

## 四大破壞親子關係的行為



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資料來源：資深親職教育專家Bally

不少家長經常會問「為甚麼小朋友這麼不聽話？」、「為甚麼他這麼討厭我？」或「現在愈來愈不理我了。」其實我們當父母的，有四種行為是會令小朋友慢慢地討厭了自己。平日接觸很多家長，他們很多時不自覺地說了一些說話，或者做了一些行為，令小朋友討厭自己，這都是父母沒有留意到的。

第一，是比較。我們經常很自然地對小朋友說「為甚麼你會這樣？」、「弟弟都沒有像你這樣，弟弟很整齊的」及「你看看旁邊的同學多聽父母話」等。當我們經常用「比較」的態度去表達自己時，小朋友一聽到媽媽的聲音，就會覺得很討厭。

第二，很多時候小朋友做錯事，家長都會忽略了其行為背後的動機。當發現小朋友做錯事，我們應先了解行為背後，小朋友想達到的目的，不排除他們是想做一些正確的事。可能是想倒杯水給父母或弟弟，又或他做功課做得不好，其實他已經盡了力，只是精神疲累。



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當他做得不好的時候，我們可以先讚賞其行為，「辛苦你了，我知道你很乖想倒水給父母，但是以後不要再倒瀉了」、「這樣很危險的」或「不要走這麼快。」我們讚賞了小朋友後，他便會明白自己是做對了事情，然後才會聽父母建議後再改善。

第三，家長要留意每日下班時，其實是否充滿了負能量，將情緒帶進家裡。當家長看到小朋友行為做得不合意時，可能我們會一連串地將情緒發洩在小朋友身上。這對小朋友並不公平，可能他只是犯了很少很少的錯誤，卻遭到連串的責怪。



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第四，家長要很小心，表達憤怒時會把一些不正確的信息錯誤地灌輸予小朋友。例如「你這樣做，不如不要當我的兒子」。當我們錯誤地用了這麼激動的詞彙，對小朋友的傷害其實是很大的。

家長絕對不可以在小朋友成長過程中犯上這四種行為，否則他們從小就會討厭父母。

## Four behaviors that damage the parent-child relationship



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Source: Senior Parenting Expert, Bally

Many parents often ask, "Why is the child so disobedient?" "Why does he hate me so much?" or "He is ignoring me more and more." In fact, there are four types of behaviors that, over time, will cause our children to despise themselves. Many of the parents that I have met in my day-to-day life often unconsciously say or do things that make their children hate themselves. This is what parents do not notice.

First, comparison. We frequently ask children, "Why are you like this?" "Your younger brother is not like you; he is very neat," and "look at the students next to me; they listen to their parents. "When we often express ourselves in a "comparison" manner, children will feel disgusted when they hear their mother's voice.

Secondly, when children do something wrong, parents often overlook the motives behind their behavior. When we find out that a child is doing something wrong, we should first understand what the child is trying to accomplish with the behavior. Do not rule out that they are trying to do something right. Maybe he wants to pour a glass of water for his parents or his brother, or he is not doing his homework well, but in fact, he is doing his best and is just mentally tired.



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When he is not doing well, we can first praise his behavior by saying, "Thanks; I know you are nice and want to pour water for us, but don't spill water again." "It's dangerous," or "Don't walk so fast." After we praise the child, he will understand that he is doing the right thing, and then he will listen to his parent's advice and improve. Third, parents should pay attention to the end of the day if, in fact, they are full of negative energy and bring emotions into the home. When parents see that their children are not behaving in a satisfactory manner, they may take out their emotions on them in a series of ways. This is not fair to the child, who may have made only a few mistakes but is being blamed for a series of them.



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Fourth, parents should be very careful that expressions of anger will misinform their children with inaccurate information. For example, "If you do this, you might not be my son." When we mistakenly use such an aggressive word, it can be very harmful to the child.

Parents should never commit these four behaviors while children are growing up, or they will hate their parents from an early age.