

Family Council

“Family: A Hub to Cheer You Up” Family Education Packages – The Test of Life Crystal

The Test of Life

- Narration : Crystal has two sons
When her older son, Ryan, was at primary two
he was diagnosed with ADHD (Attention Deficit Hyperactivity Disorder)
He has difficulties to stay concentrated
and has mild autism symptoms
He gets impulsive easily and has difficulties controlling his emotions
Besides, Crystal is a single mum
she has been facing a lot of stress taking care of her son
- Crystal : At first, I was like
“How come?”
I was very anxious
At the beginning, I had to deal with his stubbornness,
bad temper and impulsivity
together with the stress from the school
His teacher called me
“Your son made a mess today by shredding papers all around.”
“Your son put the water bottle anywhere”
Later, whenever the school’s calling
I lost courage to pick up the call
The moment I checked on my phone
I thought to myself “the school again?”
“What would happened today?”
I felt worried and scared
- Narration : At first, Crystal felt very difficult
taking care of her older son Ryan
She didn’t understand why her son didn’t listen to her
With negative emotions accumulated day by day
she was on the verge of breaking
- Crystal : My older son lets his emotions override him most of the time
He doesn’t know how to correctly express his emotions
even over some trivial matters in daily life
For example, last time
he felt uncomfortable in his underwear
he immediately threw tantrum to me
I became his target of anger
The moment when I looked at him
I turned around

and started crying
I thought it was just a small issue
Why did you keep blaming me?
Why did I have to get told off every morning?
I felt collapsed at that moment

Narration : As a single-mum
how does Crystal deal with the feeling of helplessness?

Crystal : I am a single mum
I have to take care of my two sons on my own
It is very hard indeed
especially when you have to take care of a child with special needs
I think family support is very important
It allows the caregiver to take a break at the right time
Even if it is just a two-hour break outside
watching a movie
drinking a cup of coffee
or simply staring at the sea
it already helps clear the mind of the caregiver
I also talk to my friends
It is very important to me
because once I speak all out
no longer hiding it
I feel much better
I'm grateful to my friends
Since I am a single mum
I sometimes tell them that
"I can't do this anymore. I need to take two hours off."
I'm very thankful for my friends' help
"No problem. Take a rest!"
"I'll help you take care of your sons for now."

Narration : What does Crystal learn from his son?

Crystal : I think that caregivers have to suit themselves into other's shoes.
As I am the one who my son trusts the most
I can see the most direct
most real side of my son
I always say, it is he who educates me
He made me grow
God has given me a challenge
a very difficult one
I told myself that
I had to understand him first
before I could help him

I also keep reminding myself of his good
They actually have their angelic side
and good side too
I need to keep telling myself that
and persuading myself
Although the process is difficult and tough
I need to learn to overcome it