

小朋友經常推卸責任 家長應問責？



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資料來源：心理治療師李偉堂

每每有事發生，小朋友就會以不同藉口，將責任推卸到別人身上。家長可能會因而責罵小朋友，但如此一來，可能會令小朋友更逃避承擔責任，面對這種情況，家長可以怎樣做？

首先當家長問小朋友「事情為甚麼沒完成？」或「為甚麼不懂？」的時候，家長是想小朋友承擔責任。但這時候小朋友會想要推搪，將責任交給其他人，歸根究底家長心裡其實都想小朋友做到這個責任。你要知道負責任最開始是小朋友有沒有空間去做決定，因為有空間叫作有自主的感覺。如果小朋友能夠有一種自主的感覺，會更加容易負責任。



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舉例他不懂做功課，問他為甚麼不懂，他說老師沒教、老師教得不好或其他同學很吵。那一刻如果家長繼續要說他不專心，只會令小朋友把責任拋得更遠。所以這個時候我們要知道既然要面對困難，我們要怎樣做得更好，然後跟小朋友一起想辦法。

小朋友會覺得他有責任去做好事情，自然他就會把責任放回自己身上讓自己做到。而當小朋友能夠自己做到事情，他便會更願意承擔責任。所以這是我常說家長最重要的不是問責，因為問責只會教會小朋友卸責，而相對我們可以幫小朋友一起承擔責任，完成事情。這就是我們常教小朋友，承擔責任最重要的心得。

Children often shirk their responsibilities, and parents should be held accountable?



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Source: Psychotherapist, Lee Wai Tong

Whenever something happens, children will use different excuses to shirk their responsibility toward others. Parents may then scold the child for this, but this may make the child avoid taking responsibility. Faced with this situation, what can parents do?

First of all, when parents ask children, "Why didn't you finish the work?" or "Why don't you understand?" Parents want their children to take responsibility. But at this time, the child will want to shirk the responsibility and give it to someone else, but at the end of the day, the parents actually want the child to take responsibility. You should know that responsibility starts with the child having the time to make decisions because having the time is called having a sense of autonomy. If children can have a sense of autonomy, they will be more likely to be responsible.



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For example, if he does not know how to do his homework and is asked why he does not understand, he will say that the teacher did not teach him, the teacher did not teach him well, or that the other students were noisy. At that moment, if parents continue to say that he is not concentrating in class, they will only make the child throw the responsibility further away. So at this point, we need to know how to do better since we are facing difficulties and then work with the child to figure out how to do it.

The child will feel responsible for doing a good job, so naturally he will put the responsibility back on himself and let himself do it. And when children can do things on their own, they will be more willing to take responsibility. This is why I always say that the most important thing for parents is not to be accountable because accountability only teaches children to unload their responsibilities, while we can help our children take responsibility and accomplish things together. This is the most important lesson we often teach our children about responsibility.