

家庭議會家庭教育系列—家·多一點愛 在乎你

Family Council Family Education Programme—Love Your Family More

第四集：虎父無犬子 — 專家意見

Episode 4: Like Father, Like Son — Expert's Advice

字幕稿

Transcript

中文	English
<p>[如子女的理想與父母期望有落差，父母應怎麼辦？]</p> <p>很多父母也會套用舊時代的想法 但現在世界已經變了 有很多新工種可能你根本沒有聽過</p> <p>有很多人對這方面有興趣 況且是有發展潛力的</p> <p>好像影片中 我們看到那個孩子 他喜歡電競 我想很多家長也不知道電競是甚麼一回事 其實這個專業 可以拓展到世界各地很多地方 涉及的範圍很廣闊 身為家長應該去看多一點 開闊自己的眼界 知道子女在做甚麼 他們正在喜歡甚麼</p> <p>即管讓他們試一下 更要讓他知道 父母是支持他的 這樣很重要</p>	<p>[What parents should do when their children fail to live up to parents' expectation?]</p> <p>Many parents are stuck in old ways of thinking They do not realise the world has changed There are many new professions that they may not even have heard of which lots of people are interested in Not to mention they are full of growth potential</p> <p>For example, in the video, there is a teenager who likes playing e-sports</p> <p>I believe many parents don't know what e-sports is Actually this profession has been gaining traction across the globe</p> <p>And It involves various types of stakeholders Parents should keep abreast of any trends and broaden their horizons so that they will understand what their children are doing and what their current passions are Parents can let their children try out first What more important is, by doing so, children will realise that their parents are supporting them</p>

<p>[當父母與子女出現溝通問題時，應如何化解僵局？]</p> <p>很多時候，如果父母覺得跟子女溝通有困難的話，先嘗試把事情放低，不要一見到他就立刻把事情搬出來。</p> <p>要尋求一個答案，或者要得出甚麼結論，先試一下從身體語言。</p> <p>或者一些生活瑣事方面入手，可以是電視劇的劇情，或者日常生活中很瑣碎而且有娛樂性的事聊起，從而改善彼此的關係。關係好了，就算面對甚麼問題，要拿出來談的時候，也會比較容易談。</p>	<p>[How parents can resolve parent-child communication problems?]</p> <p>Very often, if parents find it difficult to communicate with their children, they should put the issue aside first. Don't mention the issue at once right away. When they see their children, don't insist to seek an answer or draw a conclusion immediately; instead, they can try communicating with body language first. Or they may start a conversation by talking about the daily life. It can be about the TV dramas, or trivial but entertaining matters in everyday life.</p> <p>Once your relationship has been improved, it will be easier to talk about any problems you are facing.</p>
<p>[怎樣才能令父母接納自己的選擇？]</p> <p>父母為甚麼這麼擔心子女？通常是因為他們不知道子女在做甚麼，而形成許多幻想。彼此的溝通不應存在幻想。</p> <p>其實當父母知道你在做甚麼的時候，反而會對那件事另眼相看。所以我覺得青少年朋友，如果你真的想爸媽支持你做好那件事，即管邀請他們去參與，讓他們知道你在做甚麼。</p>	<p>[How children can persuade their parents to accept their choices?]</p> <p>Why parents always worry about their children? Usually it is because they have no idea of what their children are doing. As a result, they have lots of imagination. However, there should not be any imagination in parent-child communication. In fact, when parents know what their children are doing, they will look at the issue differently. Therefore, I want to tell our young friends: If you really want to have your parents' support in completing a task, you may invite them to join you because showing them what you are doing can</p>

令父母少了那份擔心  
自然就會支持  
這也是溝通的好方法

eliminate their worries  
and it is likely they will support you  
This is an effective communication technique