

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

第一集：我家的工匠 — 专家意见

Episode 1: My Family Craftsman – Expert’s Advice

字幕稿

Transcript

中文	English
[夫妻面对处境的转变，应抱持甚么态度？]	[What attitude should married couples have when facing changes in circumstances?]
时代改变，有很多变迁 在婚姻的历程里 总有很多处境的变化 例如经济 传统上男人赚得比较多 女人赚得比较少	With changes in times A couple may face changes in circumstances in their marriage For example, economically Traditional mindsets always believe men makes more money than women do
但如果经济改变	But what if economical circumstances change?
就像刚才看到的影片	For example, in the video we just watched
妻子赚多了 丈夫赚少了 是否就会带来婚姻的冲击？	The wife made more money than her husband Does that mean it will bring impact to their marriage?
我认为，重点不是金钱 重点不在经济高低	In my point of view, we should not focus on the money or their ability to earn money
重点是夫妻的恩爱	What really matters is their affectionate relationship
我妻子成功 我便更开心，祝福她 如果我丈夫有点经济困难	If my wife has a better career prospects I will be more than happy and wish her well If the husband encounters financial difficulty
或者一点低沉	or is dispirited

<p>作为妻子，有体谅 更加关怀 我不会随便说一些话 挑动他的神经情绪 令他觉得被人压抑或 者觉得自卑 可能对他更加肯定</p> <p>其实这些体谅，就是爱的表现 [中年夫妻有何沟通妙法？]</p> <p>而沟通方面 我们更加学会多一点温柔鼓励的说话 人很特别，愈骂便愈反感</p> <p>愈赞愈肯定，便愈乐意去沟通</p> <p>夫妻无论面对甚么处境的变化和压力 多一点肯定，多一点欣赏</p> <p>不要怕撒娇 互相撒娇 男向女撒娇，女向男撒娇</p> <p>任何时间都很恩爱 [父母沟通出现问题，子女应怎么办？]</p> <p>而身为子女的，学一下敏锐点 最简单可以观察到的是父母有一些行为的改变 平常会拖手，现在不拖了 平时会对话，现在变得沉默 或者他们两个的相处距离愈来愈远</p> <p>一个在房间，一个在厅外</p>	<p>The wife will need to be more considerate and be more caring Don't make casual remarks that will get on husband's nerves or make him feel depressed or inferior Try to show your love by reassuring his ability and being more considerate [Any tips for middle-aged couples on better communication?] Regarding better communication We must learn how to express support and encouragement in a gentle manner It is because people usually are resentful to criticism against them On the contrary, the more you assure their ability, the more they are willing to communicate Whatever circumstances change or pressure a married couple may have to face Show more assurance and more appreciation to each other And don't be afraid to being affectionate Try to be more affectionate When husband and wife can be affectionate with each other Then everything will go smooth and fine [What children could help when it comes to parents' communication breakdown?] Children need to learn to be more observant to behavioural changes of their parents For example, parents are not holding hands anymore Or not talking to each other anymore Or keeping themselves away from each other One stays in the bedroom, one stays in the</p>
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这个时候我们身为子女
就是出手的时候
拨下他们，造就一些机会
让他们多一点沟通，多一点相处

living room

Now here is the point children should
intervene

By proactively creating opportunities that
strengthens parents' communication and
fosters their harmonious relationship