

家庭議會家庭教育系列 — 「童心同步」

Family Council Family Education Package — Caring for Our Kids

第六集：告別哀傷

Episode 6: Goodbye Sadness

字幕稿

Transcript

受訪對象：吳王章

Interviewee: Angus Ng

兒子離世那一刻 當然我這輩子也不會忘記
因為他在我們的懷抱中離開
慢慢地離開

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

那時醫生照完後

After receiving scanning at the hospital,

發現兒子腦部松果體的位置有一個腫瘤

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

松果體母細胞瘤

The disease is called Pineaocytoma

就說這是一個很棘手、很麻煩的病症

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

香港近十年好像也只有兩三個病例

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

事發時我女兒四歲

At that time, my daughter was only 4 years old

我一直都擔心她會感到害怕

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

所以我們跟她說得很清楚發生了甚麼事
so we tried to explain to her as clearly as possible what had happened

我就跟她說「現在弟弟生病要到醫院」
I told her “Your little brother is sick and he needs to go to the hospital.”

因為她四歲
Since she was only 4

我們就用四歲的語言跟她說
we talked to her in her language

「有些蟲蟲在弟弟的頭裡，我們要幫他捉出來」
“Some bugs are found inside your brother’s head. We have to remove them.”

她明白的
Then she understood

由我們知道那刻開始到很後期
From the beginning to the very end,

其實我們都是很忙的
we had been kept very busy

這個狀態一直維持了很久
for a long period of time

心情要到了整件事過去
It was only until the whole thing was over

兒子不在了
we realised that our son was gone

我們才崩潰
and we collapsed

其實我們跟女兒解釋得很坦白
We explained the whole thing to our daughter candidly

因為她看見整個過程
as she had witnessed the whole process

而她也有參與弟弟的惜別禮
She also attended her brother's funeral

她沒有任何情緒上讓我們發現要擔心的地方
We didn't find her with any emotional issue that made us worried

可能因為她年紀太小
May be she was too small

她很單純地接受了這件事
She simply accepted the fact

她知道不見了、沒有了、見不到
that her brother had disappeared, gone and could not be seen forever

到了現在她已經十歲
Now she turns 10

她也會跟我們說那時弟弟怎樣
Sometimes she would still share her memory with us about

那時弟弟又會怎樣調皮
how naughty her brother was

她的回憶全是正面的
All her memories of her brother were positive

或者是這個年紀的小朋友得天獨厚的地方
This might be a blessing for children at this age

弟弟離世後 我們花更多時間陪伴女兒
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

現在我選擇留在家中工作

Now I choose to work from home

每天我會跟她聊天、送她上學、接她放學

I can have more time chatting with her, taking her to school and picking her up from school every day,

功課就是媽媽陪她做

my wife helps with her homework

在我的角度上希望可以藉此作一點補償

By doing so, I hope we could somehow compensate for her loss

或是防止她有任何負面的情緒

or keep her from thinking negatively

近這兩年我會放開一點

I managed to put aside the negative emotions bit by bit in these two years

我會正面地回憶以前的事

and brought up the good memories of my son

我和太太都會半開玩笑地說回這件事

Sometimes I even joked with my wife

「如果兒子還在，現在應該已經幾年級」

“If our son was still with us, he would have been studying in primary school now.”

「你也會忙著跟他溫習考試測驗」

“You would be probably busy with his tests and exams.”

自己會很主動地碰那傷口

發現原來沒有以前那麼痛

We would not mind touching the wound and found it less painful than before

其實經過這件事 這個經歷

Having had to get through all these,

經過後你會覺得其實很多事情都不重要
we understand that many things don't really matter

對於小朋友
For my children,

我一直都覺得他們開心健康是最重要的
their happiness and good health would always be our first priority

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

我們叫他「小弟弟」
We call him "little brother"

現在小弟弟還小
Although he is still small

其實我已經跟他說他有一個哥哥
we've been telling him that he has an elder brother

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

包括他
including him,

我們有個兒子
know that Sau Yat was my son

他永遠都在這裡
and he is forever with us

【專家分享】 [Expert Advice]

心理治療師 李偉堂博士

Psychotherapist, Dr. Ernest Lee

兒子的離世

Following the son's death,

作為爸爸和家人都會面對一些改變

the father and family members had to face changes

而這個改變的歷程中會帶來很多悲傷和焦慮

which might cause further pain and anxiety

過往我們有一個錯誤的觀念

We used to misbelieve that avoid talking about the bereavement

以為不談及就代表這份悲傷的感覺會得到過渡

would help people get over the grief

其實剛剛相反

In fact, it is quite the opposite

因為喪親不是一個人的事

Bereavement is not a personal issue

而是一家人的事

Instead, it is a matter of the whole family

更加需要一家人傾談、交流

Family members should talk and communicate

將這份悲哀的感覺抒發出來

so as to release the grief

亦在這個歷程中

The process would also

幫助小朋友理解自己正經歷的痛究竟是甚麼

help children to understand the grief they have

也從中幫助小朋友抒發和表達出來

and help them to express their feelings

甚至是年長的小朋友也好
This also apply to older children

雖然他有一定的表達能力
who have better power of expression

但未必代表他能夠表達內心的感受
but may not be able to tell others how they feel in their hearts

所以一家人有時看到離世親人的物件
When family members see the personal belongings of the deceased member

一些日期時
or on some memorable dates,

可以在大家傾談的時間
談談這份傷痛
說說這份悲傷
they may talk about the pain and the grief in their conversation

更加有效幫助抒發情緒
This helps relieve the feelings

而在這個歷程中給一些擁抱、支持
Offering hugs and support during the conversation

更加能夠幫助孩子過渡這份哀傷的感覺
definitely helps children overcome the grief