

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

第八集：超人不再 — 專家意見

Episode 8: My Supermom — Expert's Advice

字幕稿

Transcript

中文	English
<p>[當子女挑戰父母作為知識權威時，父母可如何應對？]</p> <p>我們要接受沒有人是完美的 沒有人是通曉的 當子女嘗試挑戰父母的時候</p> <p>我們就可以教他一課 告訴他：「有些事你比我懂得多」</p> <p>「但有些事媽媽懂而你不懂」 「譬如說你知不知道一斤菜賣多少錢？」</p> <p>「你知不知道要用甚麼材料醃牛肉豬肉？」</p> <p>我會藉此去教他一課 其實每個人也有自己的專長 千萬不要覺得自己是最厲害的 我們要尊重不同的人有不同的長處 這樣很重要</p>	<p>[How parents can do when their children challenge their authorities]</p> <p>We have to accept the fact that no one is perfect and no one knows it all</p> <p>When children try to challenge their parents, as a parent, we can teach them a lesson</p> <p>We can tell them, "For something you know better than me," "but for other things mum knows but you don't"</p> <p>"For example, do you know how much it costs for a catty of vegetable?"</p> <p>"Do you know what ingredients are used to marinate beef and pork?"</p> <p>I will take this chance to teach them a lesson</p> <p>In fact, everyone has their own area of expertise</p> <p>Therefore, we should not think that we know best</p> <p>Instead, it is important to respect that people come with different strengths</p>
<p>[如何與子女保持良好的溝通？]</p> <p>溝通出現問題 很多時候因為我們不聆聽 就好像做電台訪問</p> <p>我問，你答 但很多時候，當我問了一個問題</p>	<p>[How we can maintain good parent-child communication]</p> <p>Communication problems arise often when we don't listen to others</p> <p>Just like when I am doing a radio interview programme where I ask a questions and you respond</p> <p>However, very often after I have asked a question,</p>

<p>我就會去想下一個問題 其實我沒有聽到他的回答</p> <p>我沒聽到他的回答的問題在於 是因為我根本不明白他在說甚麼 我再去追問也是徒勞 這也是很多父母的問題 試試給子女多一點空間去解釋 試試給他們多一點空間去想像 他們喜歡甚麼、做甚麼 這也是大家互相尊重的方式 我尊重你，我聽你說 倒過來，子女也會懂得去尊重你，聽你說</p> <p>[父母如何與子女建立朋友的關係，又不失作為父母的威嚴？] 為甚麼他們較喜歡跟朋友聊天？ 因為朋友跟他們是對等的 大家坐在同一艘船 大家的階級是一樣的 為甚麼不喜歡跟父母聊天？ 因為你的階級比他高 而他在低層 很多時候他們只要一開口 我們就會用「過來人」的身份</p> <p>去挑剔他口中不對的事 不可行的事 他們當然不想跟你聊天</p> <p>你問如何不喪失自己的威嚴？</p> <p>其實父母與生俱來就有點威嚴 我們反而應該去想想 如何置身於一個平等的階梯 與子女溝通才是最重要</p>	<p>I would think of the next question to ask In fact, I did not hear the response of the interviewee The problem of not hearing the response is I did not get the meaning So it is futile to ask follow-up question This is a common problem of many parents Parents can try to allow more opportunities for children to express and imagine what they like and want to do This is a way of mutual respect Since I respect you, I listen to you In return, children will learn to respect you and listen to you</p> <p>[How parents can become friends of their children and keep their authority] Why do children prefer to chat with their friends? It is because they are on equal footing They are in the same boat and they are on the same level Why don't they like to talk with their parents? It is because parents are on a higher level</p> <p>Very often whenever children start talking, parents will say they have gone through the same thing They will fault their children and tell them what they say is infeasible In this cases, children won't want to talk with parents And you ask how you can achieve this without giving up your authority In fact, parents possess authority very naturally Rather, in parents-child communication, it is more important for parents to put themselves in their children's shoes and talk on an equal level</p>
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