



DAD'S RESOURCE KIT

2017/2018



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ABOUT CENTRE FOR FATHERING



The Centre for Fathering (CFF) was officially launched on Father's Day in 2000, and founded on the belief that an active and involved father is essential for a child's successful development. For more than 15 years, CFF has helped countless families – and fathers in particular – through our father-child experiential programmes and fathering workshops conducted in schools, prisons, religious organisations and companies. We organise three nation-wide events every year – Back To School With Dad (Jan), Eat With Your Family Day (May) and Celebrating Fathers (Jun) – to remind and encourage fathers to set aside time to be with their families, and to help create a culture that promotes Active Fathering.



CFF also champions the “Dads for Life” movement to inspire and involve fathers to be good influencers in their children's lives ... for LIFE. The movement seeks to mobilise fathers to **ACT**:

- Be **A**ware of the importance of a father's role
- **C**ommit to be good fathers and role models to their children
- Spend **T**ime, acquire **T**ools and bring **T**ransformation to lives

CFF is a non-profit organisation registered in Singapore (Registration No: 200101825N; IPC No: IPC000149). We are not a funded organisation and we rely on donations to continue our efforts to **Engage, Equip** and **Empower** men in their role as fathers.



DAD'S RESOURCE KIT 2017/ 2018

Dads now have more help with a new parenting guide introduced by the Centre for Fathering/Dads for Life. The “Dad's Resource Kit” contains a list of workshops and programmes organised by Centre for Fathering and our partners tailored according to fathers' needs at various stages of their children's growth, from toddlers to teenagers.

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- 02** Nurturing your marriage – husband-wife relationship is the most important relationship in a family: Marriage Preparation/ Beginning Parenting Programme
- 04** Let your voice be the most resonant and unwavering one to your child: Programmes for Dads with Primary School going children
- 06** Being on the right road and travelling on it with your teen: Programmes for Dads with pre-teen/ teen children
- 08** Children need models instead of critics: Programmes designed for Dads only
- 09** Parenting Talks

Contact Details

Association of Muslim Professional (AMP)
Please contact 6416 3960 or 6416 3961 for appointment or further enquiries

Centre for Fathering/ Dads for Life
6769 1238
cff@fathers.com.sg

Eagles Mediation & Counselling Centre (EMCC)
Parcsen
parcsen@emcc.org.sg or visit emcc.org.sg/ftcm

Fei Yue Community Services
Deborah Kwan
6734 1401 (Ext 106)
Deborahkwan@fyics.org

Focus on the Family Singapore
6336 1444
focus@family.org.sg



BEGINNING PARENTING PROGRAMME

Beginning Parenting is a 3-part parenting programme for first-time expecting fathers and mothers, with the focus on fathers.



PART 1: HAPPY PARENTS HAPPY BABY

You were a couple before you became parents, but being a parent does not change the relationship! We will discuss decision-making methods and positive communication styles for couples, as well as tips to stay as best friends and lovers after the baby's arrival.



PART 2: BEING THE PARENTS YOU WANT TO BE

Your baby is arriving soon! Both of you will transit from man and wife to daddy and mummy. Build a foundation now by understanding your duties, roles and commitment. Fathers, you are a parent too, and shared parenting is essential to fully benefit the baby. Finally, learn to understand your newborn's signals.



PART 3: 2 + 1

New parents are invited to attend this session 4 to 6 weeks after the birth of their baby. During the workshop, couples will share and exchange ideas. This session will provide support and encouragement for new parents in their parenting journey.

Duration: **2 x 4 hours**

What our participants say...

- Real life situation sharing is really good! Applicable to daily life
- Programme was very good, Clement shared many stories about his experience being a father
- This is a MUST attend workshop for couples

For more details, please contact:
Centre for Fathering/ Dads for Life
 6769 1238
 cff@fathers.com.sg

MARRIAGE BUILDERS

Whether you are considering marriage, engaged or have been married for over 20 years, couples will receive personalised coaching from a trained counsellor through honest discussions on various topics on relationships and marriage.

Focus on the Family Singapore

Dates: **Ongoing**
 Contact: **6336 1444 | focus@family.org.sg**
 Visit **www.family.org.sg/MB**

YOUNG COUPLES PROGRAMME BY AMP

The **Marriage Hub** runs various programmes targeted at couples and families with the aim of strengthening marriages.

The Young Couples Programme reaches out to young couple who are considering marriage whilst being below the age of 21 years old. The programme consist of; Premarital Consultation, Marriage Guidance Course, Marriage Counselling and Parents support Group.

The MH also provides counselling services for marital, relationship, parenting, family violence and financial issues. Clients in urgent need for marital or family counselling can call the AMP helpline to schedule an appointment with our counsellors.

The Helpline services include counselling for; Marital issues, Debt and financial issues as well as Youth and parenting issues.

AMP

Please contact **6416 3960** or **6416 3961** for appointment or further enquiries

CONNECT2

A marriage preparation workshop especially for couples who are contemplating marriage. Hear from someone who's been there and done that! Discover the secrets to lifelong intimacy, examine your relationship foundation, and acquire key skills necessary for building a successful marriage.

Focus on the Family Singapore

Dates: **Ongoing**
 Contact: **6336 1444 | focus@family.org.sg**
 Visit **www.family.org.sg/C2**

风雨中同行

真爱才是婚姻的真谛:

两个人携手承受一切困难, 在风雨中相依相偎。大家需要用一种宽容的态度来对待生活、对待婚姻。

- 1.性格分析
- 2.重新发觉爱情
- 3.建立信任
- 4.对婚姻的委身

Fei Yue Community Services

Duration: **3-4 hours**
 Contact: **Deborah Kwan**
6734 1401 (Ext 106)
Deborahkwan@fyfcs.org



BREAKFAST WITH DAD

Breakfast is the most important meal of the day. While that feeds the body, a father's love and affirmation is probably one of the most important component to feed our children's heart. **Breakfast With Dad** is designed to appeal to fathers with young children. The activities and interaction shared will be a precious and enjoyable moment for the both of you.

Duration: **2 hours**

For more details, please contact:
Centre for Fathering/ Dads for Life
 6769 1238
cff@fathers.com.sg

What our participants say...

- It was a great session. Very engaging trainer. Kudos! Will definitely recommend this to others.
- It created protected time to have breakfast together and an opportunity to understand my son better.
- Very useful and practical session
- A most enjoyable morning spent being more aware of creating memories/ experiences for my kids
- Simple activity but useful opportunity to interact and bond. A good reminder for dads.



亲子兵法 -好爸好妈我来当

帮助4 - 6岁 孩子的家长了解幼儿时期的特殊需要, 有效的教养幼儿成为自律而积极的孩子, 同时享受其亲子乐趣。
 课程内容: - 什么是教养? - 建立亲子关系- 不责打的管教- 有效的管教

Fei Yue Community Services
 Duration: **3 hours**

小生怕怕

步入小一, 是孩子生命中的一个重要时刻。无论是孩子或父母, 在欢喜和兴奋中往往还带有很多的担忧和不安。从幼儿园过渡到小学, 孩子必须重新面对与适应新的环境, 而父母究竟应该做些什么准备, 以帮助孩子无论在身心方面, 都可以更好的面对上学的挑战?
 讲座大纲:

1. 小一新生怕什么? (了解孩子的内心世界)
2. 父母应如何将忧虑转化成力量, 帮助您的孩子“成功”?
3. 5 “M” 小秘诀, 教您如何帮助孩子的好妙方

Duration: **3 hours**

Fei Yue Community Services
 Contact: **Deborah Kwan**
6734 1401 (Ext 106)
Deborahkwan@fycs.org



ADVENTURE CAMP WITH DAD

This day camp provides a platform for fathers to bond with their pre-teens through adventure-learning. Fathers will experience precious moments with their children before seeing them launch off as teenagers. Not only will they get the chance to do something adventurous with their children, but they will also get to communicate with them on a deeper level. Children will get their daddies' undivided attention at this camp and hear their dads affirm their love for them. A special affirmation with the rest of the families will cap off this special adventure experience that promises to be a special memory forever.

Camp Highlights:
Father-Child Adventure Challenges

- Rock-wall Climbing
- High element activity
- Dark maze
- BBQ dinner

Duration: **12 hours**

For more details, please contact:
Centre for Fathering/ Dads for Life
 6769 1238
cff@fathers.com.sg

FATHER-CHILD EXPERIENTIAL WORKSHOP

Your children look up to you as their mentor and their source of amazing discoveries. Our Father-Child experiential workshop will allow your child and yourself to enter a time of task solving and activity based challenges. This workshop will create a special bonding time and a truly amazing experience.

Duration: **4 hours**

For more details, please contact:
Centre for Fathering/ Dads for Life



What our participants say...

- Good time of bonding and a good time of self realization
- More dads should be informed of this great offering
- Great team, the chairs game was excellent! It's an amazing concept, keep up the good work!
- I learnt a lot about communication and how to work with my kids.

NAVIGATING THE TEENAGE YEARS

"Children are a gift of God, it has often been said. But when our children become teenagers, parents wonder whether God has an exchange policy" so said the parent of a teenager jokingly. Adolescence happens upon parents so suddenly & so subtly, that many parents find themselves in a situation, which makes no sense to them. They just hope it will go away. This talk seeks to give parents a better appreciation of what is happening in their families, especially the lives of their children, so that they can be supportive of their children during these transitional years, and to enjoy a deeper and richer relationship with their children.

Outline:
Bad News, Good News, Confusing Time

- Reacting to change, responding to life

Blame it on the Hormones

- Fillings, Feelings, Thinking, Awareness and Idealism

Meeting Teens' Needs

- Understanding teens' feelings

Relating with a Transition Person

- Connecting with different parenting styles

Adolescent Wellness - The research

Six Qualities of Wellness

- Helping your child to navigate the teenage years

Duration: **3 hours**



PARENTING TEENS 101

This is primer in parenting teenagers. Parents of teenagers often realized that what worked for them when their children were younger is not working well when they become teenagers. When that happens, parents need to do something different. In order to know what to do, we need to first understand what teenagers today need most from parents. This popular workshop provides a compass for parents to navigate through the teen years in a way that will support their growth. The chances of your teens succeeding in navigating this increasing challenging world increases with intentional preparation. Your interaction with your children can build them up or tear them down.

Duration: **3 hours**

For more details, please contact:
Centre for Fathering/ Dads for Life
6769 1238 cff@fathers.com.sg

DATE WITH DAD

A daughter's exclusive time with Dad to connect deeply, celebrate milestones and affirm her worth.

Focus on the Family Singapore

Date: **4 Mar 2017**

Contact: **6336 1444 | focus@family.org.sg**

Visit **www.family.org.sg/DwD**

ADVENTURE WITH DAD

A son's exclusive time camping with Dad on the Marina Bay floating platform to celebrate milestones and impart the lifelong value of honour.

Date: **12-13 Mar 2017 or 13-14 Mar 2017**

Contact: **6336 1444 | focus@family.org.sg**

Visit **www.family.org.sg/AwD**

FATHER-TEEN CONFLICT MANAGEMENT WORKSHOP (OR FTCM)

Fathers, is your relationship with your teenager causing you heartaches and frustration? Are you looking for ways to resolve the conflict between the two of you? Or maybe you just want to prepare yourself for the inevitable. You will learn evidence based principles and be inspired by the personal examples of our father-trainers. By the end of the workshop, you will:

1. regain the confidence to be fathers again;
2. feel empowered through self-awareness as you discover your personal conflict style;
3. acquire skills to manage conflicts so as to be Peacemakers in the home.

EMCC

Duration: **4 hours**

Contact: **Parcsen (parcsen@emcc.org.sg)**
or visit **emcc.org.sg/ftcm**

亲子兵法

- '读懂青少年的心'

在孩子的成长过程中，父母的重要性是无可否疑的。一个人的品格、价值观和处事原则如何，自己固然必须负起大部分的责任，但父母的教养方式也起着巨大的作用。今日愿意付代价教养孩子的，最后必然享受良好的亲子关系，反之，则可能承受悲哀的后果。‘教养孩子’是需要学习的。父母需要学习课程中的技巧去塑造孩子的生命！‘读懂青少年的心’是为了更好的帮助父母能够有效的教养孩子而开办的。希望通过这个工作坊，能让父母学会一套与青少年相处的原则和技巧，成为一位即有信心，又快乐的父母！学习大纲：1.了解青少年的成长与需要 2.与青少年建立良好的关系3.父母当学习‘聆听’——成为‘聆听者’ 3.完整的管教4.什么是‘管教后果’

Fei Yue Community Services

Duration: **3 hours**

Contact: **Deborah Kwan**
6734 1401 (Ext 106)
Deborahkwan@fycs.org

教养你，不难！

教养青少年是一个充满挑战的经历。身为父母总是费尽心思的希望孩子能有勇气的面对周遭的环境与困难，跟希望孩子能听劝、合作。但是，要教养出有勇气的孩子，需要一个有生气，充满关爱的亲子关系。讲座大纲：1) 五个步骤与孩子连接2) 孩子不想听什么话3) 明智的父母应懂的五件事

Fei Yue Community Services

Duration: **3 hours**

中一新挑战

升入中学，孩子将进入完全不同的学习环境，除了课业要求，生理和心理也会经历很多的变化，同时还会面对同辈的压力。为人父母者，应该如何给予适当的引导与支持，以帮助孩子无论在身心方面，都可以更好的面对升上中学的挑战? 1. 了解青少年成长阶段2. 进入青少年的世界3. 管教 VS 自由4. 真情沟通

Fei Yue Community Services

Duration: **3 hours**

ICAN – INVOLVEMENT, CONSISTENCY, AWARENESS, NURTURANCE



This is an interactive workshop that appeals to adult learning styles. Participants can expect to appreciate the importance of fathering involvement, explore vital skills for building lasting relationships with their children.

In our sessions, we watch short video clips, interact with fellow-fathers, process relevant exercises and equip the fathers with action tips to begin bonding with their children. It is designed to help fathers discover ways to build a close relationship with their children.

What our participants say...

- A good platform for dads to share and learn from one another.
- Thanks for making me a better father! Practical and excellent workshop for fathers.
- An eye-opening and important workshop.
- A worthwhile workshop for fathers to attend. Listening to dos and don'ts, experiences of trainers and other fathers.

Duration: **4 hours/ 6 hours**

For more details, please contact:
Centre for Fathering/ Dads for Life
6769 1238
cff@fathers.com.sg

FATHER AS COACH

This inspiring workshop introduces the concept of Father as Coach – the solution focused way and equip fathers with skill sets for building confident and resilient children / teens. This solution focused approach in fathering is based on the notion that children have an innate desire and wish to learn, develop skills and be successful. Fathers have come with a desire to make a difference in a child's life and to have positive influence on his or her future.

We need to create an environment, atmosphere, and positive relationships between the father and the child that are conducive to accomplishing their goals. This special relationship between children and their fathers is crucial to learning and contributes to a child's motivation. The most important element is the father's view of a child. When a father believe the child has an innate desire to learn, they are likely to talk to a child differently.

Duration: **2 x 3 hours**

For more details, please contact:
Centre for Fathering/ Dads for Life
6769 1238
cff@fathers.com.sg

THE PARENT - COACH DIALOGUES

A daughter's exclusive time with Dad to Want to be a Dad who is a steady guide and inspiring mentor to your child? Find out how to become a Champion-Dad! Pick up quick tips and fathering tools through a selection of 3 dialogues each catering to parents of children in a specific age group.

Focus on the Family Singapore

Date: **Ongoing**
Contact: **6336 1444 | focus@family.org.sg**
Visit **www.family.org.sg/PCD**

SHARED PARENTING

Many of us might have an idea of the roles and responsibilities of a father, but society as a whole does not have a clear understanding of what fathering represents. How does the presence or absence of fathering impact our children? What do children need from their fathers? Take this opportunity to reflect on the effect of your parenting role and your parent-child relationship. Learn to make conscious and thoughtful decisions for your parenting journey.

Talk Highlights:

Short introduction to Centre for Fathering
Turning the hearts of children towards their fathers

Trends of Family Life in Singapore
From the perspectives of social workers

Challenges for Today's Parents
Bridging the Parent-Child contact time dilemma

What Today's Children Need
Learning from recent researches

The Parenting Style
What works best for today's situation?

The "Fathering" Difference
Turning the hearts of fathers towards their children

Strategies to Connect with Your Family
Tips that will empower families

Duration: **2 hours**

For more details, please contact:
Centre for Fathering/ Dads for Life
6769 1238
cff@fathers.com.sg

如何与孩子谈性

此讲座能帮助家长更好地预备自己，在这性开放的社会，可以有效地和孩子谈论性课题，帮助他们拥有正确的价值观，做出正确的选择。课程内容：- 为什么要与青少年谈性？- 跟青少年谈性，难吗？- 父母您预备好了吗？- 帮助孩子辨别'性'与'真爱'

Fei Yue Community Services

Duration: **3 hours**
Contact: **Deborah Kwan**
6734 1401 (Ext 106)
Deborakwan@fycs.org

品格，决定一生

如何帮助孩子取得好成绩，是现代大多数父母所关怀的。因为一般人都认为，只要有好的成绩和技能训练就意味着有成功和辉煌的人生。然而教育专家的研究却显示，要拥有一个幸福美满的人生，单靠学术成就是不够的，具备良好的品格，才是幸福和健康生活的基石。所以，我们若希望孩子走上幸福之路，身为父母的，送给孩子最好的礼物，就是培养他们不可或缺的好品格，好的品格也因此决定了他们的未来。

Fei Yue Community Services

Duration: **3 hours**

培育积极的孩子

培养积极自信的孩子是很多父母的心愿。积极自信的孩子比较乐观，在遇到挑战的时候多能正面的面对，不怕失败，且有不屈不挠的精神。积极自信不是以生具来的，父母的教育方式以及所营造的家庭气氛扮演着非常重要的角色。此讲座将与你探讨如何培养积极自信的孩子。大纲：

1. 认识赏识的力量
2. 允许孩子有犯错的空间
3. 信任与激励
4. 肯定孩子的感受
5. 建立愉快的家庭气氛

Fei Yue Community Services

Duration: **3 hours**

爱的管教

父母在教养孩子时，具有很大的挑战。神托付给父母的一项使命不只是生养儿女而已，更是要按神心意教养儿女。而教养的目标是让他们成为健康成熟的人，并具有神美好的品德。把孩子当宝贝是为人父母最正常的情感，而在亲子关系中，有一个最重要的原则，就是在爱与管教中的平衡。父母当学习小心拿捏爱的尺度，了解自己的管教类型及管教的重点，以培育身心健全的孩子。工作坊大纲：

- 什么是管教？
- 管教的關鍵
- 父母的教养方式
- 培育身心健全的孩子 爱的管教最有效

Fei Yue Community Services

Duration: **3 hours**