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**Promotion and protection of all human rights, civil,
political, economic, social and cultural rights,
including the right to development**

Written statement* submitted by Beijing NGO Association for International Exchanges, a non-governmental organization in special consultative status

The Secretary-General has received the following written statement which is circulated in accordance with Economic and Social Council resolution 1996/31.

[20 August 2021]

* Issued as received, in the language(s) of submission only.



Providing Family Education Services to Promote Women's Rights and Wellbeing

Beijing Family Education Research Society was established in 1980. We are a social organization under the supervision of Beijing Women's Federation. Ever since the establishment, we have been devoted to research and practice looking for the most appropriate way to provide family education to protect women's rights in families.

Times have changed and progress has continued to be made. We have entered a well-off society in an all-round way. The educational level of females is constantly improving. Women nowadays make more choices and get more participation and leadership in public life. The One-child generation has become mothers themselves, and many of them are facing new questions. How can we better support them? This is not an easy topic and there is no simple solution, but we have never stopped working on it.

According to our investigation, parents today in Beijing are parents with "three highs". They achieve a high level of education. They put a high-level investment in parenting. They usually feel anxious and in high demand of parenting support. To meet their needs, we have to adopt a systemic perspective and developmental mindset. After careful consideration, we have decided that our primary job is to construct a Family Education Support System.

In building the family education support system, we try our best to bring three things to the mothers: awareness, skills and resources.

Firstly, we host Family education forums and set up family ethics columns. We discuss many topics such as the responsibility of a family today; how fathers can better engage with new babies in a family setting. Our magazine discusses lots of practical questions from different perspectives. We find out that the improvements depend not only on the individual family; but also on the whole society.

Secondly, we devote ourselves to improving women's parenting skills. We introduce life skills, interpersonal growth and family building skills to them. We keep on finding out the most necessary skills women should learn in family education. We also design a family education curriculum for parents, community volunteers, and researchers by inviting professors and experts from different fields.

What's more, we believe that family education is unique in its own way of emphasizing learning in everyday life.

In practice, we have provided different kinds of services. For example, we have published a series of parenting books. They are helpful when a new mother is confused. I can still remember how I went crazy when my first baby cried for no apparent reason. I think that might be common for many new mothers. They do need a guide, and our books can help. Not only offering them useful tips, but these books also help reduce their anxiety and cultivate a more adaptive mindset.

Besides, we run online family educational courses where informative sessions are presented based on audience interests. In 2020, we organized 8 live webcasts and produced 30 video lessons which reached out to tens of millions of people. Parents can interact directly with experts; while we help experts to meet the need of parents better.

Thirdly, we help to grow the ecosystem and build towards a more diversified and interconnected community. In 2019, we put together many family education courses in the community targeting to enable our peer educators or family workers. We organized 96 demonstration courses in 16 districts in Beijing. There are many courses among the Children's favorites, such as refuse classification, parent-child music and so on. Also there are many courses among the Parents' favorites, such as how to get along with your mother-in-law. Moreover, we have developed a work instruction manual to help the family education director of the grassroots community. We hope that education of the new era is not only for the families in cities, but also reach widely to the rural area. We hope it is not only for elite families, but also reach various families from all walks of life.

In addition, on the guide of Beijing Women's Federation, we have organized many public services and activities which have received wide we take the advantages of the media

coverage. For example, we organize a family education practice every year. We carefully choose the theme each year by investigating the most treasured values of society and families. In 2020, we set the topic as Companionship keeps us together. Our topic for 2021 is Gratitude and love in parallel. To make the theme each year understood better, experts are interviewed to explain and give more insights of the key words. We designed many interactive activities to collect people's understanding of gratitude. For example, a three-year-old girl told us in her message that gratitude is to say thank you. Roughly, more than 4 million people have been involved in practical activities this year so far.

Women have several different roles. She is not only a mother; she is also a daughter or a wife. But there is nothing more important than a woman being herself. She definitely needs to take good care of herself first. We are in a country where we value family, and we pay more and more attention to family education. All we do is to promote a more sophisticated and modernized family education. More than that, our goal is to promote women's rights and wellbeing. We believe a loving family, a healthy community, and a friendly society, can protect the rights of women significantly.

Beijing Family-Education Association Parenting Science Magazine, NGO(s) without consultative status, also share the views expressed in this statement.