

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

第八集：超人不再 — 专家意见

Episode 8: My Supermom – Expert’s Advice

字幕稿

Transcript

中文	English
<p>[当子女挑战父母作为知识权威时，父母可如何应对？] 我们要接受没有人是完美的 没有人是通晓的 当子女尝试挑战父母的时候 我们就可以教他一课 告诉他：「有些事你比我懂得多」 「但有些事妈妈懂而你不懂」 「譬如说你知不知道一斤菜卖多少钱？」 「你知不知道要用甚么材料腌牛肉猪肉？」 我会藉此去教他一课 其实每个人也有自己的专长 千万不要觉得自己是最厉害的 我们要尊重不同的人有不同的长处 这样很重要</p>	<p>[How parents can do when their children challenge their authorities] We have to accept the fact that no one is perfect and no one knows it all When children try to challenge their parents, as a parent, we can teach them a lesson We can tell them, “For something you know better than me," "but for other things mum knows but you don't” "For example, do you know how much it costs for a catty of vegetable?" "Do you know what ingredients are used to marinate beef and pork?" I will take this chance to teach them a lesson In fact, everyone has their own area of expertise Therefore, we should not think that we know best Instead, it is important to respect that people come with different strengths</p>
<p>[如何与子女保持良好的沟通？] 沟通出现问题 很多时候因为我们不聆听 就好像做电台访问 我问，你答 但很多时候，当我问了一个问题</p>	<p>[How we can maintain good parent-child communication] Communication problems arise often when we don't listen to others Just like when I am doing a radio interview programme where I ask a questions and you respond However, very often after I have asked a question,</p>

<p>我就会去想下一个问题 其实我没有听到他的回答</p> <p>我没听到他的回答的问题在于 是因为我根本不明白他在说甚么 我再去追问也是徒劳 这也是很多父母的问题 试试给子女多一点空间去解释 试试给他们多一点空间去想象 他们喜欢甚么、做甚么 这也是大家互相尊重的方式 我尊重你，我听你说 倒过来，子女也会懂得去尊重你，听你说</p> <p>[父母如何与子女建立朋友的关系，又不失作为父母的威严？] 为甚么他们较喜欢跟朋友聊天？ 因为朋友跟他们是对等的 大家坐在同一艘船 大家的阶级是一样的 为甚么不喜欢跟父母聊天？ 因为你的阶级比他高 而他在低层 很多时候他们只要一开口 我们就会用「过来人」的身份</p> <p>去挑剔他口中不对的事 不可行的事 他们当然不想跟你聊天</p> <p>你问如何不丧失自己的威严？</p> <p>其实父母与生俱来就有点威严 我们反而应该去想想 如何置身于一个平等的阶梯 与子女沟通才是最重要</p>	<p>I would think of the next question to ask In fact, I did not hear the response of the interviewee</p> <p>The problem of not hearing the response is I did not get the meaning So it is futile to ask follow-up question This is a common problem of many parents Parents can try to allow more opportunities for children to express and imagine what they like and want to do This is a way of mutual respect Since I respect you, I listen to you In return, children will learn to respect you and listen to you</p> <p>[How parents can become friends of their children and keep their authority] Why do children prefer to chat with their friends? It is because they are on equal footing They are in the same boat and they are on the same level Why don't they like to talk with their parents? It is because parents are on a higher level</p> <p>Very often whenever children start talking, parents will say they have gone through the same thing They will fault their children and tell them what they say is infeasible In this cases, children won't want to talk with parents And you ask how you can achieve this without giving up your authority In fact, parents possess authority very naturally Rather, in parents-child communication, it is more important for parents to put themselves in their children's shoes and talk on an equal level</p>
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