

# Parenting is Heart Work 管教心方法

## 1. Course Description

This 8-week course is based on the book *Parenting is Heart Work*, written by Dr. Scott Turansky and Joanne Miller, the co-founders of the [National Center for Biblical Parenting](#).

Parents may have a specific parenting strategy for raising children. But very often, it is based on behavior. While parents might be able to influence how their children act, real change has to take place in their hearts. God has a heart-based approach to working with people. This same truth changes many of the strategies and approaches parents use with their kids.

This course will help parents address eight key areas in children's heart. Parents will learn practical routines to develop responsibility and cooperation, practical ideas for connecting with their kids emotionally, and develop new routines that will teach the children to change their hearts not just their behaviors. The course is for parents with children from 2 to 18 years old.

The class can be taught in Mandarin, Cantonese or English.

### 參考書簡介 - 管教心方法 (中文翻譯版)

子女犯錯，一般父母會用盡各種方法，甚至鐵腕手段限制子女的言語行為，迫使他們成為「模範兒女」。或許成果非常顯著，只需用一點點權威，花少許時間，他們便貼貼服服。可是面對這種風平浪靜，有誰意識到風暴還是在繼續形成？「管教心方法」一書的作者告訴我們，子女真正的問題源於「心」。若只著眼於行為，那麼當子女暗地裏愈走愈遠時，父母卻還以為自己教子有方，到最後一刻才驚醒過來，卻已經太遲了。以心為本的管教方法，是一種全新的理念。這書提供的策略，適合有子女二至十八歲的父母。

## 2. Course Outlines (8 Sessions) 課程大綱(八課)

Outlines	大綱
Reaching deep into a child's heart	進入兒女的內心世界
Teaching kids to listen and follow instruction	教導兒女聆聽及服從指令
Correction ideas that touch the heart	觸動心靈的糾正常規
A toolbox of consequences	「後果」的工具箱
Ending discipline times with impact	有效地結束管教時間
Teaching children to accept no as an answer	教導兒女接受「不」的回答
Attitude: A window into a child's heart	從態度看兒女的內心世界
How to start connecting with the heart	如何聯繫兒女的心

### 3. Course Requirements

Participants are expected to attend each session on time, engage in class discussion, read the reference book and listen to the audio sessions at home. Both parents are encouraged to attend together.

### 4. Reference Books and CDs/MP3

- [Parenting is Heart Work](#) (Book - English)
- [管教心方法](#) (書-中文翻譯版)
- [Parenting is Heart Work 8 Session Complete Set](#) (Audio Series CD/MP3)
- [Good and Angry: Exchanging Frustration for Character in You and Your Kid](#) (Book - English)
- [生氣不是壞事](#) (電子書 - 中文翻譯版)

### 5. Instructor's Introduction – Catherine Chan

Catherine Chan was born in Hong Kong. She graduated from Hong Kong Shue Yan University with a major in Journalism and Communication. She had worked as a reporter and an editor for Hong Kong Sing Tao Evening Post. She moved to Chicago, IL, in 1989 with her husband, Rev. Stephen Chan. She received her Master of Arts in Education from San Diego State University with a concentration in Learning Design and Technology. She is an experienced trainer and instructional designer. She has 20 years working experience in higher education institutions, and also has served in Christian children and family ministries for more than 20 years. She is currently the Director of Graduate Admission at Pacific Lutheran University, and is also an official parenting coach of the National Center for Biblical Parenting. She is a co-founder of the Focus on the Heart Family Ministry, provides Heart-based Parenting training for churches and parents to develop God-centered families. She has two sons, Calvin and Eckhart.

