



HEART OF A MOTHER EXPERIENCE

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 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 sessions will be interactive with a balance of a plenary and an opportunity for participation in small group discussions.

The 14-hour experience will take place over 7 consecutive sessions:

- 6 virtual sessions
- 1 physical meeting (subject to COVID-19 safety measures)

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. Understanding self and having healthy self-talk are keys to building self-worth.

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. Understand the '6-minute daily connect' for couples to build depth in their relationships, giving power to overcome life challenges.



THE SUPPORTIVE MUM (1 SESSION)

Mums are key in building a supportive culture in families 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.

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.



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.

MEET THE MUMS (1/2 SESSION)

During this session, 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.

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 and her irreplaceable roles as a daughter, wife and mother.

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

