

Loving Your Child

爱子之心

Maslow's Hierarchy of Needs

马斯洛需求层次

Physiological Needs

生理需求

Esteem Needs

尊重需求

Safety Needs

安全需求

Self-Actualization

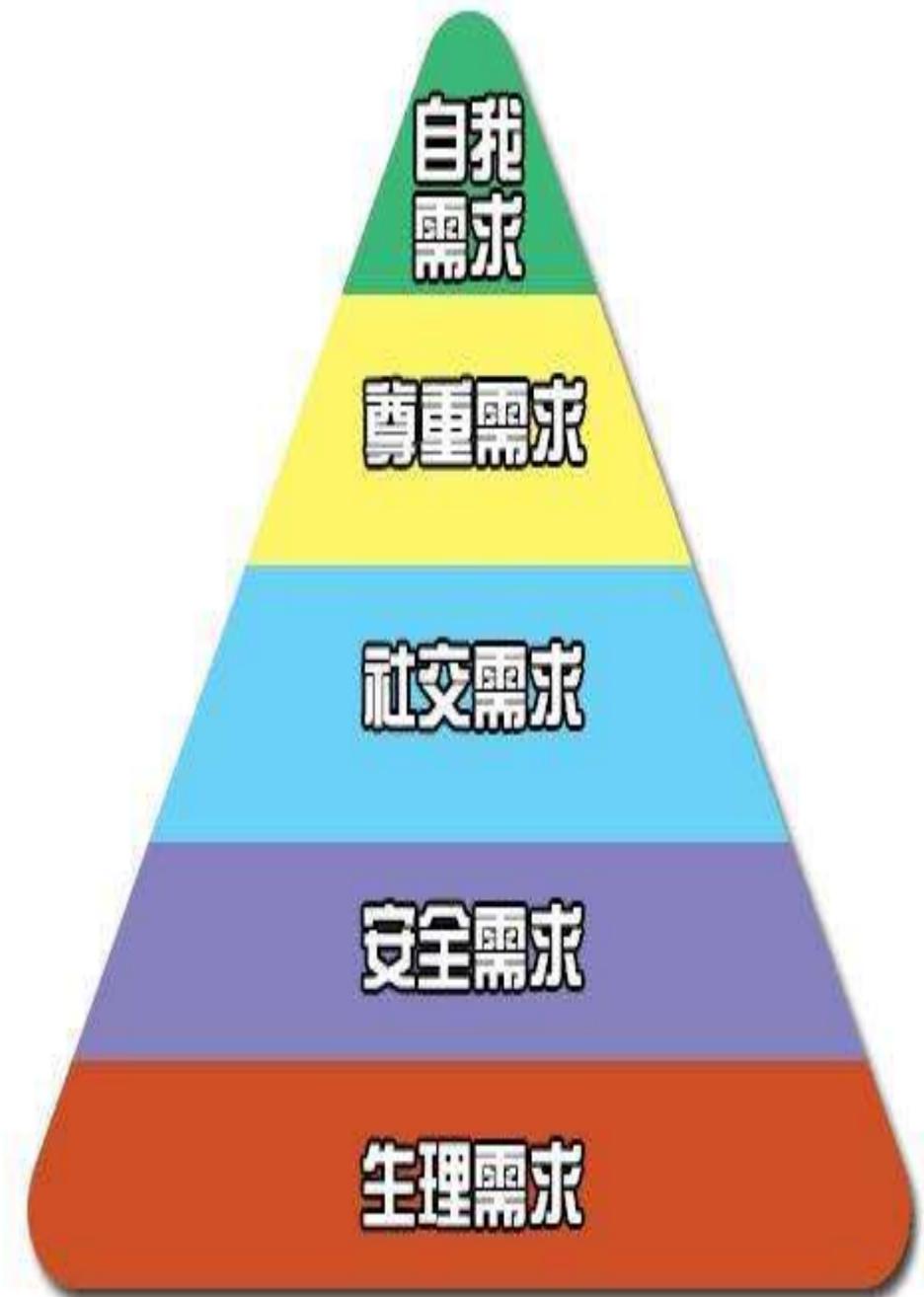
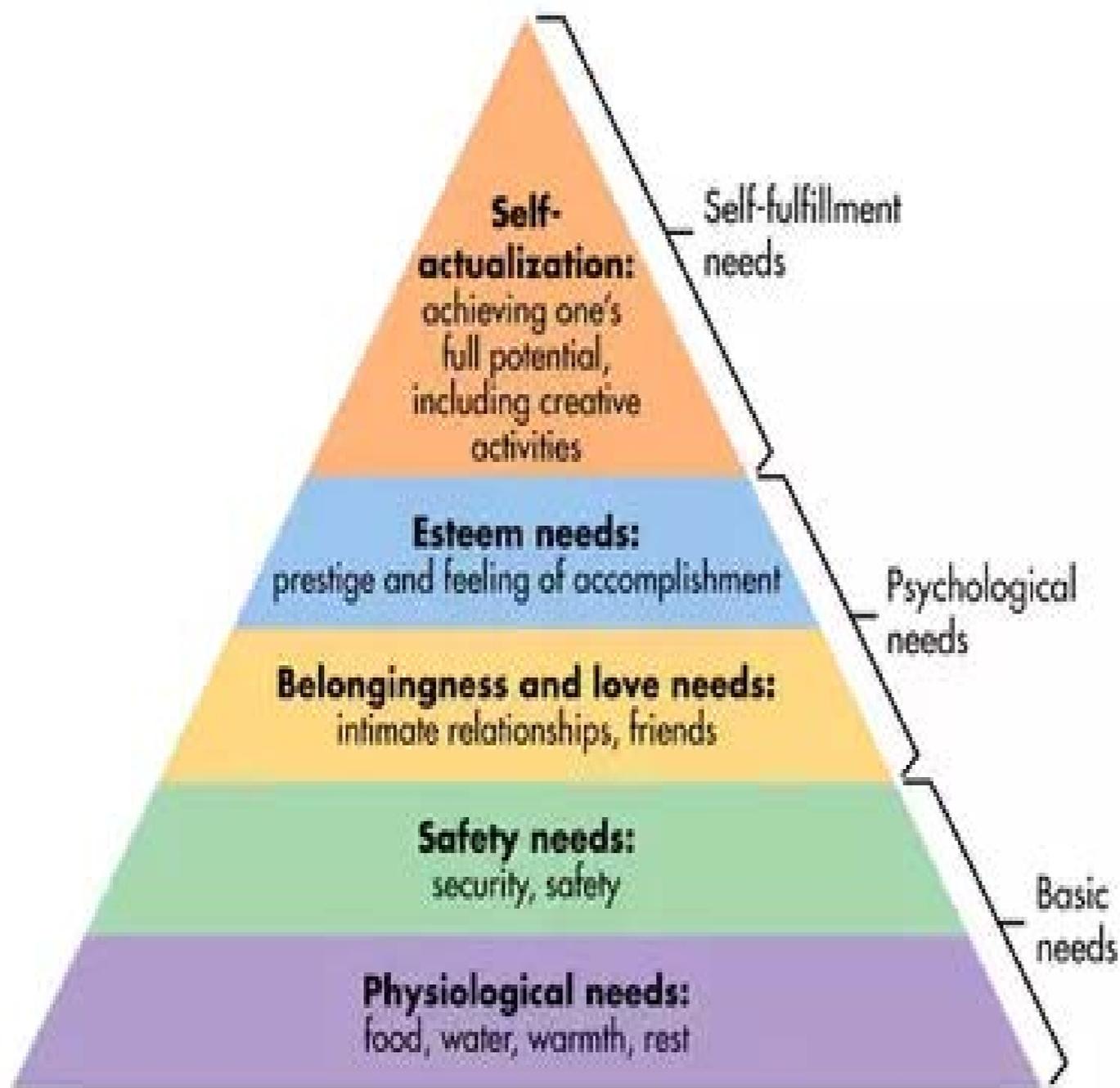
自我需求

Belongingness needs and Love needs

社交需求

Maslow's Hierarchy of Needs

马斯洛需求层次



The value of a nurturing home environment

培养家庭环境的价值

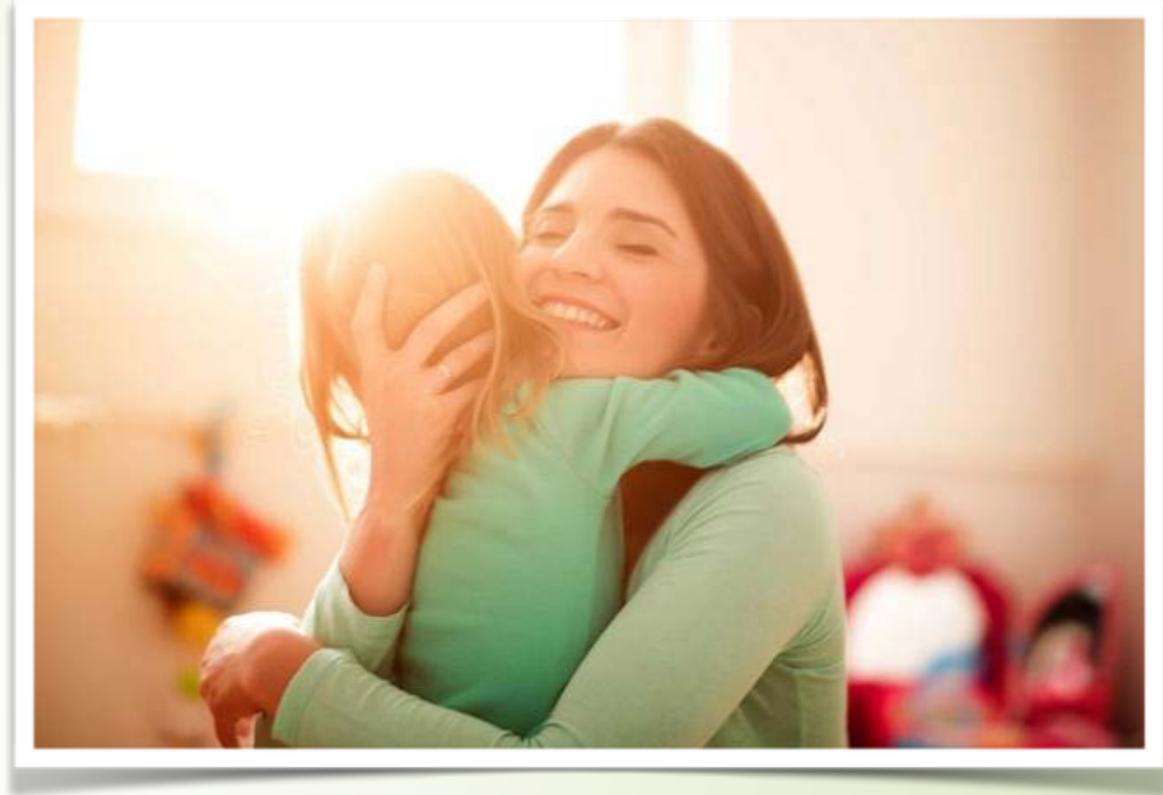
- ▶ Home is where the heart is
家是心的归属
- ▶ Safe and secure
安全可靠
- ▶ A sense of belonging – family
归属感 - 家
- ▶ 75% of their young lives will evolve from the home environment / 25% at school
孩子青少年时期有四分之三的时间是在家庭环境中度过的，四分之一的时间在学校。
- ▶ Allow for communication channels to be open in a child friendly way
给孩子提供一个开放友好的沟通渠道



The importance of touch

肢体接触的重要性

- Developmental and Progressive
- 循序渐进
- Skin to skin (baby)
- 脸贴脸（婴儿期）
- Tickling and play (rough and tumble)
- 戏耍（快速，可以让孩子打滚）
- Rub on the back
- 抚摸后背
- Praise – high 5, fist pump – child friendly ways as they grow up
- 鼓励 – 击掌，鼓气 – 在孩子成长过程中用适合孩子的方式对待他们
- Hug
- 拥抱
- Impromptu massage – shoulder, neck, hand, feet (when younger)
- 适时抚摸 – 肩颈，手，脚（少年期）



Order over Chaos

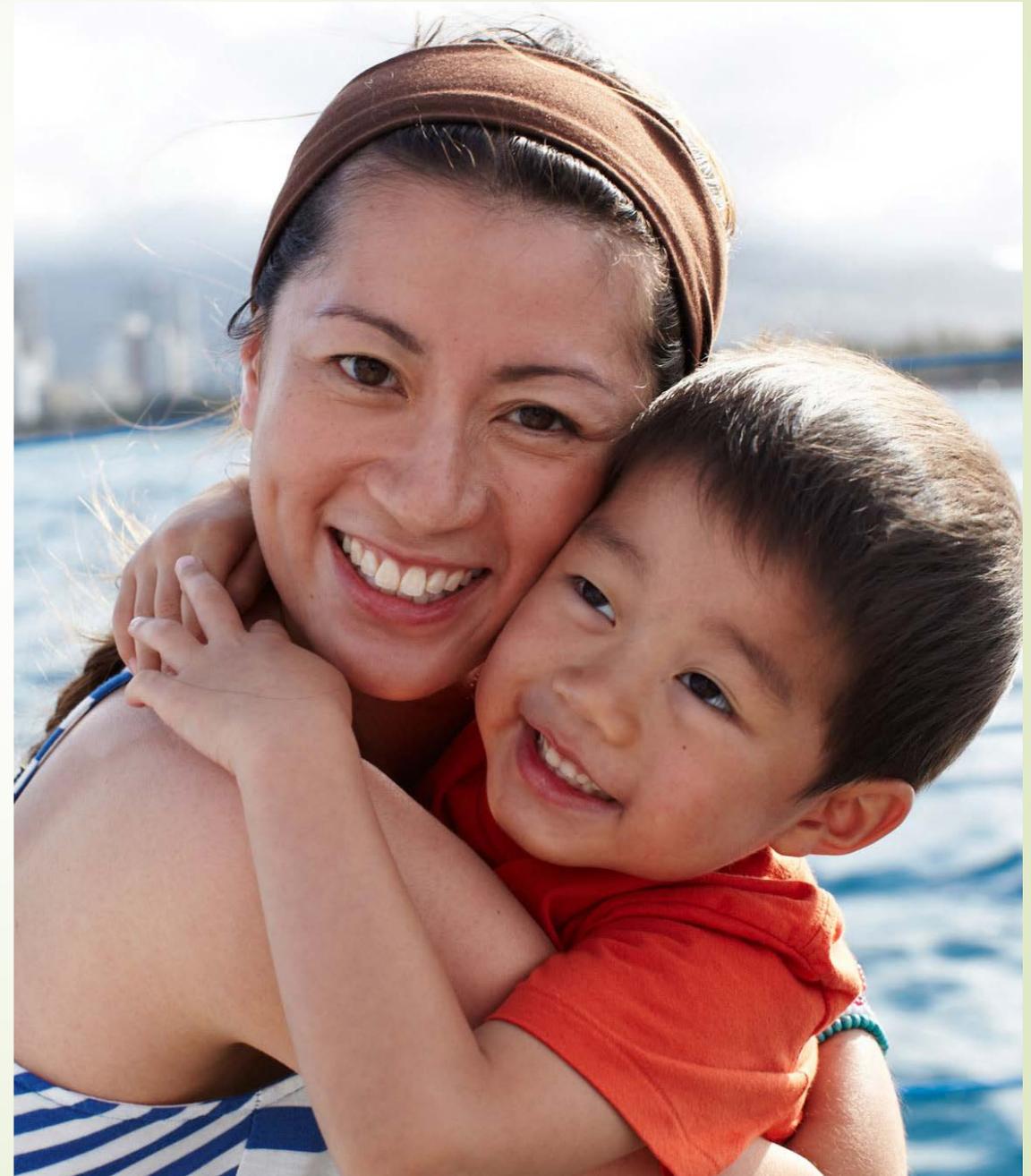
让生活井井有条

- Daily routines help our children make sense of the world
- 规律的日常起居能帮助孩子建立对世界的认知
- Safe feelings arise from a sense of logic and predictability
- 安全感源自逻辑和可预测性
- SLEEP – the importance and value of consistent, daily routines which allow for 9,10,11 hours of sleep especially on school nights
- 睡眠 – 每天，尤其是在上学期间，坚持9/10/11个小时的睡眠时间很重要
- The value of rest and recuperation at regular points working in tandem with hard work and practice
- 努力学习和练习，需结合适当的休息和活动



What brings your child joy? 什么能让孩子快乐？

- Focus on strengths (praise naturally, celebrate)
关注孩子的长处（自然地奖励、祝贺）
- Setting your child up to succeed
帮孩子做好成功的准备
- Prioritising your child at a set time each day/week to focus on their successes
每天/每周在设定的时间优先考虑孩子，关注孩子们的成功
- Knowing your child
用心去了解自己的孩子



Tough Love

爱之深

- ▶ Every cloud has a silver lining: mistakes = learning
黑暗中总有一线光明：
错误=学习
- ▶ Be consistent: What are you trying to teach your child? Are you reinforcing this each time?
要坚持：你要教孩子什么？
每一次都有强化该点吗？



Reaffirm ~ Encourage

强调 ~ 鼓励

Reaffirmative messages
- let your child know
they are loved, they are
special, they have
potential, they are good

不断地告诉孩子们 – 让他们知道有人爱他们，他们独一无二、潜力无限，他们是很棒的。

Growth mindset

心态发展

Learning the hard way

学会走艰难的路



Growth Mindset Talk

心态发展对话

What can I say to myself?

我能对自己说些什么呢?



I'm not good at this _____

我不擅长做这个

I can't do this yet.

我目前还不能做这个。

I give up _____

我放弃了

I'll use some of the strategies I have learnt.

我会使用一些我学到的策略。

It's good enough _____

这个已经足够好了

Is this my best work yet?

这是我目前为止最好的作品吗?

I made a mistake _____

我犯了一个错误

This was my first attempt in learning.

这是我第一次尝试学习。

This is too hard _____

这个太难了

If something is hard, it means I'm learning!

如果某件事情很难，那意味着我在学习!

I'm really good at maths _____

我真的很擅长数学

I understand this because I have been practising.

我理解这个是因为我一直在练习。

I will never be as clever as them _____

我永远不会像他们一样聪明

I'm going to find out how they do that.

我要去了解他们是如何做到的。

I can't do this _____

我做不了这个

This is going to take time and effort to master.

掌握这个需要时间和精力。

I can't make this any better _____

我不能再做到更好了

Improvements can always be made.

永远都有可以改进的地方。

They can't do it _____

他们做不到

How can I help them to understand this?

我怎样才能帮助他们理解这个呢?



visit [twinkl.com](https://www.twinkl.com)

Addressing behaviour 明确行为规范

Set up your systems in
advance

提前建立好要求规范

Praise as a default

时刻表扬

Dealing with behaviour -
name the behaviour don't
judge the child

处理行为表现 – 评价行为本
身而非评判孩子



Mirroring Values

镜像价值

Mirroring - we are a mirror for our child. Speaking poorly of others/ demonstrating anger etc will be reflected by and in them

影子 - 我们是孩子的榜样。说别人的坏话/乱发脾气等等会潜意识地影响到孩子

Conversely, spending time as a family, using respectful language, speaking Kindly of others, taking turns will also be reflected by and in them

相反地，多些亲子时间、文明用语、多称赞他人等，同样也会在不经意间影响孩子



Put it down 把它放下

- Digital Technology - putting down our devices
- 电子科技产品 – 放下我们的电子设备
- Be present
- 陪伴
- The value of dedicating quality time to your child. 20 minutes with no distraction will be far better than 1 hour with interruptions.
- 花时间陪伴孩子的意义。用20分钟专注陪孩子胜过陪孩子的1小时中不断被各种事情打断。



Activity

活动

1. Look at the following cards – please put them in an order of value to you as a parent.

看看以下的卡片 -

请从家长的角度按照重要性排序

2. Now put the cards in an order of value from your child's perspective

现在从孩子的角度按照重要性排序

3. Was there any difference?

有什么区别吗？

Play a board / card game with your child



Cook together with your child and allowing them to do taste tests including licking the spoon



Go for a walk with your child



Having a bath with a young child < 5 or providing water play plastic beakers/cups for them at bathtime



Inviting a friend to play with your child



Making sure your child completes their school homework



Watching TV or a film together



Going shopping with your child



Give your child Ipad time



Allowing them to watch TV or a film on their own



Questionnaire

问卷调查

As a parent, I believe my greatest strengths are:

作为家长，我相信我最大的优势在于：

As a parent, the questions I have about raising my child to the best of my abilities are:

作为家长，尽我所能养育孩子的过程中我遇到的问题有：

I would appreciate further information or training on:

我希望学校在今后能提供哪些育儿培训

- Children's development (2-5 years) 2至5岁的儿童发展教育
- Children's development (5-8 years) 5至8岁的儿童发展教育
- How to positively discipline my child 我该如何正面管教孩子
- Healthy routines and habits 如何培养常规和习惯
- Connecting with my child through play 如何通过游戏建立与孩子的沟通机制
- Other, please specify 其他讲座，请您陈述：

Anything else to add or ask 其他需要提出或咨询的问题：

