



HEART OF A MOTHER EXPERIENCE

Our Mothers...

Heal our wounds

Carry our burdens

Challenge our insecurities

Invest in our dreams

Shape our character

Defend our freedoms

Fight for our opportunities

Solve our problems

Weep over our defeats

Celebrate our victories

(when the world is fast asleep)

- James Dewhurst

INTRODUCTION

Heart of a Mother Experience (HOME) aims to build safe spaces for mothers to come together and share their joys and struggles, so they can seek healing, wholeness, and fulfilment.

This is a journey to speak to the hearts of mothers and bring out the best in them and their families. Under HOME, mums will affirm and empower mums through the W.I.S.D.O.M Approach.

The W.I.S.D.O.M Approach covers the following:

1. The **W**orthy mum
2. The **I**ntimate mum
3. The **S**upportive mum
4. The **D**eveloper mum
5. The **O**rganising mum
6. **M**eet the mums

A mother's heart is a special place where her children are always at home
- Author Unknown

Total Duration of Experience: 14 Hours

- 6 online meetings (Saturday, 2PM to 4PM)
- 1 physical meeting

THE WORTHY MUM (3 SESSIONS)

The W.I.S.D.O.M Approach builds on the foundation of mums as women with self-worth. Mums must believe that they are valuable, unique, and worthy. This self-identity is crucial for mums to carry out all their roles. Understanding self and having healthy self-talk are keys to building self-worth.

Mums also need to identify their inner critics and let go of past hurts that block them from being who they can be. When they accept themselves fully as who they are, and have a “growth mindset”, they will begin to take ownership of their lives. This is a step towards the amazing future that lies ahead of them and their families.



THE INTIMATE MUM (1 SESSION)

A mum's heart nurtures others and builds intimacy. The closeness between mums and dads creates the environment in which their children will live and grow.

When children observe the love and respect between their parents, they will naturally learn these values. Understand the “6-minute daily connect” for couples to build depth in their relationships, giving power to overcome life challenges.

Building a habit of open communication between spouses will strengthen the family for stressful periods when relationships are tested.



THE SUPPORTIVE MUM (1 SESSION)

Mums are key in building a supportive family culture through deep connections.

Support your children by connecting from your hearts to theirs. Acquire emotion coaching skills to build happy, resilient and well-adjusted children. Acknowledge and empathise with your children's emotions to help them feel validated and grow in emotional intelligence.

*"A mother holds her children's hands for a while,
but their hearts forever."*

– Author Unknown



THE DEVELOPER MUM (1 SESSION)

When mums adopt the most effective parenting style with their husbands, they have clear expectations and consequences for their children.

This provides flexible and collaborative problem-solving for their children in dealing with behavioural challenges. When parents discipline for progress and not perfection, children will develop in self-discipline.

"It is not what you do for your children but what you have taught them to do for themselves that will make them successful human beings"
– Ann Landers

THE ORGANISING MUM (1/2 SESSION)

Mums are instrumental in the formation of belonging and trust. When mums continue to organise family gatherings, family bonds are strengthened and this provides emotional support for the families.

"Life doesn't come with a manual, but it does come with a mother"
– Julia Reese

MEET THE MUMS (1/2 SESSION)

In this physical meeting, each group celebrates their journeying together in HOME. They will also discuss and shape how they can move forward to meet their other needs as mums. They will decide on how to continue to inspire, learn, share and support each other.

EXPERIENCING THE W.I.S.D.O.M APPROACH WILL HELP YOU BE THE BEST MUM YOU CAN EVER BE.

Mum-life can be fun, exciting, balanced, joyful, enriching,
and guilt-free.

*“A Mother is she who can take the place of all others but whose place
no one else can take.” - Cardinal Mermillod*

Be part of the upcoming sessions! These will be
complimentary if you register by 30 May 2021.

Dates: 19 & 26 June, 3, 10, 17, 24 & 31 July (all Saturdays)

Time: 2 to 4pm

Venue: Zoom & one physical meeting

For more information & registration, go to:

bit.ly/heartofamotherexperience or scan the QR code



Centre for Fathering (CFF) is a non-profit organisation founded in 2000 to promote active and involved fathering and address issues caused by fatherlessness in Singapore. The organisation aims to turn the hearts of children towards their fathers by empowering more fathers to be better role models and an enduring inspiration to their children.

Since 2015, CFF has been the driving force behind Singapore's nation-wide fathering movement - DADs for Life which seeks to inspire and mobilise fathers to become more involved with and a good influence to their children. Under the Dads for Life umbrella are initiatives such as Back to School with Dad, Eat With Your Family Day and Celebrating Fathers - to encourage fathers to spend time with their families and create a culture that promotes active fathering.

As Mums and Dads play irreplaceable and complementary roles in parenting, DADs for Life partnered with a group of mother volunteers to launch a national ground-up movement - MUMs for Life, on Mothers' Day 2019 to complement the work of DADs for Life. MUMs for Life celebrates a mum's unique identity as a woman, daughter, wife and mother.

For more information, please go to www.fathers.com.sg.

