The World Health Organization (March 2017) reported that depressive disorders account for the financial loss of US $1 trillion, the impact of depressive disorders in modern society cannot be undermined. Mothers with depressive disorder have enormous willpower in taking care of their children due to natural bonding, but their maternal sensitivity and responsiveness to the child’s needs are usually affected by their unstable mood.

In response to the above mentioned needs, with the support of InnoPower@JC, a “Kids’ Kit Garden” Project was launched to support young children (0-6 years old) and their mothers with depressive disorders by focusing on children’s needs. Through mental health education, the mothers and children could develop mutual understandings and respond to their emotion needs. With a view to re-building the intimate mother-child connection, it is hoped that the intervention can minimize the negative influence induced by depressive disorder to the next generation. Initial evaluation indicated that the project can effectively enhance the children’s capacity in expressing their emotion, and strengthen the mother-child intimacy.