

家庭议会家庭教育系列 — 「童心同步」

Family Council Family Education Package — Caring for Our Kids

第六集：告别哀伤

Episode 6: Goodbye Sadness

字幕稿

Transcript

受访对象：吴王章

Interviewee: Angus Ng

儿子离世那一刻 当然我这辈子也不会忘记
因为他在我们的怀抱中离开
慢慢地离开

I would never forget the moment when my son passed away in our embrace

那时医生照完后

After receiving scanning at the hospital,

发现儿子脑部松果体的位置有一个肿瘤

a tumor was found at the pineal gland inside my son's brain

松果体母细胞瘤

The disease is called Pineaocytoma

就说这是一个很棘手、很麻烦的病症

which requires the patient to go through difficult and complex clinical treatments

香港近十年好像也只有两三个病例

I was told that there were only 2 to 3 reported cases in Hong Kong in the past 10 years

事发时我女儿四岁

At that time, my daughter was only 4 years old

我一直都担心她会感到害怕

I was worried that she would be afraid of her brothers' illness,

所以我们跟她说得很清楚发生了甚么事

so we tried to explain to her as clearly as possible what had happened

我就跟她说「现在弟弟生病要到医院」

I told her "Your little brother is sick and he needs to go to the hospital."

因为她四岁

Since she was only 4

我们就用四岁的语言跟她说

we talked to her in her language

「有些虫虫在弟弟的头里，我们要帮他捉出来」

"Some bugs are found inside your brother's head. We have to remove them."

她明白的

Then she understood

由我们知道那刻开始到很后期

From the beginning to the very end,

其实我们都是很忙的

we had been kept very busy

这个状态一直维持了很久

for a long period of time

心情要到了整件事过去

It was only until the whole thing was over

儿子不在了

we realised that our son was gone

我们才崩溃

and we collapsed

其实我们跟女儿解释得很坦白

We explained the whole thing to our daughter candidly

因为她看见整个过程
as she had witnessed the whole process

而她也有参与弟弟的惜别礼
She also attended her brother's funeral

她没有任何情绪上让我们发现要担心的地方
We didn't find her with any emotional issue that made us worried

可能因为她年纪太小
May be she was too small

她很单纯地接受了这件事
She simply accepted the fact

她知道不见了、没有了、见不到
that her brother had disappeared, gone and could not be seen forever

到了现在她已经十岁
Now she turns 10

她也会跟我们说那时弟弟怎样
Sometimes she would still share her memory with us about

那时弟弟又会怎样调皮
how naughty her brother was

她的回忆全是正面的
All her memories of her brother were positive

或者是这个年纪的小朋友得天独厚的地方
This might be a blessing for children at this age

弟弟离世后 我们花更多时间陪伴女儿
After our son left, we spent more time with our daughter

以前我也需要上班的
I needed to work at the office before

现在我选择留在家中工作
Now I choose to work from home

每天我会跟她聊天、送她上学、接她放学
I can have more time chatting with her, taking her to school and picking her up from school every day,

功课就是妈妈陪她做
my wife helps with her homework

在我的角度上希望可以藉此作一点补偿
By doing so, I hope we could somehow compensate for her loss

或是防止她有任何负面的情绪
or keep her from thinking negatively

近这两年我会放开一点
I managed to put aside the negative emotions bit by bit in these two years

我会正面地回忆以前的事
and brought up the good memories of my son

我和太太都会半开玩笑地说回这件事
Sometimes I even joked with my wife

「如果儿子还在，现在应该已经几年级」
“If our son was still with us, he would have been studying in primary school now.”

「你也会忙着跟他温习考试测验」
“You would be probably busy with his tests and exams.”

自己会很主动地碰那伤口
发现原来没有以前那么痛
We would not mind touching the wound and found it less painful than before

其实经过这件事 这个经历
Having had to get through all these,

经过后你会觉得其实很多事情都不重要
we understand that many things don't really matter

对于小朋友
For my children,

我一直都觉得他们开心健康是最重要的
their happiness and good health would always be our first priority

去年家里多了一位小朋友
We has a new family member last year

我们叫他「小弟弟」
We call him "little brother"

现在小弟弟还小
Although he is still small

其实我已经跟他说他有一个哥哥
we've been telling him that he has an elder brother

我想我们全部家人都知道
I want all of our family members,

包括他
including him,

我们有个儿子
know that Sau Yat was my son

他永远都在这里
and he is forever with us

【专家分享】 [Expert Advice]

心理治疗师 李伟堂博士

Psychotherapist, Dr. Ernest Lee

儿子的离世

Following the son's death,

作为爸爸和家人都会面对一些改变

the father and family members had to face changes

而这个改变的历程中会带来很多悲伤和焦虑

which might cause further pain and anxiety

过往我们有一个错误的观念

We used to misbelieve that avoid talking about the bereavement

以为不谈及就代表这份悲伤的感觉会得到过渡

would help people get over the grief

其实刚刚相反

In fact, it is quite the opposite

因为丧亲不是一个人的事

Bereavement is not a personal issue

而是一家人的事

Instead, it is a matter of the whole family

更加需要一家人倾谈、交流

Family members should talk and communicate

将这份悲哀的感觉抒发出来

so as to release the grief

亦在这个历程中

The process would also

帮助小朋友理解自己正经历的痛究竟是甚么

help children to understand the grief they have

也从中帮助小朋友抒发和表达出来

and help them to express their feelings

甚至是年长的小朋友也好
This also apply to older children

虽然他有一定的表达能力
who have better power of expression

但未必代表他能够表达内心的感受
but may not be able to tell others how they feel in their hearts

所以一家人有时看到离世亲人的对象
When family members see the personal belongings of the deceased member

一些日期时
or on some memorable dates,

可以在大家倾谈的时间
谈谈这份伤痛
说说这份悲伤
they may talk about the pain and the grief in their conversation

更加有效帮助抒发情绪
This helps relieve the feelings

而在这个历程中给一些拥抱、支持
Offering hugs and support during the conversation

更加能够帮助孩子过渡这份哀伤的感觉
definitely helps children overcome the grief