

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

第五集：愛無缺 — 專家意見

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

字幕稿

Transcript

中文	English
<p>[父母如何做到關注每一名子女的需要？]</p> <p>很多時候一些小朋友的不當行為 大家看起來以為他是頑皮 但其實很多時候 他們只是想要爸媽的注意</p> <p>就好像片段裡的小妹妹 她明顯地只是想要 媽媽多一點的關注 或是關愛而已</p> <p>如何才能確保每個小朋友都被關注 不會有人被忽略呢 其實沒有任何捷徑 首先爸爸媽媽每天願意要花 至少二十到三十分鐘 有一個獨處時間 跟小朋友一起進行親子活動 例如親子遊戲 又或者親子伴讀 至於如何撥出這些時間 這就很考功夫 不過你只要留意一下 例如較年長的子女上學時 你可以陪伴年幼的子女 又或者在年幼的子女睡著了 你可以陪伴年長的子女講故事 有好的親子關係</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 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 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 Everything is negotiable when you have a good</p>

萬大事也有商量
小朋友的不當行為也有機會減少

[父母應如何控制自己的情緒？]
很多時候當一些小朋友特別需要被照顧
或者出現不當行為時
都會直接牽動到家長的情緒
如何知道自己有情緒或者不冷靜

很簡單，你可以感受一下自己心跳有沒有加速
講話的音量有沒有愈來愈大
或者有沒有面紅耳熱
當這些跡象出現的時候
就代表家長需要冷靜
如何冷靜
其實很簡單
作為一個大人
我們去廚房斟一杯水喝
或者自己在房間稍為安靜一下
要確保小朋友在客廳或房間內是安全
那便可以了

[如何鼓勵子女照顧弟妹？]

用片段中一個大概七八歲的姐姐
和一個四五歲的弟弟做例子
首先爸媽不要對姐姐有錯誤的期望
覺得年長的一定有責任照顧年幼那位
因為這樣會對他們會構成很大壓力
其次，很多時候年長那位
父母跟他們溝通
就一定是命令的語氣
或者是指令
要去做這個，做那個

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

不要這樣，不要那樣
可不可以換一個方式
用鼓勵的說話去跟年長那位去溝通

如果年長那位做得好時
是否可以立刻跟年幼那位說
你看姐姐做得多好
你將來一定要學她這樣便好了
反而就會成為姐姐的動力

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