

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

第七集：群组的力量 — 专家意见

Episode 7: The Power of Social Media Groups – Expert’s Advice

字幕稿

Transcript

中文	English
<p>[新手父母应如何对待不同群组的信息?] 初为人父母 一定很紧张子女 希望透过各样信息协助子女成长</p> <p>所以他们会加入不同的群组 去寻求不同的信息 希望得到支持 不过当我们了解这些信息时 要记住群组里的人 都来自不同的背景 各有不同的生活经验 各有不同的学历 所以里面的信息只可以作为参考</p> <p>而且也要考虑信息的准确性和真实性</p> <p>若遇到信息互相矛盾的时候 我鼓励父母寻求专业人士的帮助</p>	<p>[How should first-time parents treat the information on the chat groups for parents?] First-time parents are definitely worried about their children’s well being They want to ensure their children’s healthy development through acquiring all sorts of information So they will join different chat groups for parents to obtain all sorts of information and getting support But when we look into the information, we need to remember that members in these groups come from different backgrounds, with different life experiences and different academic qualifications So the information obtained in these groups can only be used as reference We also need to consider the accuracy and authenticity of the information If you find the information contradictory, I encourage parents to seek professional advice</p>
<p>[当夫妻出现意见不合时，双方应如何解决沟通的问题?] 在刚才的影片中 妈妈受着群组信息的影响 而觉得很大压力 甚至与丈夫发生冲突</p>	<p>[How married couples can resolve communication problem when disagreement occurs] As seen in the video, the mother was under great pressure because of the information she obtained in a chat group It even caused clash between the couple</p>

<p>当夫妻之间有冲突时 我们可以如何处理？ 首先要保持冷静 千万不要给情绪主导去解决问题 其次我鼓励大家要多聆听对方的需要和心声 也要恰当地表达自己的想法和情绪</p> <p>最后，双方一起协议寻找共同可以解决既方案 然后持之以恒 这样才可以保持家庭和谐和促进夫妻间的沟通</p> <p>[如何寻找有用可信的育儿信息？]</p> <p>曾经有一个个案 案主是一位小学生的家长 他曾经为子女选择小学而感到苦恼</p> <p>于是，他在群组向其他爸妈寻找协助</p> <p>结果得出很多信息 当中有真有假 令这案主觉得更加苦恼 最后，他决定回到子女所属的幼儿园</p> <p>寻求校长、老师、家长的指引</p> <p>结果就找到一间合适子女升读的小学 一直开心地读下去</p>	<p>How can a couple handle their conflicts?</p> <p>First, we need to stay calm Don't be driven by emotions in seeking a solution Second, I encourage both parties to listen to each other's needs and thoughts They also need to express their thoughts and emotions properly Finally, both parties can reach a consensus to find a way of resolving the conflicts together And pursue it persistently and consistently It can help maintain family harmony and foster marital communication</p> <p>[How parents can find useful and reliable parenting information?]</p> <p>There was a case where the client was a parent of a primary school student The parent panics about selecting the right primary school for his child So he sought help from other parents in the chat groups He received a lot of information, including both true and false ones It made the client even more distressed Finally, he decided to go back to his child's kindergarten and sought advice from the principal, teachers and parents there As a result, he succeeded in finding the right primary school for his child where his child is studying joyfully now</p>
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