

你是「稱職爸媽」嗎？



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資料來源：資深親職教育專家Bally

如何可以知道自己是否稱職的父母呢？我們可以從小朋友與父母的相處，及小朋友的表現得知，以下有五點大家可以觀察到的。

第一，信任父母。如果小朋友很信任父母，我們能夠從他們的眼神及與父母溝通時的反應看得到。當父母跟小朋友傾談時，他可以專注地看著父母、了解父母的意思，並很清楚地回應「嗯！明白」，繼而按著指示做。這代表父母平時與小朋友有著很好的溝通。

父母很多時會告訴小朋友為甚麼要這樣做、你這樣做好不好或我有甚麼看法。例如「剛才有小朋友跌倒，你馬上走過去扶起他，我覺得你做得很好」。父母說出自己的感受，讚賞小朋友做的事情是對的，他便會很願意聽父母的感覺和反應，並會慢慢地建立信任。



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第二，勇於向父母表達。如果小朋友遇到一些情況後，主動告訴父母，這證明父母給予他很大空間。他們不怕被父母責罵，更認為父母會給予一個正確的方向，教他們怎樣做，又很接受他們做錯的行為。所以小朋友慢慢在安全網下，會做一些父母覺得正確的事。父母和小朋友的溝通很重要，我們要建立大家和諧的關係，就要給予他們信心。無論他們發生甚麼事，都很勇敢地跟父母分享剛才發生的情況或感受，這是很重要的。

第三，具有自信心。我們如何看得出小朋友有自信呢？若小朋友每做一件事前，都要先看看父母，從父母眼神得到肯定才做。在這個情況下，小朋友明顯未夠自信，因為他不知道怎樣做才是正確，怎樣做才是錯誤。

當小朋友在不同情況下都能自信地完成一件事，父母看到可以先給予肯定，然後才慢慢告訴他，其實他剛才這樣做是對還是錯，這樣久而久之就會建立小朋友自信。他們會知道不是每次做一件事都一定要對的，只要有信心，可以先嘗試去做。我們在這個過程中提點小朋友，慢慢就會建立了小朋友的自信。

第四，備有同理心。若小朋友很多時都具有同理心，例如看到小朋友跌倒，他會過去扶起小朋友；看到婆婆過馬路時，他會想扶婆婆。他這麼有同理心，代表父母平時在日常生活中都帶了這個訊息給他，這是一對非常稱職的父母。



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因為我們未來成長的教育都希望小朋友除了照顧自己，還要關懷社會，留意社會的一切，所以同理心是很重要的。在日常生活中如果小朋友有能力照顧自己，還能夠照顧其他身邊的人，其實這個有同理心的做法是很重要的。所以父母們最好留意自己平時跟小朋友待人接物的相處方法，因為如果我們有同理心，小朋友很自然就會有同理心。

第五，具有自理能力。小朋友有足夠自理能力照顧自己，例如能夠自己吃飯、穿衣服及穿鞋等，這亦代表其父母非常稱職。因為父母教懂他們「How to fish, not fish for them」。我們作為父母應該要教懂小朋友，有足夠的能力應付自己日常生活的事情。如果到了K2下學期，小朋友都未學會自己穿校服，其實久而久之會引至小朋友沒有自信，而且他會有依賴的傾向，漸漸失去自理能力，自我價值觀慢慢下跌，所以自理能力這一環很重要。做一個稱職的父母很需要教懂小朋友，自己照顧自己生活上的一切。

Are you a "competent parent"?



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Source: Senior Parenting Expert, Bally

How can we know if we are competent parents? We can find out how the children get along with their parents and how they behave by observing them, and here are five things we can observe.

First, trust the parents. If a child trusts their parents, we can see it in their eyes and in their responses when they communicate with their parent. When a parent talks to a child, the child looks intently at the parent, understands what the parent is saying, and responds clearly with "Yes! I understand," and then follows instructions. This means that parents usually have good communication with their children.

Parents often tell their children why they should do something, whether it is a good thing to do, or what they think of it. For example, "I think you did a good job when a child fell down and you walked over to pick him up right away." When parents tell their children how they feel and praise them for doing the right thing, they will be more willing to listen to their parents' feelings and reactions, and they will gradually build trust.



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Second, be brave enough to tell your parents. If children are willing to tell their parents when they encounter certain situations, it proves that their parents give them a lot of space. They are not afraid of being scolded by their parents, and they believe that their parents will give them the right direction, teach them what to do, and accept their wrongdoing. Therefore, children will slowly do what their parents think is right under the safety net. Communication between parents and children is very important, and we need to give them confidence in order to build a harmonious relationship. No matter what happens to them, it is very important that they are brave enough to share with their parents what has just happened or how they feel.

Third, have self-confidence. How can we tell that a child is confident? If a child looks at his or her parents before doing something and gets a positive look from them before doing it, in this case, the child is obviously not confident enough because he does not know what is right and what is wrong.

When a child can do something confidently in different situations, the parents can see that they can first give affirmation and then slowly tell him whether it is actually right or wrong to do what he just did, which over time will build the child's confidence. They will know that they do not always have to do something right, as long as they have confidence, they can try to do it first. We will slowly build children's self-confidence by reminding them of this process.

Fourth, have empathy. If children have empathy in many cases, for example, when they see a child fall, they will go to help the child; when they see an old woman crossing the street, they will want to help her. The fact that he is so empathic indicates that his parents, who are a competent pair of parents, have brought this message to him in their daily lives.



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Because our future education hopes that children will not only take care of themselves but also care for society and pay attention to everything in society, empathy is very important. If children are able to take care of themselves and other people around them in their daily lives, it is important to be empathetic. So parents better pay attention to their own way of dealing with children, because if we have empathy, children will naturally have empathy.

Fifth, the ability to take care of themselves children are capable of taking care of themselves, such as eating, dressing, putting on shoes, etc. This also means that their parents are really competent at their jobs because they have taught them "how to fish, not fish for them." As parents, we should teach our children that they are capable of coping with their own daily lives. If a child does not learn to put on his or her own school uniform by the end of K2, he or she will lose self-confidence over time and have a tendency to become dependent, gradually losing the ability to take care of himself or herself. It is important to be a competent parent to teach children to take care of their own lives.