

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

第三集：相处之道 — 专家意见

Episode 3: Getting Along – Expert’s Advice

字幕稿

Transcript

中文	English
<p>[婆媳如何相处才能避免出现冲突?]</p> <p>大家要谨记，婆媳来自不同的家庭</p> <p>他们有着不同的背景 不同的生活方式</p> <p>我鼓励最重要以不干扰对方为相处原则</p> <p>举个例子 如果大家同住 我鼓励双方要有独立的房间</p> <p>或者有独立存放物品的空间 而这空间不会受到对方的干扰</p> <p>另外，在管教子女的时候 我鼓励双方事前谈清楚管教的原则</p> <p>举个例子 例如管教子女使用智能产品时</p> <p>我鼓励婆媳之间要定好方案</p> <p>例如甚么时候用智能产品</p>	<p>[How to avoid conflicts between the mothers-in-law and the daughters-in-law?]</p> <p>We must remember that mothers-in-law and daughters-in-law were raised in different families</p> <p>They come from different backgrounds and they have different lifestyles</p> <p>I encourage both parties to adopt an important principle, that is not to interfere in each other’s life</p> <p>Take an example, if they live together</p> <p>I would suggest both parties to have rooms of their own or to have their own storage space</p> <p>Moreover, the personal space will not be disturbed by the other party</p> <p>In addition, regarding parenting</p> <p>I would suggest both parties to lay down the ground rules beforehand</p> <p>For example, when guiding the children about how to use smart electronic gadgets</p> <p>I advise both mothers-in-law and daughters-in-law to agree on a plan in advance</p> <p>For example, what time the child use the products,</p>

<p>如何用、原则是怎样</p> <p>这使得婆婆或媳妇要管教子女的时候</p> <p>可以运用一致的方法</p> <p>这样才可避免冲突</p> <p>和避免沟通出现问题</p> <p>[其他家庭成员如何协助改善婆媳关系?]</p> <p>遇上婆媳之间的冲突</p> <p>我鼓励大家要保持中立</p> <p>另外，也要聆听对方的心声和需要</p> <p>在影片中，女儿因为知道妈妈与媳妇出现冲突</p> <p>而感到很苦恼</p> <p>于是她主动去联络妈妈</p> <p>去聆听妈妈的心声和需要</p> <p>同时，她也分享自己的经验</p> <p>结果彼此的关系亦得到缓和</p> <p>家庭的气氛也可以改善不少</p> <p>[如何处理婆媳问题?]</p> <p>其实要令婆媳间和谐共处</p> <p>双方也要共同努力</p> <p>最重要是相方要</p>	<p>how they use it and what guiding principle is used</p> <p>This ensures both parties employ a consistent parenting method</p> <p>Only by doing this, they can avoid conflicts and miscommunication</p> <p>[How other family members can help improve the relationship between mothers-in-law and daughters-in-law?]</p> <p>When there are conflicts between mothers-in-law and the daughters-in-law, I would suggest other family members to remain neutral</p> <p>Moreover, they need to listen to each other's thoughts and needs</p> <p>In the video, when the daughter learned that her mother and sister-in-law were in conflict, she was deeply distressed</p> <p>So she took the initiative to contact her mother and listen to her mother's thoughts and needs</p> <p>Meanwhile, she also shared her experience as a daughter-in-law which eased the relationship between her mother and sister-in-law</p> <p>It also had a positive impact on the family atmosphere</p> <p>[How to deal with conflicts between the mothers-in-law and the daughters-in-law?]</p> <p>Both mothers-in-law and daughters-in-law need to make an effort to live harmoniously together</p> <p>Most importantly, both sides should</p>
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清楚恰当地表达自己的想法和需要

另外，要对事不对人

遇到问题要一起讨论

找出可共同解决问题的方案

刚才的影片中

我们看到婆婆希望保存

一些二手纸盒重用

而媳妇希望保持家居清洁

其实两者是没有冲突

问题是如何处理

举个例子

可以将二手纸盒放在特定位置

例如放在柜子里

或者特定的房间之中

不但可以保持家庭和谐

也可以避免婆媳之间的冲突

express their thoughts and needs clearly and properly

In addition, when dealing with conflicts, they should focus on the issues, instead of making things personal

When they encounter a problem, they should discuss together to find a solution that works for everyone

In the video, the mother-in-law wanted to keep some used cardboard boxes for use later, while the daughter-in-law wanted to tidy up the house

In fact, these two ideas are not contradicting

The point is how to manage the issue

For example,

the mother-in-law can store the used cardboard boxes in a particular place, such as in a cabinet

or in a designated room

Not only will this help foster family harmony,

it will also avoid conflicts between the mothers-in-law and the daughters-in-law