



SKH Lui Ming Choi Secondary School

聖公會呂明才中學



Love My Children



「盡責」包括履行承諾、竭盡所能和勇於承擔。「責任心」是孩子成長中的重要人格品質，長大後使他們事業成功和家庭美滿。因此，家長必須重視培養孩子的責任心。



學盡責，共成長

主人說：「好，你這又善良又忠心的僕人，你在少許的事上忠心，我要派你管理許多的事，進來享受你主人的快樂吧！」馬太福音 25 :21

1. 培養解決問題的能力

當孩子忘記或未能履行責任時，家長不應該教他怎樣做，而要引導他反思，自行尋找解決方法。

(1) **鼓勵**他面對問題；(2) **分享**你解決類似問題的經驗；(3) **協助**他思考分析問題或定出執行計劃；(4) **陪伴**他面對問題的過程

2. 教孩子學習自我管理

責任感是要透過學習，逐漸養成自動自覺的好習慣。若要培養孩子的責任感，則可以從孩子的日常的生活習慣做起，以下提供3個簡單例子給家長們參考，讓父母們了解如何在日常生活中培養孩子的好品格：

- **管理時間**：讓孩子學習自行規劃回家後的行程，如「做功課」、「休息」、「就寢時間」等。
- **培養習慣**：養成整理的好習慣，睡前將房間整理乾淨、並先準備好第二天上課所需的物品。
- **養成觀念**：教孩子重視自身的行為管理，學習主動向父母報告作業和溫習進度。

3. 肯定孩子的行為表現

教導孩子負責任時，父母們能以鼓勵代替責備，多肯定孩子在學習上的付出與表現，以此幫助孩子建立良好自信。

4. 為孩子樹立好榜樣

孩子會學習家長的言行，若想孩子負責任，家長該為孩子樹立好榜樣。試反思下列問題：

- 我做事勤奮、有條理嗎？我是個守時的人嗎？
- 孩子常常看到我做家務嗎？
- 我會承認錯誤並及時道歉嗎？

參考資料：

1. 香港教育城：https://www.hkedcity.net/parent/development/moral/page_528592b225b719d9130a0000
2. 資優生品格：<https://www.geniuskidgroup.com/knowledge/character-education/3-ways-to-make-children-learn-to-be-responsible>
3. YMCA: <https://www.ymca.org.hk/zh-hant/content/responsibility-%E7%9B%A1%E8%B2%AC>



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Responsibility includes fulfilling promises, doing everything you can, and taking the courage to take it. It is the most important quality that can bring career success and family happiness. Therefore, it is important for parents to cultivate your child's sense of responsibility.



Learn to be responsible and grow together

His lord said to him, 'Well done, good and faithful servant; you were faithful over a few things, I will make you ruler over many things. Enter into the joy of your lord.' Matthew 25:21



1. Cultivate problem-solving skills

If your child forgets and fails to fulfill his/her responsibilities, parents should not teach him/her what to do, but should guide him/her to reflect and find a solution on his/her own.

(1) **Encourage** your child to face the problem; (2) **Share** your experience in solving similar problems; (3) **Assist** your child in thinking and analyzing the problem or formulating an implementation plan; (4) **Accompany** your child to face the problem

2. Teach your children to learn self-management

Learning to be responsible takes time. If you want to help your child develop a sense of responsibility, you can start from his/her habits. The following provides 3 simple examples for parents to teach your child to be responsible and cultivate good character in daily life:

- **Time management:** Let your child learn to plan his/her own itinerary after returning home, such as "homework", "rest", "bedtime", etc.
- **Habit cultivation:** Develop a good habit of tidiness, tidy up the room before going to bed, and prepare the items needed for class the next day.
- **Concept development:** Teach your child to manage his/her behavior, learn to take the initiative to report his/her progress on homework and revision to parents.

3. Affirm your child's behavior

While teaching your child to be responsible, parents can use encouragement instead of blaming your child. Acknowledge your child's dedication and performance in learning, so as to help him/her build self-confidence.

4. Set a good example for your child

Your child will learn the words and deeds of his/her parents. If you want your child to be responsible, you should set a good example for your child. Try to reflect on the following questions:

- Am I hardworking and organized? Am I a punctual person?
- Do my child often see me doing housework?
- Will I admit my mistakes and apologize promptly?

Reference:

1. Hong Kong edcity: https://www.hkedcity.net/parent/development/moral/page_528592b225b719d9130a0000
2. 資優生品格: <https://www.geniuskidgroup.com/knowledge/character-education/3-ways-to-make-children-learn-to-be-responsible>
3. YMCA: <https://www.ymca.org.hk/zh-hant/content/responsibility-%E7%9B%A1%E8%B2%AC>