

家庭议会家庭教育系列—家·多一点爱 在乎你

Family Council Family Education Programme – Love Your Family More

第十一集：寻找后半生 — 专家意见

Episode 11: Finding the Second Half of Life – Expert’s Advice

字幕稿

Transcript

中文	English
<p>[退休夫妇待在家容易产生磨擦，有何要注意的地方？]</p> <p>其实退休生活并不容易 夫妻间有很多事要适应</p> <p>重点是 我们首先要学会 保持生活的纪律和健康 就如影片中 早上无所事事 去睡觉、干坐着 甚么都不愿做</p> <p>我真的见过有位男士 突然间变胖了 女士本来是年轻白领 现在变成了一个「阿婶」 这样是不行的 有纪律、健康的生活 两夫妻就有精神，有情趣</p> <p>去活动一下，互相关心</p> <p>婚姻生活也会好一点</p>	<p>[It is easy for retired couples who spend more time at home to have conflicts. Is there anything they need to aware of ?]</p> <p>Retirement is not easy Retired couples have to adapt to a lot of changes</p> <p>The key is that we must first learn to maintain disciplined and healthy lifestyle</p> <p>In the video, The husband was idle in the morning He either took a nap, or just sat around He had no motivation to do anything</p> <p>I have seen a man who gained much weight in a short period of time There was an office lady who looked raddled after retired</p> <p>This is not the good retirement should be Having disciplined and healthy lifestyle ensures the couples to be more energetic and full of sentiment</p> <p>Hanging out with and showing affection to your spouse more often, the married life will be better off</p>

[退休夫妇如出现沟通问题，如何化解彼此的误解？]

学会表达自己的需要

表达需要是很重要的

就是拿走埋怨：

「你不理我了！陪我去买菜不行吗？」

为何不改为：

「老公，不如我们一起出去拍拖买菜？」

「老婆，妳陪我去晨运好不好？」

是不是比较悦耳，容易接受得多？

坦白将你的需要表达

不少夫妇有误解

常以为「猜中有奖」

我不知道，你又不表达

彼此胡乱猜测

便产生更多的埋怨

沟通变得更困难

不如清楚表达

我想要，我会说

你做了，我能体谅和看到

你肯做已经是一份爱意了

[作为子女该如何帮助退休父母改善关系？]

子女其实也是好帮手

要明白我们的父母

从前他们的世界很丰富

[How can retired couples resolve their misunderstandings?]

It is important to Learn how to express your needs

The key is don't blame your spouse  
Instead of saying, "you don't care for me! Can't you go to the market with me?"

Why don't you express in this way,  
"Hubby can you date with me?"

"Darling, would you like to have a morning walk with me?"

Is it more pleasant to the ears and easier to accept?

You also need to express your needs frankly

Many couples are mistaken as they like to play guessing games

Husband and wife have no idea of what is in each other's minds

Both sides keep making blind guesses

As a result, it leading to more grumbles and makes communication even harder

Why don't we express ourselves clearly?

If I want something, I will tell you

If you do something for me, I will appreciate it

You show your love through your action

[How can children help strengthen the relationship between their retired parents?]

Children can be facilitator in parents' relationship

They should understand that they parents had fruitful lives in the past

有工作，有各样事情  
现在退休了  
他们整个世界就只有家庭  
作为子女  
对父母来说很重要  
如果我们爱父母，孝顺父母

重点不是你能给他们多少金钱和物质

如果可以的话  
尽量花点时间陪他们  
跟他们一起重温  
小时候的事情

鼓励父母再做拍拖时的事

重回那个地方  
这些温馨的时间  
有你们的陪伴就  
能帮到父母

They had jobs and everything  
But after they were retired  
The family is the whole world for them  
Their children become very important to them  
If we love our parents, we should respect them  
It is not about how much money and material life you can provide them  
If it is possible, do spend more time with them  
You can relive fond memories with them,  
such as those incidents of their childhood  
You can also encourage your parents to do what they used to do when they went on a date  
Accompany your parents to revisit the old places and spend the warm moments will help strengthen your parents' relationship