

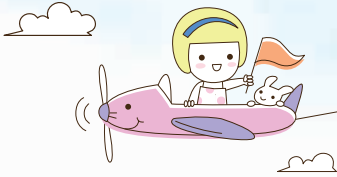


聖公會呂明才中學
SKH Lui Ming Choi Secondary School



Love My
Children

Nurture Your Child with HEART



Train up a child in the way he should go: and when he is old, he will not depart from it. (Proverbs 22:6)

In coronavirus epidemic, students have to adapt to the new learning mode under the new normal. How should parents help their children develop a positive attitude and face various difficulties and challenges in the future? It's all about "HEART"!



Holistic review

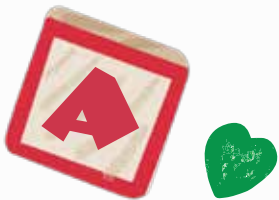
Parents should look at their children from a holistic and comprehensive perspective, rather than just evaluating their children with the results of certain subjects. They should appreciate the uniqueness of their children's academic performance, personality, abilities, etc.



Emotion

Parents should listen and accompany their children more. Try the following methods to help children manage their emotions:

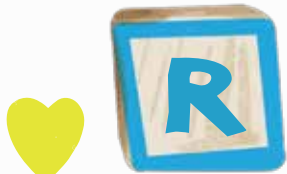
- Express your understanding and make your children feel that you are a companion
- Respect your children's and privacy
- Actively listen to your children when they share their views



Action

Learning is very diversified. It can be exploring different subject matters or learning new skills. It is important for parents to encourage their children to take actions and persist in achieving their goals. We can explain what persistence is as follows:

- Complete a task without stopping or giving up quickly despite setbacks, challenges or obstacles
- Willingly to spend time on a task without easily distracted



Response

The book "Positive Discipline" reminds parents to use a kind but firm attitude when facing their children's misbehavior. Being kind is because we always love and accept our children; being firm is because we don't compromise or give in to our children's misbehavior.



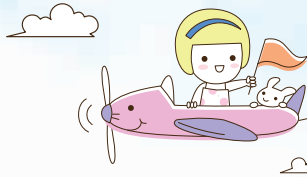
Tolerance

Learning is definitely a process of ups and downs. Parents must tolerate their children's mistakes and imperfections. Be open-minded and accept that your children make mistakes occasionally. It will allow them to learn from their mistakes and improve themselves.





用心教養孩子



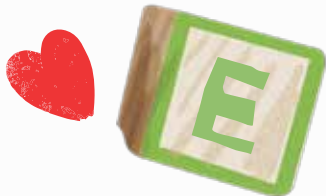
教養孩童，使他走當行的道，就是到老他也不偏離。
(箴言22：6)

因新冠病毒疫情影響，在新常態下，同學們要適應新的學習模式，家長應如何幫助子女培養積極的態度和面對日後各種困難和挑戰？讓我們用「HEART」（心）這個單字，分別拆開來說明：



Holistic review (整體評價)

家長應從整體、全面地去看子女，看子女的優點，而不是只用某幾科成績去評價子女，可欣賞子女學科、性格、才能等多方面的獨特之處。



Emotion (情緒)

家長應多聆聽和陪伴，可嘗試下列方法幫助子女去管理自己的情緒：

- ◎向子女表達接納他的擔心和憂愁，讓子女感到你是同行者
- ◎尊重他的空間，但若他需要傾訴，你願意聆聽
- ◎積極聆聽，讓子女多講自己的看法



Action (行動)

學習是很多元的，可能是探究一個學科的問題或是學習某種技能，最重要的是鼓勵子女拿出行動，堅持實踐所制定目標。我們可以簡單用以下的行為解釋什麼是堅持：

- ◎堅持完成一項任務，不停止或迅速放棄，面對挫折、挑戰或障礙，依然繼續努力工作
- ◎願意花時間在一項任務上，且不會輕易分心



Response (回應)

《正面管教》一書提醒我們當家長面對子女一些行為問題時，我們應該用和善但堅定（kind but firm）的管教態度去對待子女。和善的表達是因為我們永遠愛和接納我們的子女；堅定是因為我們是有原則的父母，不會對子女的問題行為作出妥協或讓步。



Tolerance (包容)

學習絕對是一個高高低低的過程，在這個過程中家長要容忍子女會犯錯，包容不完美。抱持開放的心態，接納子女在面對較大的生活改變時一時未能習慣、偶然失預算或犯錯，也可讓子女從中汲取經驗和改進自己。

