

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

第六集：爺爺麻麻心酸了 — 專家意見

Episode 6: The Sorrowful Grandparents—Expert’s Advice

字幕稿

Transcript

中文	English
<p>[孫兒女慢慢疏遠祖父母，怎麼辦？]</p> <p>在片段裡看到 正在成長的孫女 慢慢疏遠爺爺麻麻 弄得他們酸溜溜 那怎麼辦好？ 首先 這樣的心情是絕對可以理解的</p> <p>從幼兒、幼稚園，到初小 孫子女都會黏著祖父母 祖父母也在孫子女身上找到很多童真 但到高小，四五年級開始 你會見到關係有所變化</p> <p>其實是正常的 不只祖父母經歷這件事 父母也同樣在經歷當中 我們要知道 當中的愛是不變的 雖然在地域和空間上有距離</p>	<p>[What grandparents can do when their grandchildren distance themselves from grandparents?]</p> <p>In the video, the granddaughter was growing up And slowly distancing herself from her grandparents This saddened the grandparents What should the grandparents do? First of all, their feeling is completely understandable Grandchildren usually attach grandparents from the time of being infants, kindergartener, until they attend primary school Grandparents also rediscover their lost childhood in their grandchildren But when grandchildren reach senior class in primary school, the grandparent-grandchild relationship will have changes It is quite normal for grandparents to experience the changes Parents also experience the same things We know the love in the family remains constant Despite the geographical and spatial</p>

但大家仍然是相愛
不過也要鼓勵祖父母
擴闊自己的生活圈子
走出去找不同的朋友

去一些不同的地方
令自己有多一點愛的來源
這反而可以平衡一些

[祖父母與孫兒女之間有沒有更好的溝通方法？]

究竟我有甚麼建議給片段的祖父母
讓他們更有效地跟孫女溝通？

其實主要是兩個字
就是「聆聽」
當孩子知道有人願意聆聽自己的時候
他自然會多說一點內心的感受

那你便可以更加認識他
況且這年代已經不流行一言堂

不妨聽多一點
其次，我們要切身處地去想一下

我們的下一代喜歡甚麼
我們可不可以投其所好

就好像孫女那樣
她很喜歡玩自拍
又或者拍照
你便可以幫孫女拍一些漂亮的照片
當你投其所好的時候

obstacles,
everyone still loves each other
We encourage grandparents to expand
their social circles
and hang out with different friends
indifferent places
Expanding the sources of love will give
them a balanced life

[Are there any effective
grandparent-grandchild communication
techniques?]

What I can advise the grandparents in
the video
for communicating effectively with their
granddaughter?

It can be summed up in two words and
that is “to listen”
When children know someone is willing
to listen to them,
they will be more willing to reveal their
feelings

Then you will get to know them more
The authoritarian parenting style is no
longer popular nowadays

Why don't you listen more
Second, you should put yourselves in
others' shoes

What do your grandchildren like?
Can you do something that suits their
fancy?

Like the granddaughter in the video,
she likes taking selfies and photos

You can take some nice photos for her
When you have shared interests and
passions,

就能打開話題匣子
關係就會自然變得更加親密

[作為家長，讓如何聯繫三代關係？]

作為家長
如何才能令到上一代和下一代
有更好的連繫和溝通？
我們當然很希望孫兒女孝順祖父母

但我們要先撫心自問

我們自己是不是一個孝順的子女

所以我們有責任
在我們下一代面前豎立好榜樣
他們才能做得到
另外，在香港工作一定很忙碌

不過科技有個好處
它可以拉近人與人的距離
可否在一個星期裡面，抽一點時間

傳傳照片、拍拍影片、錄錄音
然後傳給長輩
讓他們舒緩一下掛念之情

另外，最實際就是每星期應該抽一天

去吃頓飯、茶聚
增進彼此的感情

you can start the conversation,
as well as develop close-knit relationship
more easily

[How parents can bridge the gap over
the three generations?]

As parents,
how we can facilitate effective
communication between generations
We certainly want our children to be
filial and show respect to their
grandparents

But we have to be honest and ask
ourselves,

do we show filial devotion to our
parents?

We have responsibility to be a role
model for the next generation

So that they can follow our way

Moreover, work life in Hong Kong is
hectic

But technology offers an advantage

It can bring people closer

So can you spare little time during the
week,

to send photos, videos or voice messages
to your elderly family members?

This will provide them a respite for not
seeing their loved ones

In addition, the most practical thing you
can do is to take a day every week

to dine or go to tea house together in

order to enhance the family relationship