



聖公會呂明才中學

SKH Lui Ming Choi Secondary School



The 6A positive parenting method is proposed by Dr. Josh McDowell, an expert in family ministry at the Christian Youth Ministry. It is a principle that emphasizes six key elements in parenting: Acceptance, Affection, Appreciation, Availability, Accountability, and Authority. By incorporating these elements into their parenting style, parents can help their children develop a positive self-image, a sense of security, and a strong sense of responsibility.



Acceptance

Parents can show acceptance by valuing and respecting their children's individuality and unique qualities. For instance, if their children have a different opinion or preference, parents can listen and acknowledge their children's perspective without dismissing it.



Affection

To help children feel secure and loved, parents can show affection in many ways, such as hugging, kissing, or expressing love and warmth through words and actions. When children are in an environment filled with love, they will naturally learn to love others.



Appreciation

Giving positive feedback and acknowledging their children's efforts and accomplishments can show parents' appreciation to their children. For example, parents can praise their children for completing a task, making progress, or demonstrating a positive behavior.



Availability

Availability is all about spending quality time with their children, actively listening to their concerns and interests, and being present when their children need support. When a child knows that their parents are willing to spend time with them even if they are busy and cherish the time they spend together, they understand their importance in their parents' hearts.



Accountability

Parents should show accountability by setting clear expectations and consequences for their children's actions. When their children make a mistake, parents should help them learn from it and take responsibility for their behavior.



Authority

Authority is established by parents with clear boundaries and rules for their children, while also demonstrating respect and love. They can explain the reasons behind rules and boundaries and encourage their children to follow them.



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6A管教法

教養孩童，使他走當行的道，就是到老他也不偏離。

(箴言22：6)

6A管教法由基督教家庭事工專家麥道衛博士提出。強調養育子女的六個關鍵要素(6A):接納(Acceptance)、關愛(Affection)、讚賞(Appreciation)、時間(Availability)、責任(Accountability)及權威(Authority)。通過將這些元素融入到父母的教養方式中，他們可以幫助孩子建立正面的自我形象、安全感和強烈的責任感。



Acceptance 接納

父母可以通過重視和尊重孩子的個性和獨特的品性來表示接受。例如，如果孩子有不同的意見或偏好，父母可以傾聽並承認孩子的觀點，而不是忽視。



Affection 關愛

為了幫助孩子感到安全和被愛，父母可以通過多種方式表達愛意，例如擁抱、親吻，或通過言語和行動表達愛和溫暖。當孩子身處充滿愛的環境，自然也懂得去愛別人。



Appreciation 讚賞

給予正面的反饋，認可孩子的努力和成就，可以表達父母對孩子的感激之情。例如，父母可以表揚孩子完成任務、取得進步或表現出積極的行為。



Availability 時間

親子時間就是與孩子共度美好時光，積極聆聽他們的擔憂和興趣，在孩子需要支持時在場。當孩子知道就算父母再忙也樂意花時間陪伴，亦珍惜大家相處的時光，知道自己在父母心目中的重要性。



Accountability 責任

父母應該通過為孩子的行為設定明確的期望和後果來表現出責任。當孩子犯錯時，父母會幫助他們從中汲取教訓，並對自己的行為負責。



Authority 權威

權威是父母為孩子建立的明確的界限和規則，同時也表現出尊重和愛。他們可以解釋規則和界限背後的原因，並鼓勵孩子遵守這些規則和界限。