

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

第三集：相處之道 — 專家意見

Episode 3: Getting Along—Expert’s Advice

字幕稿

Transcript

中文	English
<p>[婆媳如何相處才能避免出現衝突？]</p> <p>大家要謹記，婆媳來自不同的家庭</p> <p>他們有着不同的背景 不同的生活方式</p> <p>我鼓勵最重要以不干擾對方為相處原則</p> <p>舉個例子 如果大家同住 我鼓勵雙方要有獨立的房間</p> <p>或者有獨立存放物品的空間 而這空間不會受到對方的干擾</p> <p>另外，在管教子女的時候 我鼓勵雙方事前談清楚管教的原則</p> <p>舉個例子 例如管教子女使用智能產品時</p> <p>我鼓勵婆媳之間要定好方案</p> <p>例如甚麼時候用智能產品</p>	<p>[How to avoid conflicts between the mothers-in-law and the daughters-in-law?]</p> <p>We must remember that mothers-in-law and daughters-in-law were raised in different families</p> <p>They come from different backgrounds and they have different lifestyles</p> <p>I encourage both parties to adopt an important principle, that is not to interfere in each other’s life</p> <p>Take an example, if they live together</p> <p>I would suggest both parties to have rooms of their own or to have their own storage space</p> <p>Moreover, the personal space will not be disturbed by the other party</p> <p>In addition, regarding parenting</p> <p>I would suggest both parties to lay down the ground rules beforehand</p> <p>For example, when guiding the children about how to use smart electronic gadgets</p> <p>I advise both mothers-in-law and daughters-in-law to agree on a plan in advance</p> <p>For example, what time the child use the products,</p>

<p>如何用、原則是怎樣</p> <p>這使得婆婆或媳婦要管教子女的時候</p> <p>可以運用一致的方法</p> <p>這樣才可避免衝突</p> <p>和避免溝通出現問題</p> <p>[其他家庭成員如何協助改善婆媳關係？]</p> <p>遇上婆媳之間的衝突</p> <p>我鼓勵大家要保持中立</p> <p>另外，也要聆聽對方的心聲和需要</p> <p>在影片中，女兒因為知道媽媽與媳婦出現衝突</p> <p>而感到很苦惱</p> <p>於是她主動去聯絡媽媽</p> <p>去聆聽媽媽的心聲和需要</p> <p>同時，她也分享自己的經驗</p> <p>結果彼此的關係亦得到緩和</p> <p>家庭的氣氛也可以改善不少</p> <p>[如何處理婆媳問題？]</p> <p>其實要令婆媳間和諧共處</p> <p>雙方也要共同努力</p> <p>最重要是相方要</p>	<p>how they use it and what guiding principle is used</p> <p>This ensures both parties employ a consistent parenting method</p> <p>Only by doing this, they can avoid conflicts and miscommunication</p> <p>[How other family members can help improve the relationship between mothers-in-law and daughters-in-law?]</p> <p>When there are conflicts between mothers-in-law and the daughters-in-law, I would suggest other family members to remain neutral</p> <p>Moreover, they need to listen to each other's thoughts and needs</p> <p>In the video, when the daughter learned that her mother and sister-in-law were in conflict, she was deeply distressed</p> <p>So she took the initiative to contact her mother and listen to her mother's thoughts and needs</p> <p>Meanwhile, she also shared her experience as a daughter-in-law which eased the relationship between her mother and sister-in-law</p> <p>It also had a positive impact on the family atmosphere</p> <p>[How to deal with conflicts between the mothers-in-law and the daughters-in-law?]</p> <p>Both mothers-in-law and daughters-in-law need to make an effort to live harmoniously together</p> <p>Most importantly, both sides should</p>
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清楚恰當地表達自己的想法和需要

另外，要對事不對人

遇到問題要一起討論

找出可共同解決問題的方案

剛才的影片中

我們看到婆婆希望保存

一些二手紙盒重用

而媳婦希望保持家居清潔

其實兩者是沒有衝突

問題是如何處理

舉個例子

可以將二手紙盒放在特定位置

例如放在櫃子裏

或者特定的房間之中

不但可以保持家庭和諧

也可以避免婆媳之間的衝突

express their thoughts and needs clearly and properly

In addition, when dealing with conflicts, they should focus on the issues, instead of making things personal

When they encounter a problem, they should discuss together to find a solution that works for everyone

In the video, the mother-in-law wanted to keep some used cardboard boxes for use later, while the daughter-in-law wanted to tidy up the house

In fact, these two ideas are not contradicting

The point is how to manage the issue

For example,

the mother-in-law can store the used cardboard boxes in a particular place, such as in a cabinet

or in a designated room

Not only will this help foster family harmony,

it will also avoid conflicts between the mothers-in-law and the daughters-in-law