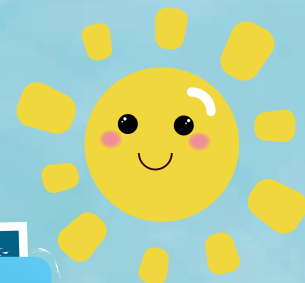




聖公會呂明才中學
SKH Lui Ming Choi Secondary School



Love My Children



父母是我們孩子最好的夥伴，也是支持的重要來源。並且，至關重要的是，他們必須將失敗視為成功實現自我卓越（Personal Best）的踏腳石。以下是考試後與孩子交流的有效方法。

使用「愛的語言」，在「愛中管教」

愛裡沒有懼怕，愛既完全，就把懼怕除去，因為懼怕裡含著刑罰；懼怕的人在愛裡未得完全。

約翰一書 4:18

應做 ✓

1. 積極聆聽，讓子女多講自己的看法，體諒子女的困難。
→例如「我知你好辛苦」、「我睇到你好努力」等。
2. 讓向子女表達接納他的擔心和憂愁，讓子女感到你是同行者。
→例如「我聽到你感到這些科目很難，好擔心！我有甚麼可幫你呢？」。
3. 以身作則，冷靜從容，子女也會因而鎮定下來。
4. 多發掘和肯定子女的長處，讓他覺得自己有價值。
→例如「這次考試確實不理想，但起碼你明白需要在什麼方面多努力」。
5. 幫助子女建立良好學習習慣，正面說「不」。
→例如「我知道你想…，不過…」、「若你不想再出現類似情況，不如試試…」。

不應做 ✕

1. 阻止子女表達負面情緒。
→例如「不應抱怨」、「擔心是無用的」、「做人要向前看」等。
2. 當子女表現沒精打采和退縮時，標籤為懶惰和無用。
→例如「你總是這麼粗心」、「你肯定超不過他」等。
3. 不斷追問子女。
4. 急於給予意見和教導。
5. 方寸大亂，情緒失控，不要只顧「一吐為快」，要多從子女角度考慮問題。



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心理學家Gary Chapman提出的「愛的語言」中，列出了五種表達愛的方式。每個孩子內在都有一個情緒箱子，如果當孩子覺得被愛時，較少內在需要匱乏，情緒也會較穩定，施行管教也較容易。希望家長趁著暑假，多陪伴孩子，見證他們成長的步伐。

越言語的愛

愛裡沒有懼怕，愛既完全，就把懼怕除去，因為懼怕裡含著刑罰；懼怕的人在愛裡未得完全。

約翰一書 4:18



五種愛的語言

1. 精心一起的時刻

- ☑ 同在一起：一起做大家感興趣的事，製造你和孩子共同擁有的美好回憶。
例如：一起晚餐、散步、運動等等。
- ☑ 全神貫注：把專注力放在對方身上，花時間跟孩子在一起行事，享受高品質的時光和深入了解。避免一邊使用手機，一邊和孩子傾談。
- ☑ 有質素的對話：在你說話的同時，也用心聆聽孩子的話，了解孩子的感覺，保持眼神的接觸，以及多留意對方的肢體語言。

2. 心思珍貴的禮物

禮物有具體及象徵的意義，它的重要性不在於其價值，而在於送贈者的心意，是孩子真正需要的東西。例如：心意卡、孩子喜歡的食物、文具、衣服等等。

3. 愛心服務的行動

透過善意的舉動表達對孩子的愛。例如：在孩子忙碌時給他一杯熱茶或烹調一頓全部菜式孩子都喜歡的晚餐。

4. 適切的身體接觸

選擇合適的時間、地點、方式，透過不同的身體接觸，例如輕拍肩膀、擊掌 (Give me five) 或一個擁抱，這些都是最直接表達愛意的方法。

5. 肯定的言詞

- ☑ 欣賞的話語：對孩子做的好事或為你所做的事，表達欣賞，培養自信。
- ☑ 鼓勵的話語：從孩子角度去思考事情，了解他的需要，從而給予鼓勵。
- ☑ 仁慈的話語：使用柔和的聲線和語氣與孩子說話。避免經常使用過於強硬的措辭，例如「你應該……」、「不准……」、「不可以……」。





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Love My Children



Parents are our children's best companions and great source of support. Also, it is essential that they can view failure as a springboard towards success in their journey to achieve their Personal Best (PB). The following suggests effective ways to communicate with our children after the exam.

Speak with Love Language, Discipline with Love

There is no fear in love. But perfect love drives out fear, because fear has to do with punishment.
The one who fears is not made perfect in love.

1 John 4:18

Do's ✓

1. Listen actively. Let your children talk more about themselves in order to understand their difficulties.
→ For example, "I know it is tough.", "I know you have worked hard" and so on.
2. Let your children express their worries and bad mood and let them feel that you are a companion.
→ For example, "I understand you find these subjects difficult. What can I do for you?"
3. Lead by example. If you calm down, your children will be calm too.
4. Discover and affirm your children's strengths and make him feel valuable.
→ For example, "The assessment results are not ideal, but at least you understand what you need to work harder."
5. Help your children establish good study habits and say "No" positively.
→ For example, "I know you want to ..., but ...", "If you don't want similar situations to happen, try ...".

Don'ts ✗

1. Prevent your children from expressing negative emotions.
→ For example, "You should not complain.", "It is pointless to worry.", "You need to move on." and so on.
2. Label laziness and uselessness when your children are feeling upset.
→ For example, "You are always so careless", "You are not as good as other." and so on.
3. Keep asking questions.
4. Too quick to teach and give advice.
5. Lose your temper. For example, don't keep shouting at your children. You should think from your children's perspectives.



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Love My Children

The "Love Languages" proposed by psychologist Gary Chapman lists five ways to express your love to your child. Every child has an emotional box inside. If your child feels loved, there is less inner need. Thus, their emotion will be more stable, and it will be easier to discipline him/her. We hope that you can make good use of the time during the summer holiday to accompany your child and witness his/her growth.

Love Beyond Words ♥

There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love. 1 John 4:18



Five Love Languages

1. Quality Time

- ☒ **Togetherness:** Do things that are of interest to everyone, and create beautiful memories that you and your child have together. For example, having dinner together, strolling, playing sports, etc.
- ☒ **Focus:** Put the focus on your child. Spend time with the child to enjoy some quality time and deepen the understanding of each other. Avoid using your mobile phone while talking to your child.
- ☒ **Quality dialogues:** While you are talking, listen carefully to the child's words. Understand the child's feelings by maintaining eye contact. Also, pay more attention to the body language of your child.

2. Receiving Gifts

The gift has specific and symbolic meaning. Its importance is not in its value. It is the love of the giver that counts. The gift should be what the child really needs. For example, cards, foods that your child like, stationery, clothes, etc.

3. Acts of Service

Express your love for your child through acts of kindness. For example, give him a cup of hot tea when he is busy or make dinner with all your child's favourite dishes.

4. Physical Touch

Choosing the right time, place, and way to express your love through different physical contacts, such as patting the shoulder, high five (Give me five), or a hug. These body languages are the most direct ways to express love.

5. Words of Affirmation

- ☒ **Words of Appreciation:** Show your appreciation for what your child have done well and what he/she has done for you. Develop your child's confidence.
- ☒ **Words of Encouragement:** Think from your child's perspective, understand his/her needs, and give encouragement.
- ☒ **Words of Kindness:** Use a soft voice and tone to talk to your child. Avoid frequent use of forceful words and phrases like 'You must.....', 'Don't.....', 'You can't.....', etc.

