



COMMUNITY Health Initiative

Parent-Child Connect-2

亲子关系和亚裔青少年心理健康-2

Cixin Wang Ph.D., University of Maryland

主办方: Community Health Initiative

<https://chimd.org/>

Youth EQ class survey link:

https://umdsurvey.umd.edu/jfe/form/SV_26w1cDa6Asgd5xc

重温: Poll

- 青少年的大脑要在____岁才完全成熟
 - Teen's brains (Prefrontal Lobes) are not fully mature yet, and they may struggle with the top-down-regulation of behavior.
- Self-care
- 积极反馈: 消极反馈= 5:1
- 了解我们自己和孩子的优点
FREE VIA character strength survey
- <https://www.viacharacter.org/survey/account/register>

重溫

Dr William Glasser's *Basic Needs*

				
<i>Love & Belonging</i>	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

你是孩子理想中的温暖型父母么？

(Wu & Chao, 2011)

Table A

Factor Loadings and Measures of Fit for Parental Warmth

Parent characteristics	Perceived parental warmth			Ideal parental warmth	
	Chinese American			Chinese American	European American
	First generation	Second generation	European American		
Makes me feel better after talking over my worries.	0.82	0.81	0.87	0.83	0.88
Is able to make me feel better when I am upset.	0.88	0.91	0.93	0.90	0.93
Cheers me up when I am sad.	0.87	0.83	0.91	0.92	0.98
Is easy to talk to.	0.70	0.66	0.80	0.92	0.88
Smiles at me often.	0.85	0.82	0.84	0.82	0.84
Makes me feel like the most important person in the world.	0.64	0.68	0.78	0.88	0.89
Believes in showing her/his love for me.	0.68	0.82	0.82	0.78	0.87
Praises me often.	0.52	0.62	0.73	0.86	0.86

- “An ideal parent is a person who . . .” 1 (not at all like) to 5 (a lot like)
- 差别 Discrepancies:
 - 2nd gen Chinese American = ideal – perception = 4.14-3.12=**1.02**,
 - European American = 4.26-3.68=**0.65**
- Discrepancies in parental warmth were related to greater internalizing symptoms for second-generation Chinese American youth than for their European American peers.

讨论：为什么中国家长较少表扬孩子？

- 找不到表扬孩子的理由
- 文化中的谦虚
- 不想让孩子自大
- 不相信表扬的作用
- 感觉表扬并不真诚/虚伪
- 关于自己小时候的积极误差

为什么要表扬孩子？

- “现在的孩子为什么那么脆弱？我小时候，我的父母不表扬我，看我现在不是也很成功？”
- “我小时候，我的父母经常批评我（体罚我），看我现在不是也很成功？”
- ABC孩子希望家长表扬。
 - ABC孩子更喜欢典型的美国父母教养方式 parental warmth （Wu & Chao, 2005, 2011）
- AA parents prefer criticism over praise to motivate persistence among AA youth as shown in the East Asian belief that “children will stop trying hard if you praise them”. 知耻而后勇
- White parents: **self-enhancing** orientation, prioritizes maintaining children’s self-esteem 孩子只有自信才能成功

为什么要表扬孩子？

- 满足基本需求
- 大脑会分泌更多多巴胺
- 帮助孩子提高动力
- 孩子更有自信和更高的自我评价
- 增加孩子的积极行为
- 帮助孩子学习自我管理
- 明确对孩子的期待
- 表达对孩子的支持

	
Love & Belonging	Power
<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

亚裔孩子遇到的独特的挑战：

少数名族神话 Model Minority Myth

- “You are Asians. You are supposed to get As.”
- “You Asians are supposed to be good at math, xxxx”
- “我的非凡成绩因为种族打了折扣。上高中时，我从来都不为自己感到骄傲，因为人们会说，哦，你又考全A？那是因为你是亚裔，天生的嘛，有什么可骄傲的呢？”
- **文化差别：成绩好的孩子 Nerds vs. popular kids**
- “怎么只考了99分？还有那1分去哪里了？”
- **When Asian students’ academic achievement is not being acknowledged and recognized at school, and Asian parents do not praise them at home, how can Asian American youth find their confidence and identity?**

无条件的爱

- Students in high-achieving schools are now named an “at-risk” group
- “Our job as parents is to help our children feel **unconditionally loved** so their self-esteem doesn’t rest on the splendor of their accomplishments,”
- “The best way to protect a child, Dr. Luthar says, is to keep the **lines of communication open, to set limits and to follow through with them.**”
- 亲子关系和沟通最重要！
- 爱需要用语言表达出来！
 - Vs. Action speak louder than words.
 - 2023春晚：是女儿是妈妈 “所以那句爱你一定要大声地说”
 - https://www.iqiyi.com/v_er7973zjck.html

Broaden-and-Build Theory of Positive Emotions

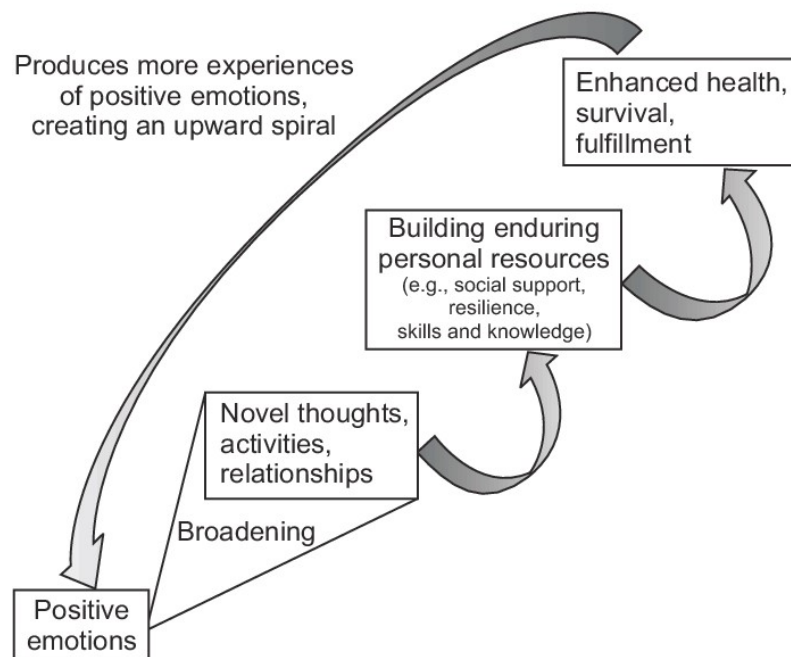
积极情绪扩建理论

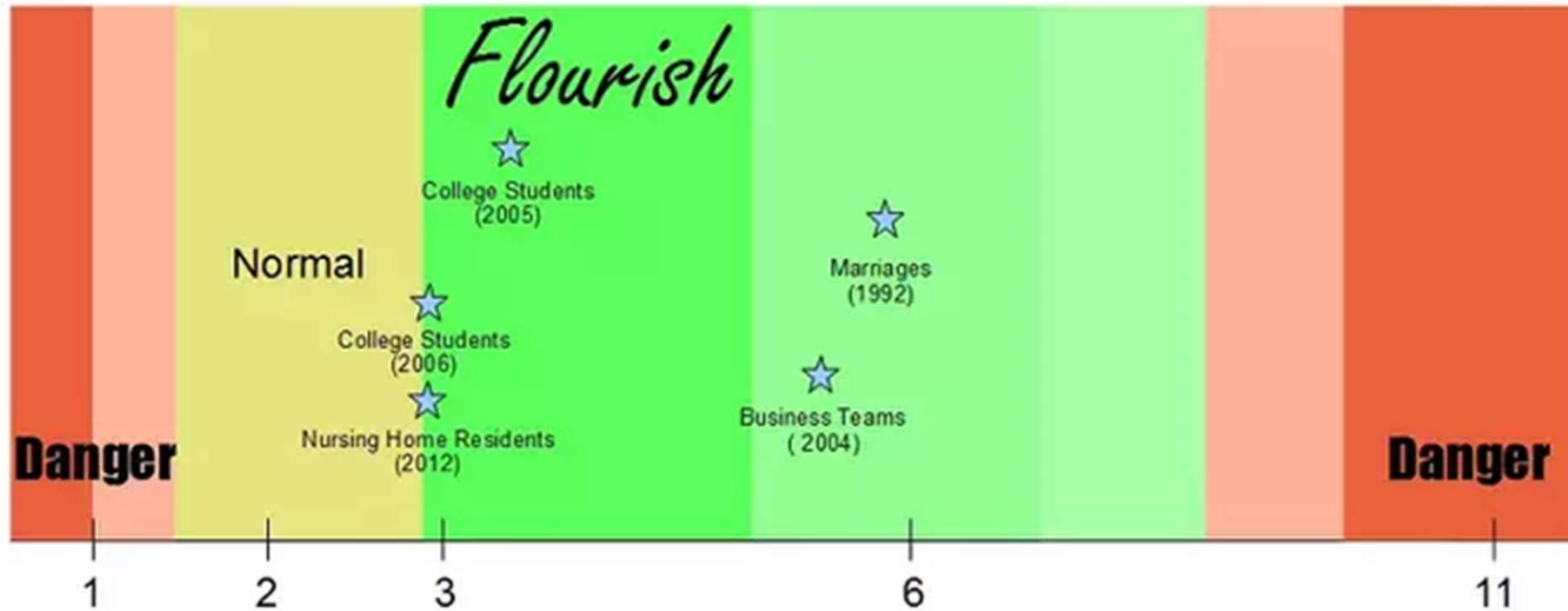
积极：消极 > 3：1

正面的情绪可以拓展人的意识，
鼓励新颖、多样和探索性思维和
行动

→ 构建技能和资源

→ 增进健康和满足感





Losada Ratio= The sum of the positivity in a system divided by the sum of its negativity 系统内积极反馈 / 消极反馈
 A ratio of 3:1-6:1 → high performance.

<https://www.happierhuman.com/losada-ratio/#c3>

老师，我不知道我孩子身上有什么值得表扬的地方？

- 每个孩子身上都有闪光点！

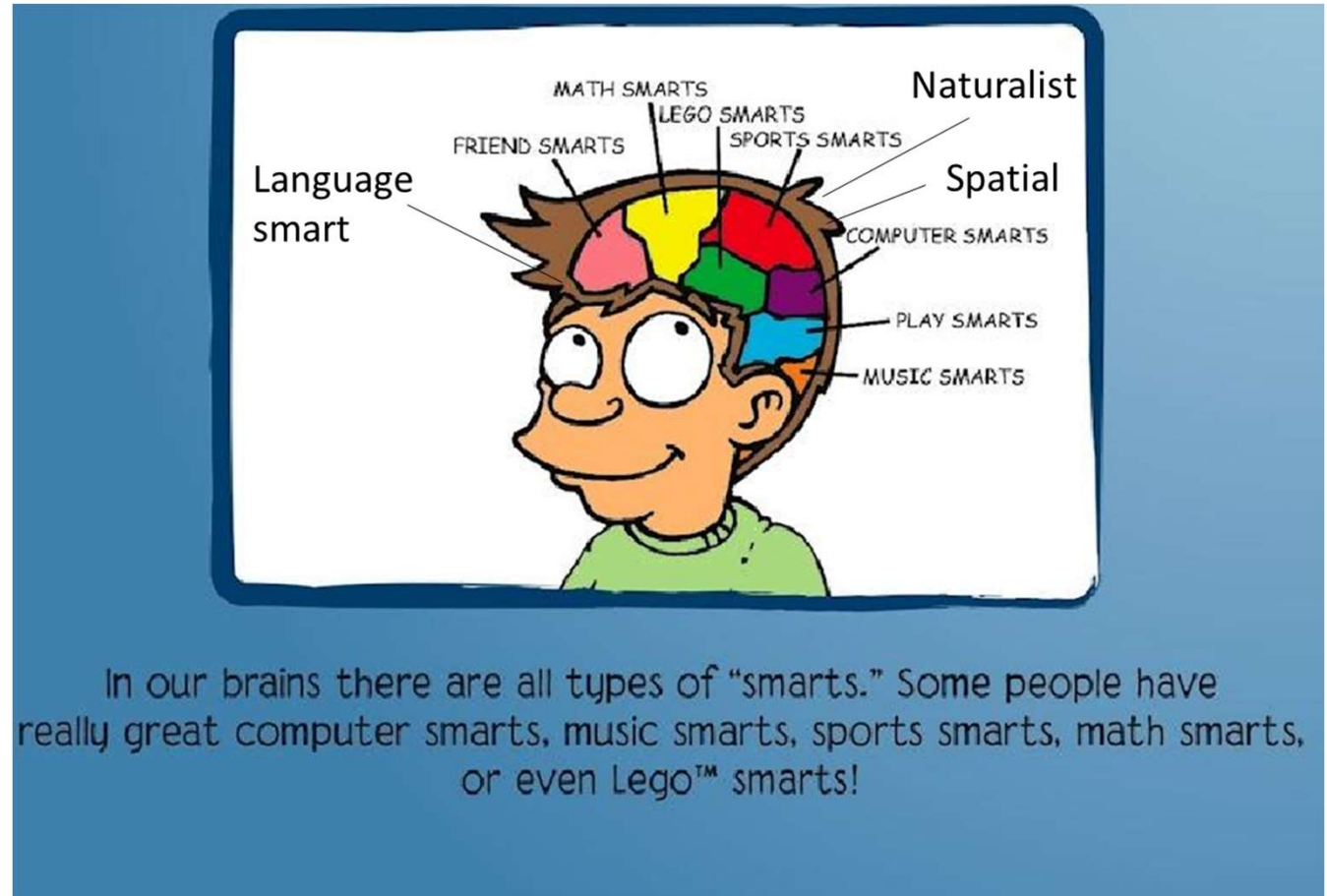
孩子弹钢琴总有好的地方

- “孩子你看这么难的曲子，你都坚持练了一个多星期了，我特别佩服你这种毅力。”

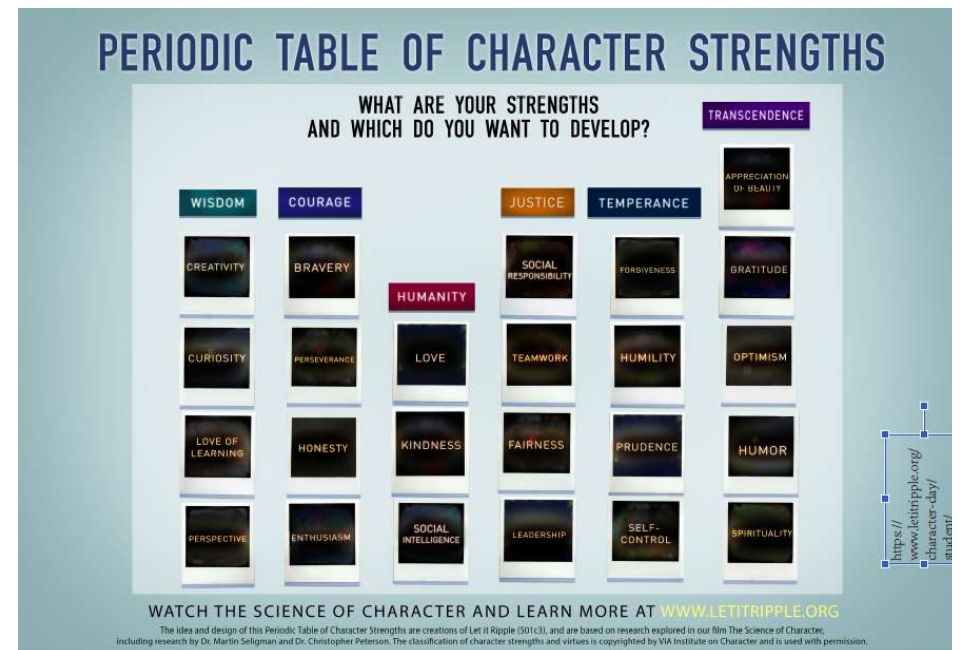
不会弹钢琴的爸爸，每次孩子弹琴时就靠在旁边，用既羡慕又崇拜的眼光看着孩子，然后说“你弹的真好！”孩子就可喜欢弹钢琴了。

你孩子的优点是什么？

- 语言智力
- 逻辑数学智力
- 音乐智力
- 空间智力
- 身体运动智力
- 人际关系智力
- 内省智力
- 自然智力



你孩子的性格強項、優勢是什麼？



<https://www.viacharacter.org/survey/account/register>

不同类型的表扬和鼓励

- 具体描述式的表扬：你做了xxxxxx, 真厉害!
 - 询问式的表扬：你今天这个项目做的真好，你怎么做到的啊?
 - 感谢式表扬：你今天帮助弟弟，真的让我很欣慰!
 - 赋权式表扬：你想做xxx, 我都支持你!
 - 表扬孩子的优点，努力的过程+策略，而不仅仅是“你真聪明”
-
- “and” NOT “but”
 - “你今天作业做的挺好的，但是你从来不...”

不真诚的表扬

“Good job throwing away the trash”

“你扔垃圾扔得很好”

“你能按电梯的按钮，比妈妈聪明多了”

- Teen: condescending. How is this a “good job”? Am I a baby?
- Express parent appreciation for kids help.
 - “Thank you for throwing away the trash”

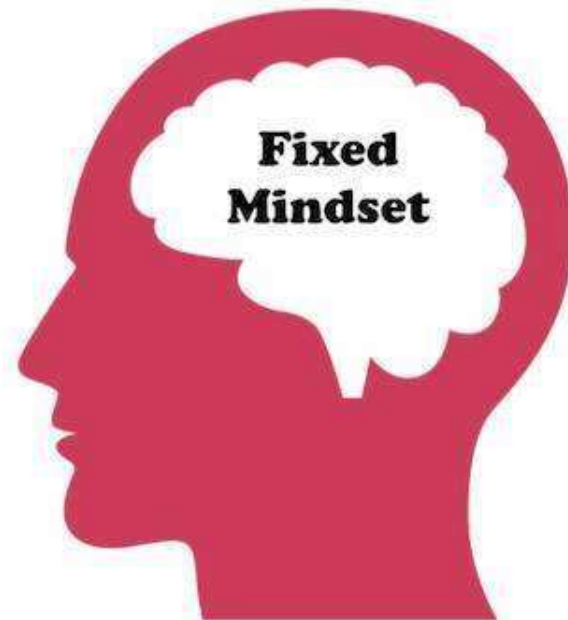
- If you teen does not like your praise, explain your intention and ask them what they would like you say instead. 解释你为什么要表扬
- Do not focus on the final product (winning the game, getting As), focus on the process (how did your teen get there)

表扬努力（可控） vs. 智力（不变） ？

What Kind of Mindset Do You Have?



I can learn anything I want to.
When I'm frustrated, I persevere.
I want to challenge myself.
When I fail, I learn.
Tell me I try hard.
If you succeed, I'm inspired.
My effort and attitude determine everything.



I'm either good at it, or I'm not.
When I'm frustrated, I give up.
I don't like to be challenged.
When I fail, I'm no good.
Tell me I'm smart.
If you succeed, I feel threatened.
My abilities determine everything.

如何表扬青少年

第一步

理解你的孩子

- 了解你孩子的优点
- 努力和能力的关系

第二步

表扬过程
(努力和策略)

- 发现孩子用的策略
- 表扬孩子使用的具体策略

认可孩子人格特质（优点）和使用的策略

1. 描述行为/努力

肯定孩子的行动和努力有助于青少年了解什么是有效的方法，以便他/她将来可以复制自己的成功

2. 认可孩子的优点/积极的人格特质

认可孩子的优点，能力，才能，技能和积极的人格特质，可以帮助孩子识别/了解自己的内在优势。

- “对的，就像我妈妈说的，我是很有毅力的！我可以坚持到底！”

提示 1: 发现孩子用的策略

您可以随时赞美您的孩子。

“你是如何做到的?”

“起初你不会解方程式。现在你可以做出这么难的方程式。你看你进步了这么多。你用了哪些策略?”

“我知道你现在对英语感到沮丧，但我记得去年你对数学有同样的感觉，但最后还是获得了很大的进步。你还记得上次是如何做到的吗?”
(回忆过去成功的经验)

“我想知道你感觉那个部分很难，这才是最需要学习的地方。你想和我谈谈吗?”

1: 发现孩子用的策略

1. 认可他们的行动/努力/策略

“你已经做了这些。”

肯定行动/努力有助于青少年了解什么是有效的方法，以便他/她将来可以重复自己的成功

2. 确认孩子的优势

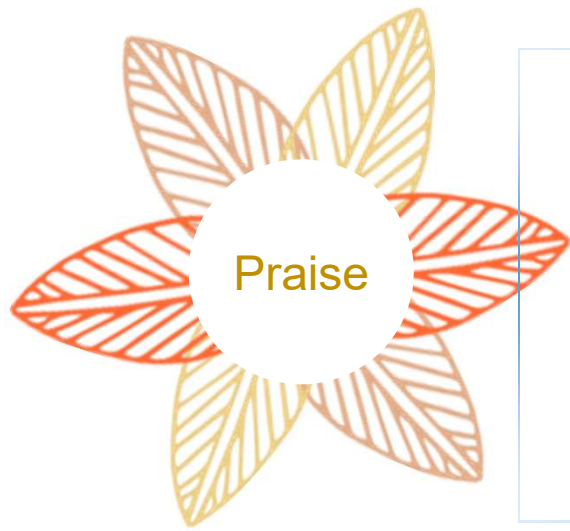
“这些是帮助你成功的优势。”

认可您孩子地策略，才能，技能和积极的人格特质，可以帮孩子认识到自己的内在优势。

2: 要具体和真实：描述行为

A	B
你是最好的音乐家!	你努力练习这首曲子。你一定为自己的进步感到骄傲!
你写的真好!	我喜欢你的文章以描述问题并解释其重要性的方式开始。
你读课文真好!	当你阅读时,我感到很多情感。我感觉我就是故事中的一部分。

对于青少年而言，为什么有时候仅仅表扬努力会无效？



- 一些青少年认为表扬努力反映了老师和家长对孩子能力的低期待。
 - “老师表扬我努力，这说明我不够聪明”。
- 相信高能力的学生比同龄人学习更快，更轻松
- 错误地认为能力和努力的关系是相反的
 - “能力高的学生需要较少的努力来取得成功”
 - “必须努力学习的学生的能力较低”
- 表扬优点，优势, 努力

分组练习：如何表扬孩子？

1. 你的孩子在学校画了一幅很棒的画.
2. 你的孩子取得了很好的考试成绩.
3. 你自己的例子：—————
4. 表扬孩子时遇到的困难？

- 具体描述式的表扬：你做了xxxxxx, 真厉害！
- 询问式的表扬：你今天这个项目做的真好，你怎么做到的啊？
- 感谢式表扬：你今天帮助了弟弟，真的让我很欣慰！
- 赋权式表扬：你想做xxx, 我都支持你！
- 表扬孩子的优点，努力的过程+策略，而不仅仅是“你真聪明”

A decorative border surrounds the page, featuring repeating patterns of stylized, colorful shapes in shades of orange, green, and grey. The patterns are arranged in a grid-like fashion, with some elements appearing as if they are part of a larger, repeating design.

练习

孩子在学校画了一幅很棒的画.

“你使用了你的创造性[优势] 运用了这么做的颜色[行为].”

“这幅画很细致[行为]. 我可以看出你有非常好的观察能力 [优势].”

举例

- 你的孩子取得了很好的考试成绩.

“即使你很累并且想玩电脑游戏，你有很好的毅力[优势]，坚持认真复习了两个星期[行为]。”

“我真的很佩服你做计划的能力[优势]，而且有问题还及时赵老师[行为] ---所以获得了一个好成绩。”

Our Success Formula:

Active Listening, Good communication

+

Asking Effective Questions

+

I Statements

=

A stronger relationship with your child!



Open Communication 开明沟通的父母

Factor Loadings and Measures of Fit for Parental Open Communication W

Discrepancies: 2nd gen Chinese = $4.21 - 3.12 = 1.10$, European = $4.20 - 3.53 = 0.70$

Parent characteristics

I can discuss my beliefs with my parent without feeling restrained or embarrassed.

It is very easy for me to express all my true feelings to my parent.

If I were in trouble, I could tell my parent.

I am very satisfied with how my parent and I talk together.

I openly show affection to my parent.

I find it easy to discuss problems with my parent.

My parent is always a good listener.

My parent tries to understand my point of view.

When I ask questions, I get honest answers from my parent.

Goodness of fit estimator

你如何知道别人是否在倾听？

倾听（肢体信号）	倾听（言语信号）	不倾听（肢体信号）	不倾听（言语信号）

Student voices

- **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.”



Why Is Active Listening Important?

1. Shows your child they are worthy of your attention
2. Helps your child gradually learn to solve problems on their own
3. Builds your relationship with your child by showing your support



Tips for Active 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



Tips for Active Listening :

- Aim to listen with an open, non-judgmental mind
- Acknowledge your child's feelings
 - This is hard, and you do not have to agree with everything your child says!
- Just do your best to listen and try to understand your child's perspective without inserting your opinions yet

Listening without judgement

- Child: Nike just came out with a pair of new shoes!
- Mom: You already have a pair of Nike. You always want new things!

Child: Nike just came out with a pair of new shoes!

Mom: Really?

Child: I want a pair too.

Mom: Oh, you want a new pair of shoes. Tell me more about this new shoes. How is it different?

孩子：耐克出了一款新跑鞋。

妈妈：是吧？

孩子：我也好想有一双。

妈妈：哦，你想有一双新跑鞋。

Compare: How do these two responses make the child feel?

如何说更好?

- Child: Mom, Derik's parents got a divorce. He has been skipping school this week.
- Mom: I told you to not hang out with Derik. He is a trouble maker. Hang out with Tom. He is a good student.
- How does this make the child feel?
- What can Mom say instead?

- 孩子：妈妈，Derik的父母离婚了，他最近老是逃课。
- 妈妈：哎呀！是吧？
 - 你听上去有点担心他。
 - Derik一定挺伤心，总是逃课也不是办法，我们可以做点什么帮助他吗？

- Child: Mom, Derik's parents got a divorce. He has been skipping school this week.
- Mom: Really?
- Child: Yes.
- Mom: Sounds like you are worried about Derik.
- Or Mom: You seem worried about Derik. Is there anything we can do to help him?



Paraphrasing 有效的复述

- Try to paraphrase what your child seems to be feeling or thinking about a situation, and validate that it's okay for them to feel this way:
 - “I can understand why this makes you so upset.”
 - “You seem pretty disappointed by this news.”
 - “It's okay if you're angry right now.”



分组练习： Try listen nonjudgmentally and paraphrase in breakout room with your partners

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

Something new you learned today? Something you found really helpful?

今天讨论的哪些对您是有帮助或者启发的？

Feedback **Poll**

