

亲子关系心理成长专家座谈

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主办方：Community Health Initiative Inc.

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最新亲子系列讲座

- 在 Community Health Initiative Inc 支持下马里兰大学的王慈欣教授会提供亲子关系**系列讲座**（包括6次针对亲子关系沟通和校园霸凌的讲座，和4次青少年心理健康急救员培训）时间：2/4-4/15/2023（周六晚上 8-9:45 p.m.）
- 注册链接: <https://forms.gle/TF4P65fBk3dqbeVT8>
- 因为本项目是Howard county 经费支持的，资助机构要求我们提供数据证明这个培训对亚裔家长是有帮助的。所以要求家长在课前和课后（4/15）填写两次问卷。请在1/20/2023前完成课前问卷，1/21您后会收到zoom链接。如果您有问题，请联系info@chimd.org
- 问卷链接 https://umdsurvey.umd.edu/jfe/form/SV_5sUsh6yA8x3LENw

孩子花太多时间上网，不爱学习，怎么办？

1. 理解孩子为什么喜欢上网，上网满足了他们什么需求。
你如何在日常生活中提供其他机会来帮他们满足这些需求？
2. 制订电子设备使用章程，签订协议，增加监督
3. 父母做好榜样 言传身教 (practice what you preach and pledge to stay off media as we)
4. 培养孩子的批判性思维 (Critical thinking skills)，讨论过多使用社交媒体的隐患
5. 倾听并培养良好的亲子关系 unconditional love
“Make sure they knows you love them and you’re proud of them as they are—unfiltered, unedited, imperfect”
6. 培养孩子的情商

[How to Cope with Stress as a Student - Healthy Minds \(childmind.org\)](https://www.healthy-minds.org/childmind/2015/05/14/how-to-cope-with-stress-as-a-student/)

Dr William Glasser's *Basic Needs*

				
Love & Belonging	Power	FUN	Survival	<i>Freedom</i>
<ul style="list-style-type: none">✓ belonging✓ being loved✓ being respected✓ friendship✓ sharing✓ cooperation	<ul style="list-style-type: none">✓ recognition✓ success✓ importance✓ achievement✓ skills	<ul style="list-style-type: none">✓ enjoyment✓ laughter✓ learning✓ change	<ul style="list-style-type: none">✓ health✓ relaxation✓ sexual activity✓ food✓ warmth	<ul style="list-style-type: none">✓ choices✓ independence✓ freedom from✓ freedom to



- A family game night, create your own Fun Trivia game
- Weekly family movie/game night for the family to enjoy screen time together.

制订规则，提高父母自己的网络知识技能

- 避免过早给孩子电子设备
 - Alternative to smartphones
- 制订家庭电子设备（手机、iPad）使用规则
- 学习怎么在孩子的设备上面设定 parent control
- <https://www.waituntil8th.org/devices>
- <https://www.waituntil8th.org/digital-training>

避免过早给孩子电子设备

通过PTA 联合其他家庭一起签pledge

Alternative to smartphones

<https://www.waituntil8th.org/devices>



**BECAUSE CHILDHOOD IS TOO SHORT
TO WASTE ON A SMARTPHONE.**

You can make a difference. You can say yes to waiting.



TAKE THE PLEDGE

By signing the pledge at [waituntil8th.org](https://www.waituntil8th.org), you promise not to give your child a smartphone until at least 8th grade as long as at least 10 families total from your child's grade and school take the pledge. As an alternative, a basic phone might be appropriate, as it avoids many of the distractions and dangers of the smartphone. **Once 10 families have pledged from your child's grade and school, you will be notified that the pledge is in effect!**

[waituntil8th.org](https://www.waituntil8th.org)



WaitUntil8th.org started with a few parents in Texas and a simple idea. If they rallied together, they could reverse the power of peer pressure as smartphone ownership invaded their elementary schools. Brooke Shannon led the charge to start a nationwide campaign asking parents to wait until their kids were in at least 8th grade to grant smartphone privileges, citing concerns over social and relational impairment, as well as addiction, distraction, depression, and exposure to mature content.



AWESOME!

YOU FINALLY HAVE YOUR OWN PHONE!
LET'S GO OVER SOME GROUND RULES AND MAKE IT OFFICIAL!



签订电子设备使用协议 确定 device free zone/time

I, _____ (child and parent's name) _____, AGREE TO THE FOLLOWING:

1. It is our (device name) . We bought it for you as a gift. It is an awesome gift- aren't we the greatest?
2. We will always know the password. _____ (write password here)
3. Even if you are listening to music or playing a game- if someone is talking to you, look up and respond. You are not a rude person, do not allow the (device name) to change that.
4. Hand the (device name) over to us when asked and always before getting ready for bed. no later than _____pm and in the morning no earlier than _____am.
5. If anything ever makes you feel even a tiny bit uncomfortable or weird- trust your instincts and **talk to us**. We will always believe you, and help.
6. Do not use this technology to lie, fool, or trick anyone.
7. Do not text, email, or say anything through this device you would not say in person.
8. Ask us lots of questions- we love your curiosity and excitement. We are here to help- not to stop your research but to help guide you.
9. We trust you know to never send inappropriate pictures of yourself or anyone else. It will not disappear and you cannot control where the information goes- EVER. SERIOUSLY. FOREVER.
10. Keep your eyes up. Play, imagine and wonder without always using the internet.
11. You will mess up. We will take away your (device name) . We will talk about it. We will start over again. We are always learning. We are on your team. We are in this together.

Other Family Rules:

CHILD'S SIGNATURE

DATE

PARENT'S SIGNATURE

DATE



OUT OF SIGHT, OUT OF MIND

DEVICE FREE MEALS

MAKE CAR TIME TALKING TIME

电脑放在父母能监督的地方 规定饭桌上只能聊天
不能看手机

规定车上只能聊天

<https://www.waituntil8th.org/best-practices>



UNPLUG TOGETHER FOR 24 HRS



SHARED SCREEN TIME



PHONE LAST

<https://www.waituntil8th.org/best-practices>

培养孩子的批判性思维

Critical thinking skills

- 一起看纪录片，讨论过多使用社交媒体的隐患
- Netflix Documentary: The Social Dilemma
 - <https://www.youtube.com/watch?v=uaaC57tcci0>
- 动画片 [RON'S GONE WRONG Trailer \(2021\) Animated Robot Movie](#)

[Social Media and Self-Esteem](#) | [Impact of Social Media on Youth](#) | [Child Mind Institute](#)



What Selfies Are Doing to Self-Esteem

How they can exacerbate insecurity, anxiety, and depression.

[READ MORE >](#)



Social Media and Self-Doubt

How parents can help kids resist the pressure created by artfully curated social media feeds.

[READ MORE >](#)

如何培养良好的亲子关系

Show Your Unconditional Love

孩子需要家长非评判的倾听

- **Request from Asian American Youth from “Hear Me Out” essay contest:**
 - “What we really starve for from our parents is a listening and understanding heart, **accepting us and appreciating the way we are**, products of this society they chose to raise us in.”
 - “Both my parents and I need to know how to **compromise** on topics we don’t agree on.”



Tips for Active & Nonjudgmental Listening

- Set aside time – If you're too busy at that moment, let them know when you will be finished (and stick to it)
- Use nonverbal skills (e.g., nodding, paying attention) to show you are listening
- Remove distractions (e.g., phone, television) that can prevent you from being fully present with your child
- Use an open, non-judgmental mind **非评判的心态**
- Acknowledge your child's feelings
 - This is hard, and you do not have to agree with everything your child says! **你不一定要同意他们的想法**
 - Just do your best to listen and try to understand your child's perspective without inserting your opinions yet **目的是先从孩子的角度了解他们的想法。**

THINK 三思而后言

TTrue 真实（不夸大）

- 你从不听我说话
- 你一直特别懒

Helpful 有帮助

Inspirational 鼓舞人心

Necessary 有必要

Kind 友好

– 努力掌握自己的情绪

- 当你有一个情绪反应的时候，可以尝试以下几步
 - 意识到自己有一个情绪
 - 尝试控制自己的情绪反应
 - 问问自己：我的孩子什么情绪？我的孩子需要什么？我有什么情绪？我需要什么？
 - 你可以选择：以一种对问题有益的方法来回应 vs 以一种会让事情每况愈下的态度和方法

I Statement Examples



- "I feel sad **when** I give you food and you say "yuck" **because** I tried my best to prepare dinner for you. **I hope we can** find a different way to let me know when you don't like the food." 当我给你饭菜你却说‘呸’，这让我感到难过，因为我用心地为你准备了晚餐。我希望当你不喜欢饭菜的时候可以换种方式告诉我。
- I feel nervous **when** I see you waving your toy close to your little sister/brother **because** the baby could get hurt and **I know** you wouldn't like that to happen" (reassurance of trust). 当我看到你在我小妹妹边上挥舞玩具时我感到很紧张，因为小朋友可能会受伤，我知道你也不希望发生这种情况"

I Statement Examples



- **I feel** disappointed **when** you lie to me **because** it makes it hard to trust what you say. **I want** us both to be able to trust one another. 当你对我撒谎时，**我感到**很失望，**因为**这让我很难相信你说的话。**我希望**我们都能够相互信任。
- **I feel** upset **when** you curse at me **because** those words are very hurtful. **I would like** for us to find less hurtful ways for you to express when you are angry. 当你骂我时，**我感到**很沮丧，**因为**那些话很伤人。**我希望**我们找到没那么伤人的方式让你表达你的生气。
- **When** you are texting at the dinner table, **I feel** ignored. **It is important to me** that we spend time together at dinner without technology. 当你吃饭发短信时，**我感到**被忽视了。对我来说，我们一起专心的共进晚餐很重要。

TIPS

1. GIVE TO GET – start with a positive statement that shows you are trying to understand them
 - “我知道你最近压力很大，你每天都很努力xxx。你不想我来烦你。我注意到... 我有些担心你... 你能和我说说么”
2. Listen and paraphrase 倾听和复述, 表达你在尝试了解孩子
3. USE “I” STATEMENTS. 用我字句, 表达你的情绪和期望
4. Brain storm together. Have a few solutions (compromises) in mind 使用头脑风暴, 共同制定策略

分组练习：背景介绍

Tom 从小学开始就是一个好孩子，听话，成绩很好，按时完成父母给他安排的额外的学习课程。因此他考入了当地很有名的竞争激烈的 gifted high school，那个学校里的孩子都是学霸。AP 课老师的要求也很高，给孩子们布置了做不完的作业。

Tom 不想去 gifted school, 因为他初中的朋友们都留在了当地的普通高中。在你的坚持下，他去了 gifted school. 9 年级他抱怨学习压力大，同时在学校也没有朋友。

10 年级开始，Tom 唯一的一个朋友转学了。你注意到 Tom 的成绩开始下降，他显得失落，沉闷，对什么事情都没有兴趣，不愿意和家长说话。一回家就把自己关在房间里面。

你自己小时候也是学霸。你最近刚加入了那个学校的华人家长群，群里的家长们都很推学习，正讨论着 early decision 的录取结果。

分组练习非评判倾听和复述



Son: “High school is so hard. I’m tired of studying all the time.”

Mom: “Yes, it is. But someday you might miss your high school days.”

Son: “No I won’t. I have so much homework from the AP classes. How can I like high school when I’m only sleeping 5 hours a night?”

Mom: “When I was in high school, I didn’t like my classes. But looking back now, I appreciate what I learned.”

Son: “Whatever” [walks away]



Paraphrasing Example

Son: “High school is so hard. I’m tired of studying all the time.”

Mom: “I know it’s been hard for you to have so much work this year in your AP classes.”

Son: “Yeah, I stay up late studying all the time and I don’t have time for anything else.”

Mom: “You feel like you’re missing out on fun things because you have to study.”

Son: “Exactly!”

Mom: “Maybe we can brainstorm ways to help you find more balance the rest of the year.”

复习：做情绪教练的五个步骤

- 步骤1：注意自己和孩子的情绪
- 步骤2：将情绪视为建立连接的机会（“可教的时刻”）
- 步骤3：帮助您的孩子口头表达具体情绪
- 步骤4：传达同理心和理解
- 步骤5：设定规则。用头脑风暴的方法 Problem solving

总结

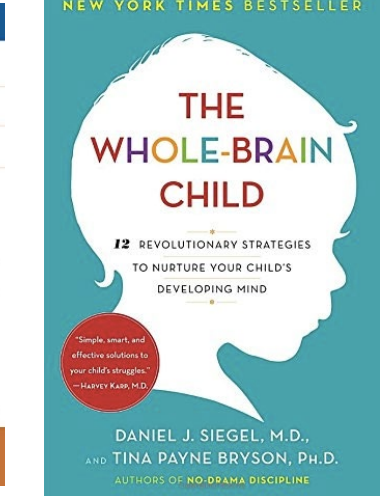
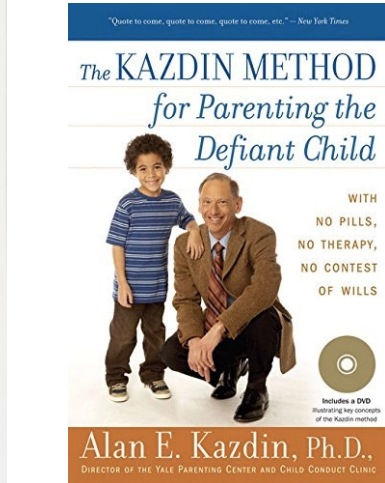
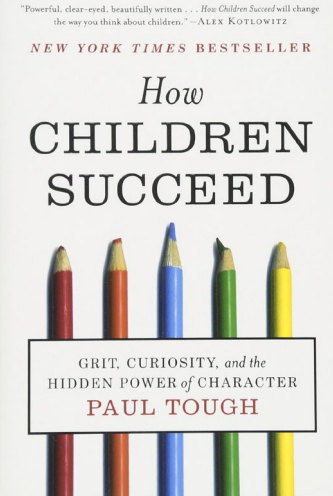
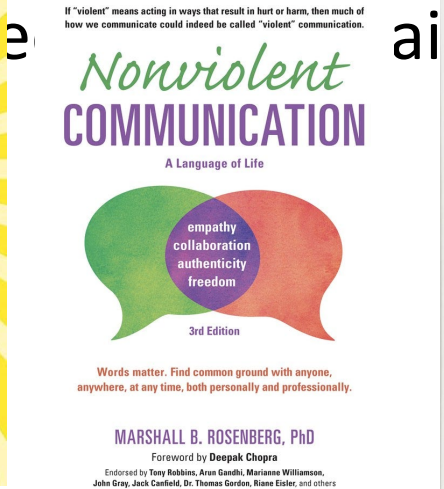
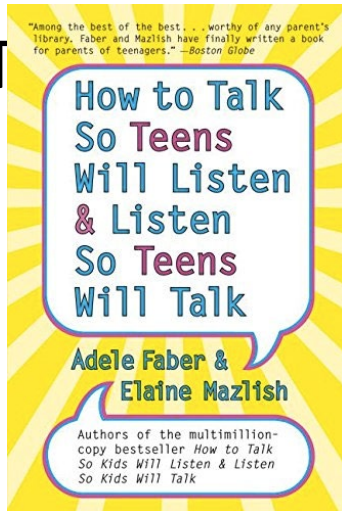
- 利用积极倾听让对方感到被支持
- 设身处地替对方着想，减少评判
- 采取健康的沟通风格，而非激进、被动，或激进-被动风格。
- 多对孩子表达情感
 - 您与孩子生长于不同的时代与文化环境中。因此他们会有某些特定的需求
- 试试不同的说话或处事方式
 - 一再重复同样的方式并不能改变问题或破除恶性循环
- 回家告诉您在乎的人，您有多么感谢他们
 - 增加情感联结和信任



Parenting Resources

- “How to talk to teens will listen and listen so teens will talk” (Faber & Kazdin)
- “Nonviolent communication” (Rosenberg)
- “How children succeed” (Tough)
- “The Kazdin method for parenting the defiant child” (Kazdin)
- “The whole brain child” (Siegel)

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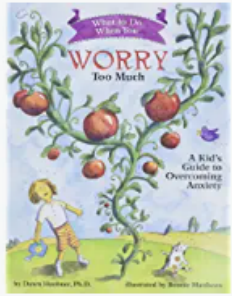


Recommended Books

- The Self-Driven Child by William Stixrud
- The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind by Daniel Siegel & Tina Payne Bryson
- Feeling Good: The New Mood Therapy and The Feeling Good Handbook by David Burns

For younger children <12

- What to do when you feel [too shy, worry too much; grumble too much...] self-help book series by Magination Press (from American Psychological Association)



What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety (Wh...

★★★★★ 6,707

✓prime



What to Do When You Grumble Too Much: A Kid's Guide to Overcoming Negativity...

★★★★★ 615

✓prime



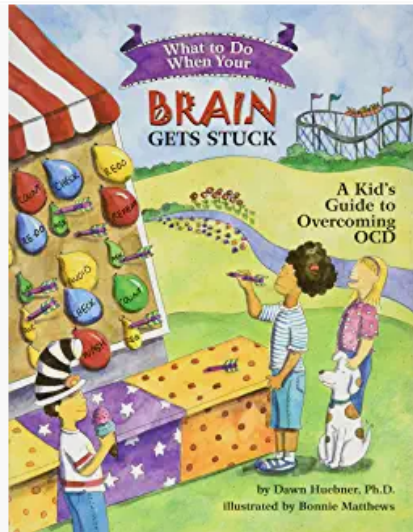
What to Do When You Dread Your Bed: A Kid's Guide to Overcoming Problems Wi...

★★★★★ 1,013

✓prime

Sponsored ⓘ

RESULTS



What to Do When Your Brain Gets Stuck: A Kid's Guide to Overcoming OCD (What-to-Do Guides for Kids Series)

Part of: [What-to-Do Guides for Kids \(13 Books\)](#) | by Dawn Huebner and Bonnie Matthews | Feb 15, 2007

★★★★★ ~ 1,311

Paperback

Ages: 6 - 12 years

\$14⁹⁹ ~~\$16.99~~

✓prime FREE Delivery Fri, Sep 9

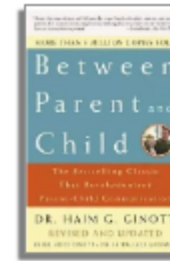
More Buying Choices

推荐书

ADHD

<https://chadd.org/stroud-umdadhdtools/>

<https://www.pceclub.org/books>

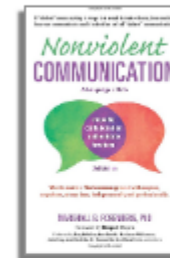


Between Parent and Child
与孩子实现真正有效沟通的方法

Dr. Haim Ginott

推荐人: Sandra Liu, Angela Chiu

推荐语: 这本书堪称育儿的圣经 (parenting bible), PCE 读过作者的遗孀, 也是本书修订版的 co-author, 做了年会主题演讲。



Non-violent Communication
A Language of Life: Life-Changing Tools for Healthy Relationships

Dr. Rosenberg Marshall

推荐人: 张景山

推荐语: 一种全新的沟通模式, 帮助家庭、职场、部门、国家等, 之间的沟通。

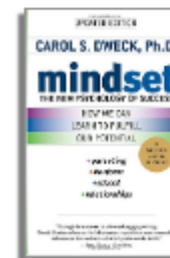


The Self Driven Child
The Science and Sense of Giving Your Kids More Control over Their Lives

Dr. William Stixrud & Dr. Ned Johnson

推荐人: 张颖江

推荐语: 给孩子安全感, 自主权, 积极鼓励自由探索, 允许孩子按照自己的步调成长, 发掘孩子的自驱力。



Mindset
The New Psychology of Success

Dr. Carol Dweck & Carol Dweck

推荐人: Jacquelyn Ku, Joy Zhou and Alexandra Blood

推荐语: 用成长的眼光看孩子, 看自己。



Resources

- **Tips for positive parenting of teens:** <http://www.ahaparenting.com/ages-stages/teenagers/parenting-teens>
- **Conversation starters:** <http://www.ahaparenting.com/parenting-tools/communication/family-discussions>
- **30 ways to connect with your teen:** <http://www.ahaparenting.com/ages-stages/teenagers/tips-bond-close-teen>
- **Books on parenting teens:** <http://www.ahaparenting.com/ages-stages/teenagers/Best-books-parenting-teens>