

長大了反而不願行 如何改善小朋友扭抱習慣？



<https://www.shutterstock.com/zh/image-photo/father-childhappy-little-girl-resting-on-367025306>

資料來源：心理治療師李偉堂

小朋友約一歲，慢慢學會走路。初時小朋友都會很興奮，四處探索。但漸漸又會要求大人抱，不願自己走。家長都會感到頭痛，有時候可能是孩子真的累了，有時候只是想得到被抱的親密感。面對小朋友要求父母抱，家長可怎樣做呢？

部份家長曾向我提過小朋友1歲的時候尚未學會走路，但就很想走路。當後來學會走路後，那段時候就特別喜歡走路，家長很高興，嬰兒車可以留在家中，以為小朋友往後可以乖乖地走路。但沒料到小朋友熟悉走路後，反而想家長抱，甚至父母要帶嬰兒車外出，去那裡都坐嬰兒車。



<https://www.shutterstock.com/zh/image-photo/asian-baby-taking-first-steps-walk-1395236240>

如果沒有帶嬰兒車的話，就是父母的體力大考驗。父母當然想小朋友重新再走路，有些父母就說：「如果不走路便不外出了。」父母其實都想跟小朋友外出走走、玩一下又開心一下，所以不如與小朋友訂下目標。例如去到那裡就抱，去到那裡就走路，在出門前有這個承諾。例如當小朋友剛出升降機門外就說要抱，剛剛說過我們要落到樓下，由樓下屋苑門口到大閘才抱。我們有目標給小朋友，小朋友自然更加向前走，到了樓下就抱，父母答應了他抱到大閘，把小朋友放回地上。



<https://www.shutterstock.com/zh/image-photo/asian-family-go-school-together-this-1612896790>

有時候小朋友很即興突然說要抱，父母可以跟小朋友說，我們走到對面的燈位才抱。一方面大家都享受到親子樂趣，二來小朋友有目標，知道走到那裡才抱，自然就更願意多走一點。有時候小朋友真的累了，又或者抱的感覺其實很親密，有時候小朋友想抱一下得到親密的感覺。所以我們要讓小朋友知道我們會抱，不過有個目標例如走到那裡，在那段時間就可以抱，這樣大家也開心。

Growing up, but not willing to walk. How to improve the children's twisting and hugging habits?



<https://www.shutterstock.com/zh/image-photo/father-childhappy-little-girl-resting-on-367025306>

Source: Psychotherapist, Lee Wai Tong

At the age of one, children gradually learn to walk. At first, children will be very excited to explore everywhere. But gradually, they will ask adults to hold them and not be willing to walk by themselves. Parents will be feeling headaches, sometimes the child may be really tired, and sometimes they just want to be held out of a sense of affection. What can parents do when their children ask for a hug?

Some parents have mentioned to me that their children couldn't walk when they were one year old, but they wanted to walk very much. When they learn to walk later, they especially like to walk at that time. The parents were happy that the stroller could be left at home, thinking that the child would walk in the future. However, after the children became familiar with walking, they would want to be held by their parents, and even the parents would need to take a stroller and go everywhere in the stroller.



<https://www.shutterstock.com/zh/image-photo/asian-baby-taking-first-steps-walk-1395236240>

If you don't have a stroller, it's a big test of the parents' physical strength. Of course, parents want their children to walk again, and some parents say, "If you don't walk, we won't go out." Parents actually want to go out with their children, have fun, and walk around, so why not set a goal with them? For example, if you go there, you will hold them, and if you go there, you will walk, and you will make this commitment before you go out. For example, when the child is just out of the lift door and says he wants to be held, we have just said that we have to go downstairs, from the entrance of the estate down to the gate, before we can hold him. We have a goal for the child; the child moves naturally downstairs to hug, and the parents promised to carry him to the gate and place the child back on the ground.



<https://www.shutterstock.com/zh/image-photo/asian-family-go-school-together-this-1612896790>

Sometimes children would suddenly say they wanted to be hugged; parents could tell their children to walk to the other side of the light before hugging. On the one hand, we all enjoy parent-child fun, and secondly, children have a goal, know where to walk to hug, and are naturally more willing to walk a little more. Sometimes children are really tired, or the feeling of hugging is actually very intimate, so they want to hug to get the intimate feeling. So we need to let the children know that we will hug them, but there is a goal, for example, to walk there and hug them at that time, so that everyone will be happy.