

Family Council

“Strengthening Family Cohesion and Solidarity” Family Education Videos – Romance of Long-distance Runner Spouses CHAN Ka-ho and YIU Kit-ching

Spouses bantering

- CHAN Ka-ho : After you
- YIU Kit-ching : Go ahead
- CHAN Ka-ho : You go ahead
- YIU Kit-ching : You go ahead, please
- CHAN Ka-ho : Many people think that
we like to banter with each other
But our relationship didn't start out like this
She used to be as tame as a kitten
- YIU Kit-ching : He was as timid as a mouse
That has changed now
He grumbles every now and then
- CHAN Ka-ho : You asked me to go ahead, didn't you?
Actually we often lock horns
but we make up pretty quickly
I won't hold a grudge
I suppose it's the same for you?
- YIU Kit-ching : For sure
See how I wear my heart on my sleeves
That speaks volumes
Many people saw how I often lectured him
because he was like an adult without growing up
Things have got better after he became a father
- CHAN Ka-ho : The one thing I have to say is that
many people see the mighty me
a macho tough guy
but actually she owns this role

Our daughter, a joy to the family

- CHAN Ka-ho : Am I a doting husband?
Sometimes people call me that
but I feel that I am just doing my part as a boyfriend and a husband

YIU Kit-ching : Now he is a doting husband no more
but a doting father
Fact is, when we had no kid
we had always looked forward to a life with kids
How would having kids change our lives?
When I started my role as a new mother
I felt stressed to some degree in many ways
such as how to care for and raise my daughter
However
I think it's important to go with the flow
and listen to advice more often
Life after our daughter's birth
is joyous

CHAN Ka-ho : The daughter's arrival made us really joyful
Not just to us
Our parents too
We all get along really well
We also get together more often than before
She brought us all great joy

The meaning of sports

YIU Kit-ching : I used to be an introvert
not skilled in communicating with others
As I do sports
I've built a wider social circle
and have more communications with people
I've become more outgoing
no longer fearing talking to others face to face
Sports have changed my personality and attitude
and allowed me to cross paths with my husband

CHAN Ka-ho : Here's the thing
Sports are basically a routine to our family
much like eating
Basically, not a day goes by without sports
We always go on runs
Even when I take my daughter to school
I either ride a bicycle

or push her in a stroller running

Consistent parenting values

CHAN Ka-ho : We're both athletes
so we don't really want our daughter to get into running too soon
Running is a demanding sport after all
One is to be exposed to the elements
Our goals are neatly aligned
We don't want her to get into outdoor sports in the beginning
No overdoing
To start with, indoor sports are the focus
such as martial arts and swimming
When she gets bigger and wants to do running
we'll leave to chance whether she has inherited our genes for running
to become a member of the Hong Kong Team in the future

Words to the daughter

YIU Kit-ching : Ka-ho and I do sports so often that
we don't spend time with you much
You often hear us saying
Mum and Dad are going running
teaching the grown-ups running
I hope she understands that
we're trying to pave the way to a better future for her

CHAN Ka-ho : Honestly, Yelena, I've thought about
if you would enjoy running in the future
For we often leave home to go on runs
will you hate running?
"Go running all the time and leave me behind."
I hope you won't hate it
No matter what you enjoy doing in the future
we'll always support you