

家庭議會家庭教育系列 — 「童心同步」

Family Council Family Education Package — Caring for Our Kids

第二集：機不可失大測試

Episode 2: “Can’t Live Without Phone” Challenge

字幕稿

Transcript

旁白：

Narration:

在這個世代

In this digital age

無論是大人還是小朋友都經常使用電子產品

Parents and children alike spend long hours on screens

叫小朋友完全不接觸

Asking kids to unplug?

又好像沒甚麼可能

Sounds like a mission impossible

那麼作為家長又可以怎樣教導小朋友

As parents, how can we teach our children

平衡「線上線下」的世界

to balance their online and offline life,

有節制地使用電子產品

so that they will use their tech devices sparingly,

避免沉迷呢？

and not excessively?

今日我們邀請了幾組家庭來做一個測試

Today, we invited some families to participate in a test

看看他們會否沉迷使用電子產品
and see if they are addicted to digital gadgets

他們分別是第一組的珀賢和珮晴
They are Group 1: Pak Yin and Pui Ching

第二組的信信和祖祖
Group 2: Shun Shun and Jo Jo

第三組的德信
Group 3: Tak Shun

第四組的逸朗和第五組的頌欣
Group 4: Yat Long, and Group 5: Chung Yan

而負責今次任務的
The host is Principal Chan Ho-yan

是有超過十年幼教經驗的陳可茵校長
who has over 10 years' experience in early childhood education

陳校長會跟他們說今日是跟小朋友進行
Chan would tell parents that the kids are participating in

「性格潛能測試」
a "Personality Trait Test"

小朋友會在一間房接受陳校長的測試
The kids would take the test with Chan in a room

其實在房間入面
Inside the room,

我們特意放置了一些電子產品
some digital gadgets were prepared intentionally

包括平板電腦 還有電視遊戲
tablets and TV games included

家長則會在另一個房間等待結果
Parents would wait for the results in another room

在活動開始的時候
Since the start of the challenge,

我們已經默默觀察他們使用電子產品的情況了
we had been observing the kids' reactions with the digital gadgets

第一組接受測試的是哥哥珀賢
The first participants were Pak Yin

和妹妹珮晴
and Pui Ching

他們在測試時都很專心
They remained focused throughout the test

而哥哥在陳校長離開的時候
And when Chan left the room,

還選擇了畫畫 沒有玩電子遊戲
Pak Yin even went for drawing instead of playing TV games

至於在另一間房的媽媽
In the waiting room,

在等待期間全程看手機
their mum had her face buried in her phone all along

第二組就沒有第一組那麼專心
Group 2 was not as focused as Group 1

哥哥信信和弟弟祖祖在測試未開始時
Shun Shun and Jo Jo grabbed the tablets

已經顧着玩電子遊戲
even before the test began

哥哥信信在做測試的時候
When Shun Shun was taking the test,

不斷偷望弟弟玩電子遊戲
he kept peeping at his brother's tablet

當陳校長一離開
As soon as Chan left the room

哥哥信信更即時拿起平板電腦玩電子遊戲
Shun Shun reached for the tablet immediately

至於在另一間房的媽媽也不停看手機
Their mum also couldn't take her eyes off her phone in the waiting room

到第三組的德信
Here comes Tak Shun from Group 3

德信不只不專心
Not only was he disengaged

還不停玩電子遊戲
but he was also preoccupied with games

甚至同一時間玩兩部平板電腦
He even played between two tablets!

連陳校長叫佢
When Chan asked for him

他都好像沒甚麼反應
he didn't seem to hear it

他最後因為顧着玩電子遊戲
He got so engrossed in games

無法完成陳校長準備的測試
that he couldn't finish the test.

至於在另一房間

But in the waiting room,

德信媽媽全程很專心看書

Tak Shun's mum was focused on reading

完全沒有取手機出來

Not once had she taken out her phone.

最後是第四和第五組

Finally, we have Group 4 and Group 5

第四組的逸朗和第五組的頌欣都很乖

Both Yat Long from Group 4 and Chung Yan from Group 5 were well-behaved

很專心地完成測試

They finished the test in full attention

逸朗在陳校長叫他時

When Yat Long got called by Chan,

還即時有反應走到陳校長那邊

he walked towards her immediately

他們兩個在陳校長離開房間的時候

After Chan left the room,

一個看圖書

Yat Long read books,

一個在玩房間的玩具

while Chung Yan played with the toys

兩個都沒被房間裡面的電子產品吸引

Neither of them got attracted to the digital gadgets

第四組逸朗的爸爸就全程看手機

Yat Long's dad was glued to his phone,

而第五組頌欣的媽媽就在房間看書
while Chung Yan's mum was reading a book

現在不如一起總結這幾組
Now let's conclude the results of

「機不可失」的成績
the "Can't live without phone" challenge

電話數目是代表
The number of phone represents

小朋友剛才使用電子產品的「次數」
the frequency of use of the digital gadgets

結果是第三組「機不離手」的德信勝出
The winner goes to Tak Shun who truly can't stay away from screens

測試過後 我們找到德信的媽媽聊天
After the test, we talked to Tak Shun's mum

當她知道今天真正的測試目的後
When she learnt the real purpose of the test,

她立刻笑了
she burst into laughter

德信的媽媽：
Tak Shun's mum:

其實我是預計他(德信)會這樣做的
I knew he (Tak Shun) would behave this way

因為以往他一看到電視或手機
When he gets to watch TV or plays on phone,

他都會這樣著迷
he always gets absorbed.

因為平日在家也較少機會讓他接觸電子產品

It is because he is rarely allowed screen time at home

旁白：

Narration:

另外，我們亦訪問了珀賢的媽媽

We also interviewed Pak Yin's mum

為何珀賢在那麼多誘惑之下

to learn how Pak Yin could remain focused on drawing

還可以那麼專心畫畫呢？

despite all distractions

珀賢的媽媽：

Pak Yin's mum:

除了電子產品之外

Apart from using digital gadgets

你讓他們發展其他不同的興趣時

if you let kids develop their hobbies,

他們會專注在其他非電子的興趣上

they will shift their attention to non-digital activities

珀賢他找到了

Pak Yin found his

他在非電子產品中

Among others,

他的興趣就是畫畫

drawing is one of his favourite non-digital hobby

旁白：
Narration:

頌欣在測試的過程都很投入
Chung Yan was very engaged throughout the test

而媽媽在等待頌欣做測試的時候
Her mother was also concentrated in reading

都很專心看書
while in the waiting room

究竟她平時怎樣教導頌欣使用電子產品呢？
How does she teach Chung Yan to use digital gadgets?

頌欣的媽媽：
Chung Yan's mum:

即是如果我讓她(頌欣)選擇
If I let her (Chung Yan) choose

「你想玩這個？」
“Do you want this?”

即是勞作
which is art crafts

「還是想看兒童台電視？」
“Or watch TV?”

她多數都會選擇做勞作
She usually goes for making art crafts

但我亦不斷提醒自己
But I have to constantly remind myself:

不要拿手機出來
put away the phone,

將手機放在房間裡
leave it in the room,

要專心跟她一起玩
I should play undistractedly with my girl

旁白：
Narration:

其實要小朋友不要沉迷使用電子產品
When it comes to abstaining from technology addiction

家長的身教都很重要
Parents should set a good example for their kids to follow

作為家長
As parents,

又可以點樣教導小朋友適當使用電子產品呢？
how can we teach our kids about the proper use of digital gadgets?

不如一起聽聽專家怎樣說
Let's hear some advice from the professional.

【專家分享】 [Expert Advice]

瑪麗醫院兒童及青少年精神科主管 陳國齡醫生
Consultant Child and Adolescent Psychiatrist, Queen Mary Hospital, Dr. Phyllis
Kwok-ling Chan

各位家長
All parents,

根據美國兒科學會的建議
under the recommendations of American Academy of Pediatrics,

十八個月以下的嬰幼兒
infants under the age of 18 months

是不應該有螢幕時間
should have no screen time

而二至五歲的兒童
Children aged 2 to 5

每日可以有一小時的螢幕時間
are limited to 1 hour high-quality screen time

但是要高質素的
per day

意思是要由父母陪同兒童一起觀看
Parents should offer parental guidance while watching the programs with their children

當中加入一些提點
by giving them advices

加入一些想像力、價值觀
throwing in creativity and moral values

與小朋友一起討論
and discussing with your kids about

這些事情發展的後果
the storyline and the consequences

除了螢幕時間外
Apart from limiting screen time,
我們需留意小朋友要有平衡的發展
parents should be attentive to the balanced development of their kids,

例如做運動 接觸大自然
such as doing exercises, connecting with nature,

藝術、閱讀各方面
engaging in arts and reading and so on

最後家長要以身作則

Parents should also serve as a role model at all times

如果我們訂立了一些家庭規條

If you have a set of house rules,

就要一起遵守

you must also comply strictly

例如食飯、聊天時

For example, no phone and tablet should be allowed

是不可以取手機或平板電腦出來看

at meal time or during conversations

另外家長亦不可以將平板電腦到處放

Besides, parents should not leave their tablets in random places

讓小朋友可以隨時看到

where children can easily get access to

最後我們管教孩子適當運用屏幕時間

Regarding optimum screen-time for children,

是需要從小開始、持之以恆

it must start at an early age through perseverance

各位家長我們一起努力吧

All parents, let's work together!