

Regaining Your Parenting Sanity 尋回當父母親的公正明達

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Ann Lo, Licensed Marriage and Family Therapist

www.growingrelationships.com

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應當毫無憂慮，只要凡事藉著禱告祈求，帶著感恩的心，把你們所要的告訴神。這樣，神所賜超過人能了解的平安，必在基督耶穌裡，保守你們的心思意念。

Questions to ask myself

- 我在擔憂什麼? What am I worried about?
- 責任應歸誰? Who owns the responsibility?
- 什麼是在我掌握之下? What is within my control?
- 我的行動是否幫助孩子長大成熟? Do my actions benefit my child to grow up and mature?

責任: “我的” vs. “孩子的”

管: “關心” vs. “控制”

成熟: Enabling “扶助” vs. Empowering “授權”

Enabling 扶助

阻礙孩子從生活經驗中學習，且降低各種選擇所帶來的後果

Preventing children from life experiences in order to minimize consequences of their choices

- Doing too much for them 替孩子做太多
- Giving them too much 給予太多
- Overprotecting 過度保護
- Rescuing and Fixing 解救和替孩子解決問題
- Lecturing 訓話
- Controlling 控制
- Blaming and Shaming 責怪和羞辱

Empowering 授權

讓孩子透過生活經歷而學習責任感，和增長解決問題的能力

Allowing child to learn responsibility and problem solving through life experience

- Allowing child to do for himself (utilize ability and grow in capability)
讓孩子自動自發 (運用和增加能力)
- Encourage learning from mistakes 鼓勵從錯誤中學習
- Show faith in their ability 對孩子表達信心
- Information vs. Orders 提供信息，而不是下達命令
- Express your limits; control your own behavior; decide what you will do, follow through
表達自己的有限；控制自己的行為；決定自己要做的且努力達成
- Respectful communication 用尊重的話語溝通