

家庭议会家庭教育系列 — 「童心同步」

Family Council Family Education Package — Caring for Our Kids

第二集：机不可失大测试

Episode 2: "Can't Live Without Phone" Challenge

字幕稿

Transcript

旁白：

Narration:

在这个世代

In this digital age

无论是大人还是小朋友都经常使用电子产品

Parents and children alike spend long hours on screens

叫小朋友完全不接触

Asking kids to unplug?

又好像没甚么可能

Sounds like a mission impossible

那么作为家长又可以怎样教导小朋友

As parents, how can we teach our children

平衡「在线线下」的世界

to balance their online and offline life,

有节制地使用电子产品

so that they will use their tech devices sparingly,

避免沉迷呢？

and not excessively?

今日我们邀请了几组家庭来做一个测试

Today, we invited some families to participate in a test

看看他们会否沉迷使用电子产品  
and see if they are addicted to digital gadgets

他们分别是第一组的珀贤和佩晴  
They are Group 1: Pak Yin and Pui Ching

第二组的信信和祖祖  
Group 2: Shun Shun and Jo Jo

第三组的德信  
Group 3: Tak Shun

第四组的逸朗和第五组的颂欣  
Group 4: Yat Long, and Group 5: Chung Yan

而负责今次任务的  
The host is Principal Chan Ho-yan

是有超过十年幼教经验的陈可茵校长  
who has over 10 years' experience in early childhood education

陈校长会跟他们说今日是跟小朋友进行  
Chan would tell parents that the kids are participating in

「性格潜能测试」  
a "Personality Trait Test"

小朋友会在在一间房接受陈校长的测试  
The kids would take the test with Chan in a room

其实在房间入面  
Inside the room,

我们特意放置了一些电子产品  
some digital gadgets were prepared intentionally

包括平板电脑还有电视游戏  
tablets and TV games included

家长则会在另一个房间等待结果  
Parents would wait for the results in another room

在活动开始的时候  
Since the start of the challenge,

我们已经默默观察他们使用电子产品的情况了  
we had been observing the kids' reactions with the digital gadgets

第一组接受测试的是哥哥珀贤  
The first participants were Pak Yin

和妹妹佩晴  
and Pui Ching

他们在测试时都很专心  
They remained focused throughout the test

而哥哥在陈校长离开的时候  
And when Chan left the room,

还选择了画画 没有玩电子游戏  
Pak Yin even went for drawing instead of playing TV games

至于在另一间房的妈妈  
In the waiting room,

在等待期间全程看手机  
their mum had her face buried in her phone all along

第二组就没有第一组那么专心  
Group 2 was not as focused as Group 1

哥哥信信和弟弟祖祖在测试未开始时  
Shun Shun and Jo Jo grabbed the tablets

已经顾着玩电子游戏  
even before the test began

哥哥信信在做测试的时候  
When Shun Shun was taking the test,

不断偷望弟弟玩电子游戏  
he kept peeping at his brother's tablet

当陈校长一离开  
As soon as Chan left the room

哥哥信信更实时拿起平板电脑玩电子游戏  
Shun Shun reached for the tablet immediately

至于在另一间房的妈妈也不停看手机  
Their mum also couldn't take her eyes off her phone in the waiting room

到第三组的德信  
Here comes Tak Shun from Group 3

德信不只不专心  
Not only was he disengaged

还不停玩电子游戏  
but he was also preoccupied with games

甚至同一时间玩两部平板电脑  
He even played between two tablets!

连陈校长叫佢  
When Chan asked for him

他都好像没甚么反应  
he didn't seem to hear it

他最后因为顾着玩电子游戏  
He got so engrossed in games

无法完成陈校长准备的测试  
that he couldn't finish the test.

至于在另一房间

**But in the waiting room,**

德信妈妈全程很专心看书

**Tak Shun's mum was focused on reading**

完全没有取手机出来

**Not once had she taken out her phone.**

最后是第四和第五组

**Finally, we have Group 4 and Group 5**

第四组的逸朗和第五组的颂欣都很乖

**Both Yat Long from Group 4 and Chung Yan from Group 5 were well-behaved**

很专心地完成测试

**They finished the test in full attention**

逸朗在陈校长叫他时

**When Yat Long got called by Chan,**

还实时有反应走到陈校长那边

**he walked towards her immediately**

他们两个在陈校长离开房间的时候

**After Chan left the room,**

一个看图书

**Yat Long read books,**

一个在玩房间的玩具

**while Chung Yan played with the toys**

两个都没被房间里面的电子产品吸引

**Neither of them got attracted to the digital gadgets**

第四组逸朗的爸爸就全程看手机

**Yat Long's dad was glued to his phone,**

而第五组颂欣的妈妈就在房间看书  
while Chung Yan's mum was reading a book

现在不如一起总结这几组  
Now let's conclude the results of

「机不可失」的成绩  
the "Can't live without phone" challenge

电话数目是代表  
The number of phone represents

小朋友刚才使用电子产品的「次数」  
the frequency of use of the digital gadgets

结果是第三组「机不离手」的德信胜出  
The winner goes to Tak Shun who truly can't stay away from screens

测试过后 我们找到德信的妈妈聊天  
After the test, we talked to Tak Shun's mum

当她知道今天真正的测试目的后  
When she learnt the real purpose of the test,

她立刻笑了  
she burst into laughter

德信的妈妈：  
Tak Shun's mum:

其实我是预计他(德信)会这样做的  
I knew he (Tak Shun) would behave this way

因为以往他一看到电视或手机  
When he gets to watch TV or plays on phone,

他都会这样着迷  
he always gets absorbed.

因为平日在家也较少机会让他接触电子产品  
It is because he is rarely allowed screen time at home

旁白：  
Narration:

另外，我们亦访问了珀贤的妈妈  
We also interviewed Pak Yin's mum

为何珀贤在那么多诱惑之下  
to learn how Pak Yin could remain focused on drawing

还可以那么专心画画呢？  
despite all distractions

珀贤的妈妈：  
Pak Yin's mum:

除了电子产品之外  
Apart from using digital gadgets

你让他们发展其他不同的兴趣时  
if you let kids develop their hobbies,

他们会专注在其他非电子的兴趣上  
they will shift their attention to non-digital activities

珀贤他找到了  
Pak Yin found his

他在非电子产品中  
Among others,

他的兴趣就是画画  
drawing is one of his favourite non-digital hobby

旁白：  
Narration:

颂欣在测试的过程都很投入  
Chung Yan was very engaged throughout the test

而妈妈在等待颂欣做测试的时候  
Her mother was also concentrated in reading

都很专心看书  
while in the waiting room

究竟她平时怎样教导颂欣使用电子产品呢？  
How does she teach Chung Yan to use digital gadgets?

颂欣的妈妈：  
Chung Yan's mum:

即是如果我让她(颂欣)选择  
If I let her (Chung Yan) choose

「你想玩这个？」  
“Do you want this?”

即是劳作  
which is art crafts

「还是想看儿童台电视？」  
“Or watch TV?”

她多数都会选择做劳作  
She usually goes for making art crafts

但我亦不断提醒自己  
But I have to constantly remind myself:

不要拿手机出来  
put away the phone,

将手机放在房间里  
leave it in the room,

要专心跟她一起玩  
I should play undistractedly with my girl

旁白：  
Narration:

其实要小朋友不要沉迷使用电子产品  
When it comes to abstaining from technology addiction

家长的身教都很重要  
Parents should set a good example for their kids to follow

作为家长  
As parents,

又可以点样教导小朋友适当使用电子产品呢？  
how can we teach our kids about the proper use of digital gadgets?

不如一起听听专家怎样说  
Let's hear some advice from the professional.

**【专家分享】 [Expert Advice]**

玛丽医院儿童及青少年精神科主管 陈国龄医生  
Consultant Child and Adolescent Psychiatrist, Queen Mary Hospital, Dr. Phyllis  
Kwok-ling Chan

各位家长  
All parents,

根据美国儿科学会的建议  
under the recommendations of American Academy of Pediatrics,

十八个月以下的婴幼儿  
infants under the age of 18 months

是不应该有屏幕时间  
should have no screen time

而二至五岁的儿童  
Children aged 2 to 5

每日可以有一小时的屏幕时间  
are limited to 1 hour high-quality screen time

但是要高质素的  
per day

意思是要由父母陪同儿童一起观看  
Parents should offer parental guidance while watching the programs with their children

当中加入一些提点  
by giving them advices

加入一些想象力、价值观  
throwing in creativity and moral values

与小朋友一起讨论  
and discussing with your kids about

这些事情发展的后果  
the storyline and the consequences

除了屏幕时间外  
Apart from limiting screen time,  
我们需留意小朋友要有平衡的发展  
parents should be attentive to the balanced development of their kids,

例如做运动 接触大自然  
such as doing exercises, connecting with nature,

艺术、阅读各方面  
engaging in arts and reading and so on

最后家长要以身作则

Parents should also serve as a role model at all times

如果我们订立了一些家庭规条

If you have a set of house rules,

就要一起遵守

you must also comply strictly

例如食饭、聊天时

For example, no phone and tablet should be allowed

是不可以取手机或平板电脑出来看

at meal time or during conversations

另外家长亦不可以将平板电脑到处放

Besides, parents should not leave their tablets in random places

让小朋友可以随时看到

where children can easily get access to

最后我们管教孩子适当运用屏幕时间

Regarding optimum screen-time for children,

是需要从小开始、持之以恒

it must start at an early age through perseverance

各位家长我们一起努力吧

All parents, let's work together!