

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

第二集：她要的幸福 — 專家意見

Episode 2: Her Desired Happiness—Expert’s Advice

字幕稿

Transcript

中文	English
<p>[夫妻離婚後，如何洞悉子女的情緒變化？] 我想，夫婦間出現問題而需要離婚</p> <p>如果有子女 子女或多或少也會受到影響 父母要有洞察力去留意 觀察子女在這個過渡時期 能否適應 他們的情緒或行為表現上 有否給我們一些警號 譬如在影片中 女孩會咬手指 會在書桌上寫「蠢」字 以及成績下滑 這也可能是一些訊號 告訴我們 她可能正在面對一些情緒困擾 甚至因父母離異而出現的適應困難</p> <p>[如何幫助子女渡過家庭環境的轉變？] 要讓子女知道 無論父母分開生活也好 或者之後各自再婚也好 其實他還是父母的子女 這是不會改變的事實</p>	<p>[How divorced parents can tell if their children have emotional problem?] I believe when problems occur in marriage leading a couple to split up, the children will be affected to different extent Parents need to be mindful of the well-being of their children in the transition period Whether their emotions or behaviours send us a red flag Like in the video, the girl bites her nails She scribbles the word "stupid" on the desk Also, her grades at school have dropped These could be warning signals telling us she may be under emotional distress She might even have difficulties coping with her parents’ divorce</p> <p>[How to help children go through the time after their parents’ divorce?] We need to let the children know that even if their parents live separately or remarry afterwards, they are still their parents’ children that will never change</p>

<p>過程中，父母不要在子女面前互相批評 或是數落對方的不是 例如在影片中 媽媽見到女兒因為焦慮、緊張而咬手指 她的第一反應 就是說她像爸爸</p> <p>對於教導女兒，這方法其實不太好 因為這也是在教導子女學會互相尊重</p> <p>[離婚夫婦如何維持與子女的良好溝通？] 有子女的參與其實是好的 當子女長大 你們認為當他們有足夠能力 為自己的事情和成長負責任 在生活上的安排和計劃方面 最好能讓子女參與 例如，甚麼時候去見爸爸 甚麼時候去見媽媽</p> <p>在會面過程中的接送問題等</p> <p>子女也可以有知情權 也可以給予一些意見 如果大家可以一起討論</p> <p>子女知道父母在意他 子女也可參與其中 這些都能增進彼此的溝通</p>	<p>During the process of family splitting, parents should not criticize or blame each other in the presence of their children In the video, When the mother finds her daughter biting her nails out of anxiety and nerves Her first reaction was to blame her daughter acting like her father This is, however not the right way to teach her daughter as we should teach our children about mutual respect</p> <p>[What makes successful co-parenting communication after divorce?] It is good to have children involved That's when your children grow up when you think they can take care of themselves and responsible for their own affairs It is best to have them involved For example, when will they meet their father? When will they meet their mother? Also, about the arrangement for pick-up and drop-off when they meet their parents Children also have the rights to know They can also give their opinions When everyone participates in the discussion, Not only will children know their parents care about them, This will also strengthen the communication among family members</p>
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