

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

第七集：群組的力量 — 專家意見

Episode 7: The Power of Social Media Groups—Expert’s Advice

字幕稿

Transcript

中文	English
<p>[新手父母應如何對待不同群組的資訊？] 初為人父母 一定很緊張子女 希望透過各樣資訊協助子女成長</p> <p>所以他們會加入不同的群組 去尋求不同的資訊 希望得到支持 不過當我們了解這些資訊時 要記住群組裡的人 都來自不同的背景 各有不同的生活經驗 各有不同的學歷 所以裡面的資訊只可以作為參考</p> <p>而且也要考慮資訊的準確性和真實性</p> <p>若遇到資訊互相矛盾的時候 我鼓勵父母尋求專業人士的幫助</p>	<p>[How should first-time parents treat the information on the chat groups for parents?] First-time parents are definitely worried about their children’s well being They want to ensure their children’s healthy development through acquiring all sorts of information So they will join different chat groups for parents to obtain all sorts of information and getting support But when we look into the information, we need to remember that members in these groups come from different backgrounds, with different life experiences and different academic qualifications So the information obtained in these groups can only be used as reference We also need to consider the accuracy and authenticity of the information If you find the information contradictory, I encourage parents to seek professional advice</p>
<p>[當夫妻出現意見不合時，雙方應如何解決溝通的問題？] 在剛才的影片中 媽媽受著群組資訊的影響 而覺得很大壓力 甚至與丈夫發生衝突</p>	<p>[How married couples can resolve communication problem when disagreement occurs] As seen in the video, the mother was under great pressure because of the information she obtained in a chat group It even caused clash between the couple</p>

<p>當夫妻之間有衝突時 我們可以如何處理？ 首先要保持冷靜 千萬不要給情緒主導去解決問題 其次我鼓勵大家要多聆聽對方的需要 和心聲 也要恰當地表達自己的想法和情緒</p> <p>最後，雙方一起協議尋找共同可以解決既方案 然後持之以恆 這樣才可以保持家庭和諧和促進夫妻間的溝通</p> <p>[如何尋找有用可信的育兒資訊？]</p> <p>曾經有一個個案 案主是一位小學生的家長 他曾經為子女選擇小學而感到苦惱</p> <p>於是，他在群組向其他爸媽尋找協助</p> <p>結果得出很多資訊 當中有真有假 令這案主覺得更加苦惱 最後，他決定回到子女所屬的幼稚園</p> <p>尋求校長、老師、家長的指引</p> <p>結果就找到一間合適子女升讀的小學 一直開心地讀下去</p>	<p>How can a couple handle their conflicts?</p> <p>First, we need to stay calm Don't be driven by emotions in seeking a solution Second, I encourage both parties to listen to each other's needs and thoughts They also need to express their thoughts and emotions properly Finally, both parties can reach a consensus to find a way of resolving the conflicts together And pursue it persistently and consistently It can help maintain family harmony and foster marital communication</p> <p>[How parents can find useful and reliable parenting information?]</p> <p>There was a case where the client was a parent of a primary school student The parent panics about selecting the right primary school for his child So he sought help from other parents in the chat groups He received a lot of information, Including both true and false ones It made the client even more distressed Finally, he decided to go back to his child's kindergarten and sought advice from the principal, teachers and parents there As a result, he succeeded in finding the right primary school for his child where his child is studying joyfully now</p>
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