的不便。透過小技巧 and 竅門，組件可以重新堆疊、佈置、循環再用及改變用途，以配合不同間隔和家庭需要，更可減低搬遷的成本，不須每次為新居重新購買傢俱。

Restructuring the family's living routine will help optimise workflow and reduce arguments arising from different living habits. Clear out less functional or broken furniture in good time, prioritise pieces that suit your living environment and needs. Purchase small-sized, modular, adjustable components to suit the needs of the family and the living environment and make moving in and out less of a hassle. With small tricks and tips, the modular units could be re-stacked, redecorated, recycled and repurposed to fit into different layouts and meet the arising needs of the family, reducing the cost of moving and the need to buy new furniture every time you move.

### 3 營造家的感覺 Creating Ambience at Home

增添亮麗的色彩 營造愉快的氣氛 Bright colours, Bright mood

爭執過後要冷靜 獨處空間想一想 Stay calm after argument, Be empathetic with reconciliation

性別隱私互尊重 男女有別須要分 Be aware of gender difference, Respect everyone's preference

樂在家中齊共融 家庭增強凝聚力 Live in harmony, Strong bond with the family



舒適的家居氣氛可對小朋友和家人的心靈健康帶來奇妙作用，善用富色彩的裝飾如小朋友可愛的畫作或者將傢俱重新上色，可令劏房空間變得個人化，營造家的感覺。為了避免在共用空間更衣的尷尬情形，可嘗試加裝簡單的布簾，為各家庭成員提供一個可滿足社交情緒需要和個人私隱的地方，這空間亦可作為家庭出現意見分歧時的「冷靜區」。一個舒適和互相尊重的住屋環境對培養健康家庭關係和加強家庭聯繫十分重要。

An ambient home will do wonders to the mental wellbeing of the children and the family. Decorating with colours, such as with children's cute drawings or repainting the furniture, will help personalise the SDU space and create a sense of home. To avoid clothes-changing embarrassment in the shared space, a quick curtain add-on could be installed to create an appropriate socio-emotional space that caters to members' needs and protects privacy. This space could also function as a much-needed "calm down" space for the family when tension arises. A comfortable and respectful home environment is essential in cultivating a healthy relationship and strengthening the family bonding.

實

戰

小

貼

士

TIPS



## 4 家居安全 Home Safety

- 拖板小心放 不要插上插 Say no to socket overloading
- 地板常清潔 活動更放心 Floor cleaning day by day, Fun playing activity everyday
- 家電遠離水 安全上上策 Be a safe user, Appliances away from water
- 衣物高高掛 乾爽又易收 Flexible clothes dryer and high ceiling, Your best tool for clothes drying



小心安放家中的電器及拖板，遠離水源和小朋友可觸及的範圍。為避免電路負荷過重，不要連續接駁多個拖板，也不應在拖板上插上任何萬能蘇，以免過熱而引起火災。地板應保持清潔乾爽無障礙，避免兒童因地上阻礙物而受傷。盡量為孩子提供更安全的活動與玩樂環境，有助提升他們的感官和機能發展，對培養兒童的體能、協調能力和動作訓練尤其重要。善用割房內的高空位置和使用靈活的衣物晾曬工具，可收伏家居凌亂並騰出走動空間。

Appliances and socket outlets should be kept away from water sources and beyond the reach of children. Avoid overloading your wall socket, use a multiway bar extension lead rather than a block adaptor to put less strain on the wall socket. However, do not plug multiple socket extensions in a row, or have multi-socket adapter(s) plugged into the extension lead to avoid overheating, which could cause a fire. The floor should be kept clean and barrier-free to avoid injury. This would also help free up floor space and create a safer environment for children to move around and play to enhance children's sensory and motor skills development, which is particularly important for young children's strength building and cognitive development. Make use of the high ceiling of SDU units and flexible drying tools for laundry hanging to reduce clutter and create more room for walking.



## 5 以正向心理學培養積極態度 Create a Positive Attitude through Positive Psychology

- 小小書桌我獨有 學習玩樂一百分 Own my table, Study and play without tremble
- 小小自由塗鴉牆 釋放無限創意力 Create spaces for drawing and motivity, Unleashes the power of creativity
- 建立分間功能區 學習專心又放鬆 Layout rezoning, Stress reducing
- 晾衫有法少皺褶 衣著整齊有尊嚴 Clothes be wrinkle-free, Do not scrunch and squeeze



充分利用有限的空間，以提供小朋友專屬的玩樂和學習分區，可幫助小朋友保持專注，提升學習表現和自信心。為了激發小朋友的想像力和創意，在家中添置一塊小白板或黑板作「自由塗鴉牆」，讓小朋友隨時自由繪畫，「自由塗鴉牆」亦可成為父母與子女的互動空間，有助促進溝通並改善家庭關係。建立專屬的功能區域不但可保持整體家居整潔和紓解壓力，亦可騰出空間作親子交流，從而減少紛爭。合適的晾衫方法，有助減少衣服上的皺褶，讓小朋友的衣著整齊得體，提升他們的自信和在校表現。

Make the most out of limited space by providing children a dedicated activity zone for play and study. This would help children stay engaged and focused, enhancing their study performance and self-esteem. To unleash children's imagination and creativity, install a small white/blackboard that would allow children to sketch freely. The "graffiti space" can also be a space for parent-children interaction to stimulate communication and improve family relationships. Creating dedicated functional zones in the unit not only helps to keep the home tidy and less stressful, it may also free up clogged up space for the family to interact, and thus, reduce family arguments. An effective drying method keep clothes wrinkle-free and make a difference to how children look. A neat outfit will enhance children's overall tidiness and image, which would help improve their self-esteem and performance at school.



## 6 舒展身心 Relaxation

- 改善空氣對流 有助呼吸暢順 Healthier respiration, Starts with better air circulation
- 衣物快速乾透 霉菌遠離家人 Proper laundry and drying, A step away from eczema and coughing
- 確保光線充足 遠離近視問題 Enough natural lighting, Keep myopia from coming



優先預留陽光充足的地方作為孩子學習空間和清空空間內的雜物有助保護孩子的視力。在學習地方增添小型室內植物，讓孩子在栽種過程中紓解壓力，體驗園藝治療帶來的好處。此舉亦可提醒他們遵守簡單的「20-20-20」護眼規則-即每隔20分鐘休息20秒，遠眺20尺以外的目標，以緩解眼睛疲勞，保持良好的視覺衛生。在小休期間也可多進行伸展運動，以達致身心鬆弛。在家中維持良好的空氣對流對保持室內空氣質素十分重要，除了加快衣物乾透，也可減少煮食殘留的異味，抑制未乾透衣物的霉菌滋生。常開室內門窗以改善自然通風，舒緩呼吸道與皮膚疾病，如哮喘及濕疹。如情況不許可開啟門窗，應定時鼓勵孩子到戶外玩耍，呼吸新鮮空氣，增強免疫力。

Prioritise area with good natural lighting as the children's studying corner and keeping the zone clutter-free will help protect children's eyesight. Placing a small houseplant in the studying corner will not only expose children to the therapeutic effect of plant-growing and reduce their stress, it will also help remind them to observe the "20-20-20" rule - to take a rest every twenty minutes for 20 seconds and focus their eyes on target at least 20-feet away. This will relieve eye strain and maintain good visual hygiene. Stretching exercise could also be done during breaks to relieve muscle pain. Maintaining good air circulation at home is of paramount importance in keeping indoor air fresh. In addition to speeding up clothes drying, this will help minimise odour from cooking and the growth of mould on not properly dried laundry. Keeping the window or door open will greatly improve air circulation, this will also help reduce respiratory disease and skin allergies, such as asthma and eczema. If this is not practicable, encourage children to play outdoors regularly to get fresh air and build their resistance.