

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

第五集：爱无缺 — 专家意见

Episode 5: Love is Always Here— Expert’s Advice

字幕稿

Transcript

| 中文 | English |
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| <p>[父母如何做到关注每一名子女的需要?]</p> <p>很多时候一些小朋友的不当行为 大家看起来以为他是顽皮 但其实很多时候 他们只是想要爸妈的注意</p> <p>就好像片段里的小妹妹 她明显地只是想要 妈妈多一点的关注 或是关爱而已</p> <p>如何才能确保每个小朋友都被关注 不会有人被忽略呢 其实没有任何快捷方式 首先爸爸妈妈每天愿意要花 至少二十到三十分钟 有一个独处时间 跟小朋友一起进行亲子活动 例如亲子游戏 又或者亲子伴读</p> <p>至于如何拨出这些时间 这就很考功夫 不过你只要留意一下 例如较年长的子女上学时 你可以陪伴年幼的子女 又或者在年幼的子女睡着了 你可以陪伴年长的子女讲故事 有好的亲子关系</p> | <p>[How parents can ensure every child is being cared?]</p> <p>Very often when we see children misbehave We would think that they are just naughty However, more often than not It is because children want to seek their parents’ attention</p> <p>Like the little girl in the video, apparently she just wanted to have more attention and care from her mother</p> <p>How we can ensure every child has been taken care of that no one is neglected</p> <p>In fact, there is no shortcut First, parents must be willing to spend at least 20 to 30 minutes everyday for each child separately, carrying out parent-child activities, such as playing games or reading aloud together</p> <p>It is quite hard to set aside some time to do parent-child activities</p> <p>But it is still achievable by observing the routine For example, when your older child goes to school, you can accompany your younger child or when your younger child has slept, you can tell stories to the elder one</p> <p>Everything is negotiable when you have a good</p> |

万大事也有商量
小朋友的不当行为也有机会减少

[父母应如何控制自己的情绪?]
很多时候当一些小朋友特别需要被照顾
或者出现不当行为时
都会直接牵动到家长的情绪
如何知道自己有情绪或者不冷静

很简单，你可以感受一下自己心跳有没有加速
讲话的音量有没有愈来愈大
或者有没有面红耳热
当这些迹象出现的时候
就代表家长需要冷静
如何冷静
其实很简单
作为一个大人
我们去厨房斟一杯水喝
或者自己在房间稍为安静一下
要确保小朋友在客厅或房间内是安全那便可以了

[如何鼓励子女照顾弟妹?]

用片段中一个大概七八岁的姐姐和一个四五岁的弟弟做例子
首先爸妈不要对姐姐有错误的期望
觉得年长的一定有责任照顾年幼那位
因为这样会对他们会构成很大压力
其次，很多时候年长那位父母跟他们沟通
就一定是命令的语气
或者是指令
要去做这个，做那个

parent-child relationship
Children's misbehaviour will likely reduce too

[How parents can control their emotions?]
Very often when some of the children need special attention or misbehave,
parents' emotions are affected instantly
How can you tell if you are in bad mood or losing calm?

Simply, you can feel if your heartbeat is accelerating

If you have raised your voice higher
Or if you are flushed with indignation
When these signs appear,
it means you need to calm down
How can you calm down?

It's pretty easy for us as an adult,

we can get a glass of water from the kitchen
or just quiet ourself in the room
We just need to make sure the children are safe in the living room or in their rooms

[How to encourage children to take care of their younger siblings?]

Using the example of the seven or eight year old elder sister and the four or five year old brother in the video
First of all, parents should not have false expectation of the elder sister

thinking that the elder sibling must be responsible for caring for the younger one

It will pressurize the elder child

Second, very often when parents communicate with the elder child,

they will speak in a commanding tone

that they will give orders

demanding them to do something

不要这样，不要那样
可不可以换一个方式
用鼓励的说话去跟年长那位去沟通

如果年长那位做得好时
是否可以立刻跟年幼那位说
你看姐姐做得多好
你将来一定要学她这样便好了
反而就会成为姐姐的动力

or not to behave in certain ways

Perhaps parents can change the way they
communicate with the elder child
by using reassuring tone

If the elder child does something well,
parents can tell the younger child immediately,
“Did you see how well your sister just did?
It will be great if you do the same as your sister.”
For the elder sister, it will become her motivation