

Breakfast with Dad

Synopsis:

Father-child relationship is a significant factor in the emotional and cognitive development of a child. This workshop utilizes experiential learning methods to coach fathers to relate with their children. We do this in a way that appeals to their nature of being fun and active partners in parenting. CFF creates an experience that is fun and impactful for both father and child.



Venue: School's PAL Rooms, 4th Floor

Time: 8:30am – 10.30am (2 hours)

Group size: Min 10 pairs, max 20 pairs

Child's age group: 7 - 8 years old

Outline of Programme

Time	Activity	Process
8.30am	Introduction to Breakfast with Dad	Understanding the importance of having breakfast time with your child
8.45am	Activity 1: Hunter & Fire	Knowing roles of father and child in the family
9.00am	Breakfast preparation	Preparing a simple and nutritious breakfast by father and child
9:15am	Breakfast Time	Quality time over breakfast
9.45am	Activity 2: Awareness	Knowledge and awareness in your child's world
10.05am	Activity 3: Affirmation	Importance of father's voice to child's emotional health
10.20am	Feedback Session	Q & A time for fathers Submitting of feedback form