

## 兄弟姊妹常爭執 家長角色尤重要



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撰文：家庭動力創辦人

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近來接受遊戲治療的個案中，有好幾個孩子的情緒問題都與年幼的兄弟姊妹相處有關。但大多數的起源都不是甚麼大爭執，而是在細微的互動中，大家都在爭取母親的關注，比較彼此之間得到母親多少的正面回應，比較母親對誰的「愛」多一些！孩子的手足相爭，往往是因為對兄弟姊妹產生嫉妒，而藉機發洩不滿情緒。

確實，每個人都「偏心」，父母也如是。不論是先天的性格及後天的培育，都會令他們鍾愛某些表現及行為模式。若父母沒有深思這個問題，他們不會因為孩子都是自己子女而眼光突然變得開闊。

對於孩子的不同性格，父母或會對某些特質特別欣賞，某些特質較為抗拒，這是可以理解的。問題是父母必須對這種狀況有所意識及察覺，並讓自己先跳出狹隘的框架，讓自己在父母的角色中成長，增加自己眼界的寬度和闊度，並學習欣賞孩子性格的差異，從心底裡欣賞孩子獨特的優點，在日常生活中傳遞出去，讓孩子接收得到，能自我肯定，這樣才能避免手足相爭的問題惡化，令孩子產生不必要的嫉妒及猜忌。

在孩子年幼的階段，母親的角色尤為重要，因為母親與孩子的互動質素如何，對孩子的自我價值及安全感建立有關鍵性的影響。在最近這幾個個案中，不約而同地發現孩子家中都有一個活潑開朗、善解人意、喜歡表現自己，甚得大人及老師歡心的兄弟姊妹。在言談之間，筆者也看到母親在描述這人見人愛的孩子時那份喜悅及自豪，無怪個案中的孩子因性格較內向、寡言、害羞和謹慎，往往有被比下去的感覺。



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有一位母親也意識到要欣賞兒子的能力，於是不斷讚賞他，但在性格上，卻不經意地鼓勵兒子以姐姐為榜樣，多表達和融入群體當中，但這實在非孩子性格的本質，令孩子會懷疑自己的性格一定是有甚麼缺憾，不能得到母親接納。這種內在

的傷痛，很容易化為孩子對姐姐的嫉妒情緒，令父母更覺得孩子對姐姐的態度無理，會更進一步令孩子不能走出這個負面循環。

筆者建議父母不要拿孩子來比較，對較內向、害羞、寡言和謹慎的孩子，多安撫他們：「你不需要強迫自己學哥哥一樣與小朋友玩，你靜靜地觀察已是一種參與，待你覺得安心時再出去玩也不遲！」或說「不是每個孩子都需要像姐姐那樣健談或喜歡在人前表演，媽媽喜歡你能按自己的意思，在你認為適當的時候表達自己便可以了。」



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對情緒反應較大和行為較衝動的孩子，在安全的情況下，先聆聽他們，後才幫助他們糾正行為：「你的反應這麼大，要打哥哥，你心裡一定感到很憤怒，讓我聽聽你的感受好嗎？」父母有時候確實要處理孩子「爭些甚麼」，但有更多的時候，父母要做的是滿足孩子心理及情感的需要，肯定他們的本質，孩子自然能夠好好相處！

**Siblings often quarrel with each other and the role of parents is especially important.**



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In recent play therapy cases, several of the children's emotional problems were related to their young siblings' relationship. Most of these problems were not caused by major arguments, but rather by subtle interactions in which each child was seeking the mother's attention, comparing how much positive feedback they received from each other, and comparing who the mother "loved" more! Children often fight with each other because they are jealous of their siblings and take the opportunity to vent their frustrations.

It is true that everyone is "biased" and so are parents. Both inborn and nurtured personalities can lead to a preference for certain behaviors and behavioral patterns. If parents do not think about this, they will not suddenly become more open-minded because their children are their own.

Parents may be more appreciative of certain traits and more resistant to certain traits in their children's different personalities. This is understandable. The problem is that parents must be aware of this situation and be aware of it and

allow themselves to grow beyond the narrow framework of their parental role, increase the breadth and width of their own vision, learn to appreciate the differences in their children's personalities, and appreciate their children's unique strengths from the bottom of their hearts, and pass them on in their daily lives so that their children can receive them and affirm themselves. This will prevent the problem of sibling rivalry from worsening and causing unnecessary jealousy and suspicion in children.

The mother's role is especially important during the early years of a child's life because the quality of the mother's interaction with the child has a critical impact on the child's self-worth and sense of security. In these recent cases, it was not uncommon to find that the children had a sibling in the family who was cheerful, understanding, and liked to express herself, and was well liked by adults and teachers. I could see the mother's joy and pride when describing her child. No wonder the children in these cases often felt compared to the others because they were more introverted, reticent, shy and cautious.



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One mother was aware of the need to appreciate her son's abilities, so she kept praising him, but in terms of character, she inadvertently encouraged her son to follow her sister's example by expressing himself more and integrating into the group. However, this is not the nature of the child's character and makes the child suspect that there must be something wrong with his or her character that cannot be accepted by the mother. This internal pain can easily turn into jealous emotions towards the elder sister, making the parents feel that the child's



attitude towards his/her sister is unreasonable, and further preventing the child from breaking out of this negative cycle.

I suggest that parents should not compare their children. For children who are more introverted, shy, reticent and cautious, they should be more reassuring: "You do not need to force yourself to play with children like your brother, you quietly observe is already a kind of participation, when you feel at ease then go out to play is not too late. Or, "Not every child needs to be as talkative as their elder sister or like to perform in front of people; Mom likes it when you can express yourself as you see fit. "



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For children who are more reactive and impulsive, listen to them first and then help them correct their behavior if it is safe to do so: "You are reacting so strongly to hit your brother, you must feel very angry inside, let me hear how you feel, okay? Sometimes parents do have to deal with their children "fighting for something," but more often than not, what parents need to do is to meet their children's psychological and emotional needs and affirm their true nature, so that their children can naturally get along well.