

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

第二集：她要的幸福 — 专家意见

Episode 2: Her Desired Happiness – Expert’s Advice

字幕稿

Transcript

中文	English
<p>[夫妻离婚后，如何洞悉子女的情绪变化？] 我想，夫妇间出现问题而需要离婚</p> <p>如果有子女 子女或多或少也会受到影响 父母要有洞察力去留意 观察子女在这个过渡时期 能否适应 他们的情绪或行为表现上 有否给我们一些警号 譬如在影片中 女孩会咬手指 会在书桌上写「蠢」字 以及成绩下滑 这也可能是一些讯号 告诉我们 她可能正在面对一些情绪困扰 甚至因父母离异而出现的适应困难</p> <p>[如何帮助子女渡过家庭环境的转变？] 要让子女知道 无论父母分开生活也好 或者之后各自再婚也好 其实他还是父母的子女 这是不会改变的事实</p>	<p>[How divorced parents can tell if their children have emotional problem?] I believe when problems occur in marriage leading a couple to split up, the children will be affected to different extent Parents need to be mindful of the well-being of their children in the transition period Whether their emotions or behaviours send us a red flag Like in the video, the girl bites her nails She scribbles the word "stupid" on the desk Also, her grades at school have dropped These could be warning signals telling us she may be under emotional distress She might even have difficulties coping with her parents’ divorce</p> <p>[How to help children go through the time after their parents’ divorce?] We need to let the children know that even if their parents live separately or remarry afterwards, they are still their parents’ children that will never change</p>

过程中，父母不要在子女面前互相批评

或是数落对方的不是

例如在影片中

妈妈见到女儿因为焦虑、紧张而咬手指

她的第一反应

就是说她像爸爸

对于教导女儿，这方法其实不太好

因为这也是在教导子女学会互相尊重

[离婚夫妇如何维持与子女的良好沟通？]

有子女的参与其实是好的

当子女长大

你们认为当他们有足够能力为自己的事情和成长负责在生活中的安排和计划方面

最好能让子女参与

例如，甚么时候去见爸爸

甚么时候去见妈妈

在会面过程中的接送问题等

子女也可以有知情权

也可以给予一些意见如

果大家可以一起讨论

子女知道父母在意他

子女也可参与其中

这些都能增进彼此的沟通

During the process of family splitting, parents should not criticize or blame each other in the presence of their children

In the video,

When the mother finds her daughter biting her nails out of anxiety and nerves

Her first reaction

was to blame her daughter acting like her father

This is, however not the right way to teach her daughter

as we should teach our children about mutual respect

[What makes successful co-parenting communication after divorce?]

It is good to have children involved

That's when your children grow up

when you think they can take care of themselves and responsible for their own affairs

It is best to have them involved

For example, when will they meet their father?

When will they meet their mother?

Also, about the arrangement for pick-up and drop-off when they meet their parents

Children also have the rights to know

They can also give their opinions

When everyone participates in the discussion,

Not only will children know their parents care about them,

This will also strengthen the communication among family members