



Waitara Group 14

嗶，爹！Hey, Dad!

一個專為父親而設以強化家庭關係
的教養子女課程！

A parenting program for fathers to promote
stronger family relationships!
(粵語主講 Cantonese)

- 了解孩子的成長路
Understanding Child Development
- 處理兒女的情緒
Dealing with Strong Emotion
- 建立孩子的好自尊
Building up Self-esteem
- 與孩子建立有效的溝通
Effective Communication
- 有效的管教
Disciplining Children

講員 Speaker :

黃進源先生
Mr William Wong

查詢 For Enquiry :

晨光關懷協會
First Light Care Association Inc.
(02) 9211 9988

Fees : \$70/person (GST & notes incl.)

(太太曾參加「嗶，媽！」優先取錄)
(Priority will be given to the husbands of previous
"Hey, Mum!" participants.)

日期 Date: 16/5, 23/5/2009 (Saturdays)
時間 Time: 9:00am - 5:00pm
地點 Venue: 29 Yardley Ave., Waitara (near Toyota Hornsby)
Waitara office, Centacare Broken Bay
(This program is sponsored by Centacare Broken Bay)



Group 14 「嗶，爹！」報名表 Registration Form HD014

姓名 Name : 中文 _____ English _____ 年齡 Age : _____ 電話 Tel : _____
地址 Address : _____ Post Code : _____
電郵地址 Email Address : _____
婚姻狀況 Marital Status : _____ 出生地點 Country of Birth : _____ 母語 Language : _____
教育程度 Educational Level : _____ 職業 Occupation : _____
子女年齡 Age of children : _____ 所屬教會 Church Affiliation _____
太太姓名 Wife's name : _____ 曾參加「嗶，媽！」 Attended Hey Mum? Yes / No

報名表連同支票 (抬頭: First Light Care Association Inc.) 寄到: 晨光關懷協會。

For enrolment, please send the registration form together with your cheque and post to: First Light Care Asso. Inc.,
P. O. Box K1012, Haymarket NSW 1240.

Personal Reflections on "Hey, Dad!" course

First Light Care's "Hey, Dad!" course has helped me to realise my blind spots in parenting.

I lived in Hong Kong for 25 years before I migrated to Sydney. My parents' parenting methods, including smacking were very common in the government housing estate where I grew up. Hence, I did not have any good parenting model to follow.

When my children were born here in Sydney, I thought I was capable of being a good parent to my own children. Everything seemed fine when my children were in their primary school years. I devoted my personal time to them as much as possible. In hindsight, I now know that I could have done a lot better in many areas, if I had known and practised the skills taught at the "Hey, Dad!" course.

My awareness of my deficiency in parenting began to emerge when my children commenced their high school studies. In their process of establishing their identities, they became very assertive; particularly when they wanted to be more independent. This had a huge psychological impact on me as I felt my status in the family had changed from "hero" to "zero". To make matters worse, I failed to show empathy to my teenage children, let alone to engage with them as I forgot my own teenage years and to be sensitive to their needs. The conflict with my children kept on aggravating. My wife had wisely reminded me that my role as the head of the family is irreplaceable and I desperately sought parenting wisdom from all avenues.

I attended the "Hey, Dad!" course in May 2008 and it helped me well beyond my expectations. This course not only taught me solid theory in an interesting and lively way (eg iceberg theory) on how to build intimate emotional relationship with my own children of different age groups, the course also offered me many opportunities to practise what I learnt from the course through role-playing in numerous real-life case studies. The course instructor, Mr William Wong, also provided valuable feedback and practical advice after observing the family conflict solution role playing exercises. Instead of being just a series of theoretical lectures, the course comprised of interesting and interactive practical workshops to help the participant to understand and apply the things we had learnt.

I strongly recommend the "Hey, Dad!" course to any fathers who wish to build a closer emotional bond with their children and broaden their parenting skills. The "Hey, Dad!" course is definitely a valuable resource for all fathers.

Eric So, Participant of "Hey, Dad!" Group 13, First Light Care
5 August 2008