

Family Council

Family Education Video on “Love Across Generations” — Build Family with Love, Pass down Virtues

Episode 5: Dad, You Rock!

Video’s Transcript

Baby Sister : I’ve been watching him for a while.
He seems unhappy about everything at home.
I think he might be...

Father : The charcoal is wet.

Eldest Brother : Dad, let me try.

Father : The charcoal is wet, dampened.

Baby Sister : Amazing, bro!

Father : I’ll go wash my hands.

Baby Sister : Have you guys noticed that Dad seems a bit unhappy?

Eldest Brother : Maybe he’s choked by the smoke. Nothing serious.

Baby Sister : I now call this family meeting to order!
I’ve been watching him for a while.
He seems unhappy about everything at home.
I think he might be...

Mother : Your dad is still adjusting to retirement.

Baby Sister : Isn’t retirement meant to be relaxing and stress-free?

Mother : You guys see retirement as
travelling and enjoying life every day,
yet our sight of you three as little kids
clinging to us and asking questions every day

seems like only yesterday.
In the blink of an eye, you think we've aged
and can't even light a charcoal grill.
Well, I guess youth must be served.

- Eldest Brother : So he's mad at us?
- Mother : He's not mad at you, but himself,
feeling worthless, being past his prime.
- Baby Sister : Dad, let's eat!
The first chicken wing I grill will be for you!
- Elder Sister : Dad, we have plenty of food.
Take a seat first, Dad.
- Eldest Brother : Dad, you've actually helped dry the charcoal,
that's why I could light the fire so easily.
It's you who taught me how to light a grill.
Without you, I wouldn't be me.
- Elder Sister : Dad, though I'm now a professional photographer,
it's you who taught me photography
and film loading when I was little.
Your wisdom has helped gear me up,
shaping part of my inner self.
- Baby Sister : That's right, Dad.
I won the Youth Cooking Championship
because you were always there to try my cooking
and you paid for all the ingredients.
My dreams came true because of you!
- Elder Sister : Dad, having retired doesn't mean you're no longer helpful.
You've just changed the way you help us,
and you'll remain our strongest support.
No matter how high or far we fly,
we always need you as our Chief Engineer

to watch our backs.
We truly do need you.

Father : What are you talking about...
I'm starving,
get me a grilled chicken wing, champion!

Baby Sister : Yes, sir!

Elder Sister : Let's eat!

Dr KWOK Ka-yiu, : The loss of self-worth in elders after retirement
Daniel often stems from small moments in daily life
when they feel replaced.
As children,
we sometimes hurt their self-esteem by accident.

The mother in this story
plays a key explanatory role,
helping the siblings understand their father's feelings,
and their reactions set a perfect example for us.

First, they respond promptly without leaving the problem behind.
Second, they act collectively to demonstrate family unity.
Third, and most importantly, they show gratitude specifically,
not just a hollow "thank you".
They credit their father's teachings with their achievements,
enabling him to truly feel that
his efforts are not in vain.
His values have been internalised by his children.
Remember, when caring for retired parents,
it's not just about material support,
what's more important is emotional support.

Simply "I remember all your teachings!"
can warm their hearts more than any gift.