

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

第六集：爷爷麻麻心酸了 — 专家意见

Episode 6: The Sorrowful Grandparents – Expert’s Advice

字幕稿

Transcript

中文	English
<p>[孙儿女慢慢疏远祖父母，怎么办？]</p> <p>在片段里看到 正在成长的孙女 慢慢疏远爷爷麻麻 弄得他们酸溜溜 那怎么办好？ 首先 这样的心情是绝对可以理解的</p> <p>从幼儿、幼儿园，到初小 孙子女都会黏着祖父母 祖父母也在孙子女身上找到很多童真 但到高小，四五年级开始 你会见到关系有所变化 其实是正常的 不只祖父母经历这件事 父母也同样在经历当中 我们要知道 当中的爱是不变的 虽然在地域和空间上有距离</p>	<p>[What grandparents can do when their grandchildren distance themselves from grandparents?]</p> <p>In the video, the granddaughter was growing up And slowly distancing herself from her grandparents This saddened the grandparents What should the grandparents do? First of all, their feeling is completely understandable Grandchildren usually attach grandparents from the time of being infants, kindergartener, until they attend primary school Grandparents also rediscover their lost childhood in their grandchildren But when grandchildren reach senior class in primary school, the grandparent-grandchild relationship will have changes It is quite normal for grandparents to experience the changes Parents also experience the same things We know the love in the family remains constant Despite the geographical and spatial</p>

但大家仍然是相爱
不过也要鼓励祖父母
扩阔自己的生活圈子
走出去找不同的朋友

去一些不同的地方
令自己有多一点爱的来源
这反而可以平衡一些

[祖父母与孙儿女之间有没有更好的沟通方法?]

究竟我有甚么建议给片段的祖父母

让他们更有效地跟孙女沟通?

其实主要是两个字
就是「聆听」
当孩子知道有人愿意聆听自己的时候

他自然会多说一点内心的感受

那你便可以更加认识他
况且这年代已经不流行一言堂

不妨听多一点
其次，我们要切身处地去想一下

我们的下一代喜欢甚么
我们可不可以投其所好

就好像孙女那样
她很喜欢玩自拍
又或者拍照
你便可以帮孙女拍一些漂亮的照片
当你投其所好的时候

obstacles,
everyone still loves each other
We encourage grandparents to expand
their social circles
and hang out with different friends
indifferent places
Expanding the sources of love will give
them a balanced life

[Are there any effective
grandparent-grandchild communication
techniques?]

What I can advise the grandparents in
the video
for communicating effectively with their
granddaughter?

It can be summed up in two words and
that is “to listen”
When children know someone is willing
to listen to them,
they will be more willing to reveal their
feelings

Then you will get to know them more
The authoritarian parenting style is no
longer popular nowadays

Why don't you listen more
Second, you should put yourselves in
others' shoes

What do your grandchildren like?
Can you do something that suits their
fancy?

Like the granddaughter in the video,
she likes taking selfies and photos

You can take some nice photos for her
When you have shared interests and
passions,

就能打开话题匣子
关系就会自然变得更加亲密

[作为家长，让如何联系三代关系？]

作为家长
如何才能令到上一代和下一代
有更好的连系和沟通？
我们当然很希望孙儿女孝顺祖父母

但我们要先抚心自问

我们自己是不是一个孝顺的子女

所以我们有责任
在我们下一代面前竖立好榜样
他们才能做得到
另外，在香港工作一定很忙碌

不过科技有个好处
它可以拉近人与人的距离
可否在一个星期里面，抽一点时间

传传照片、拍拍影片、录录音
然后传给长辈
让他们舒缓一下挂念之情

另外，最实际就是每星期应该抽一天

去吃顿饭、茶聚
增进彼此的感情

you can start the conversation,
as well as develop close-knit relationship
more easily

[How parents can bridge the gap over
the three generations?]

As parents,
how we can facilitate effective
communication between generations
We certainly want our children to be
filial and show respect to their
grandparents

But we have to be honest and ask
ourselves,
do we show filial devotion to our
parents?

We have responsibility to be a role
model for the next generation
So that they can follow our way
Moreover, work life in Hong Kong is
hectic

But technology offers an advantage
It can bring people closer
So can you spare little time during the
week,

to send photos, videos or voice messages
to your elderly family members?

This will provide them a respite for not
seeing their loved ones

In addition, the most practical thing you
can do is to take a day every week
to dine or go to tea house together in
order to enhance the family relationship