



## 搭起心的橋樑

如何與孩子建立"心"的關係, 來塑造孩子的自尊, 自信, 同理心, 社交能力, 情緒智商, 學習及應變能力


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# The Heart is Essential“心”之重要性

## 箴言 Proverbs 4:23

- 你要保守你心，勝過保守一切，因為一生的果效是由心發出。(Union)
- 要謹守你的心，勝過謹守一切，因為生命的泉源由此而出。(New Version)
- 要一絲不苟地守護你的心，因為生命之泉從心中湧出。(CCB)
- Keep your heart with all vigilance, for from it flow the springs of life. (ESV)
- Guard your heart above all else, for it determines the course of your life. (NLT)
- Above all else, guard your heart, for everything you do flows from it. (NIV)





Sometimes I feel like my mom should listen to me more. I try to tell her about my day and she says she's busy and she goes back on her phone.

Wish dad was more involved because it is boring without him

Not a debate (argument) but a discussion – mutual respect

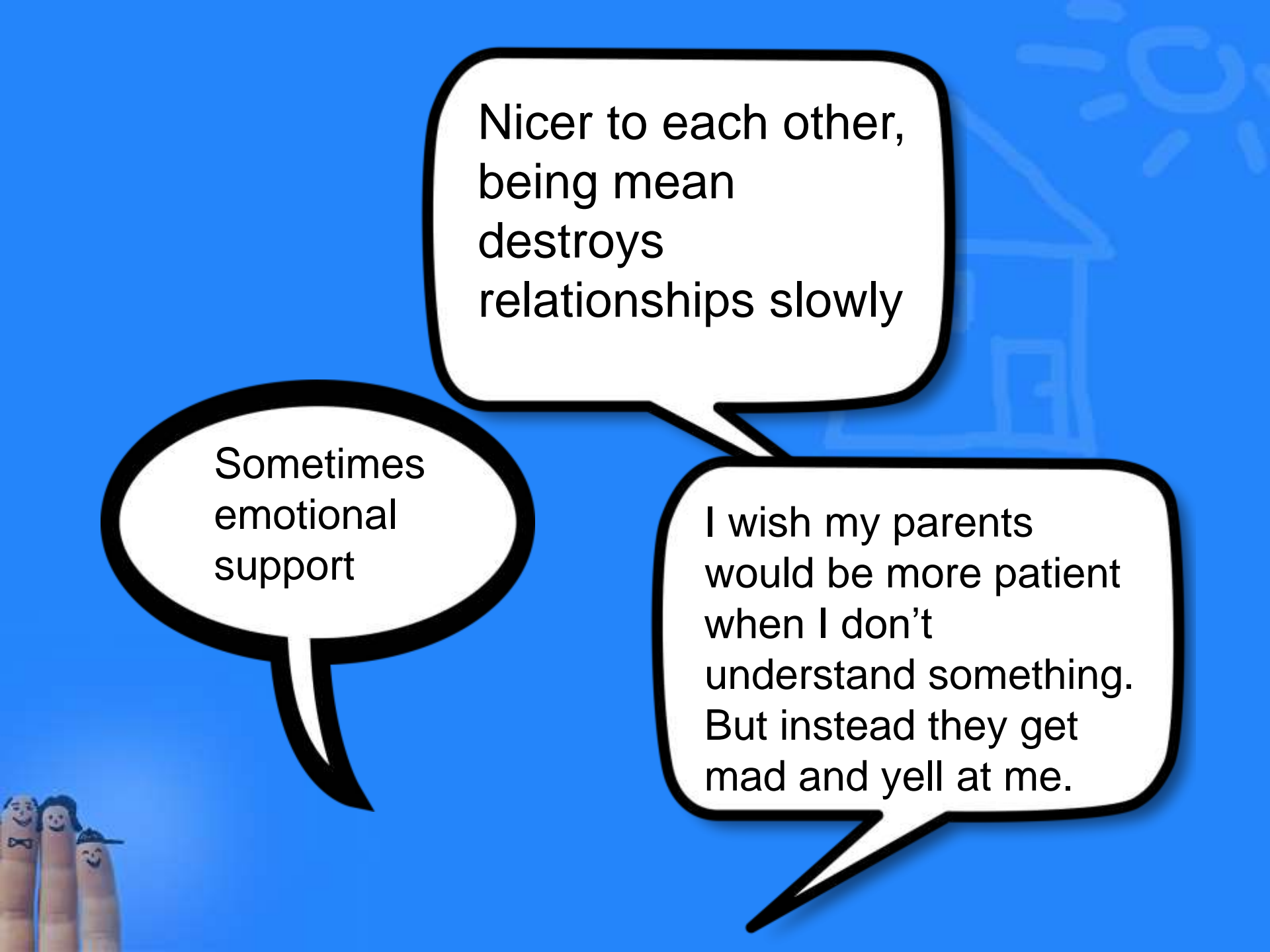
More things to talk about (e.g. spiritual life)

# Relationships are Essential

## “關係”之重要性

- The greatest commandment: Love the Lord your God, and love your neighbor as yourself  
你要全心、全性、全力、全意愛主你的 神，並且要愛鄰舍如同自己 (路加福音 10:27)
- Attachment Styles impacts **how we love and how we receive love**  
依附類型影響我們如何愛和被愛





Nicer to each other,  
being mean  
destroys  
relationships slowly

Sometimes  
emotional  
support

I wish my parents  
would be more patient  
when I don't  
understand something.  
But instead they get  
mad and yell at me.



# Attachment Styles 依附類型

- Relationships shape our view of ourselves and of others 人際關係會塑造我們對自我和他人的觀念
  - Am I lovable? Am I capable to get my needs met?  
我是可被愛的嗎？我有能力滿足自我的需求嗎？
  - Are others reliable and trustworthy?  
他人是可靠和可信任的嗎？

**Secure**  
安全型



**Avoidant**  
逃避型



**Ambivalent**  
矛盾型



**Disorganized**  
紊亂型





# Secure Attachment 安全型



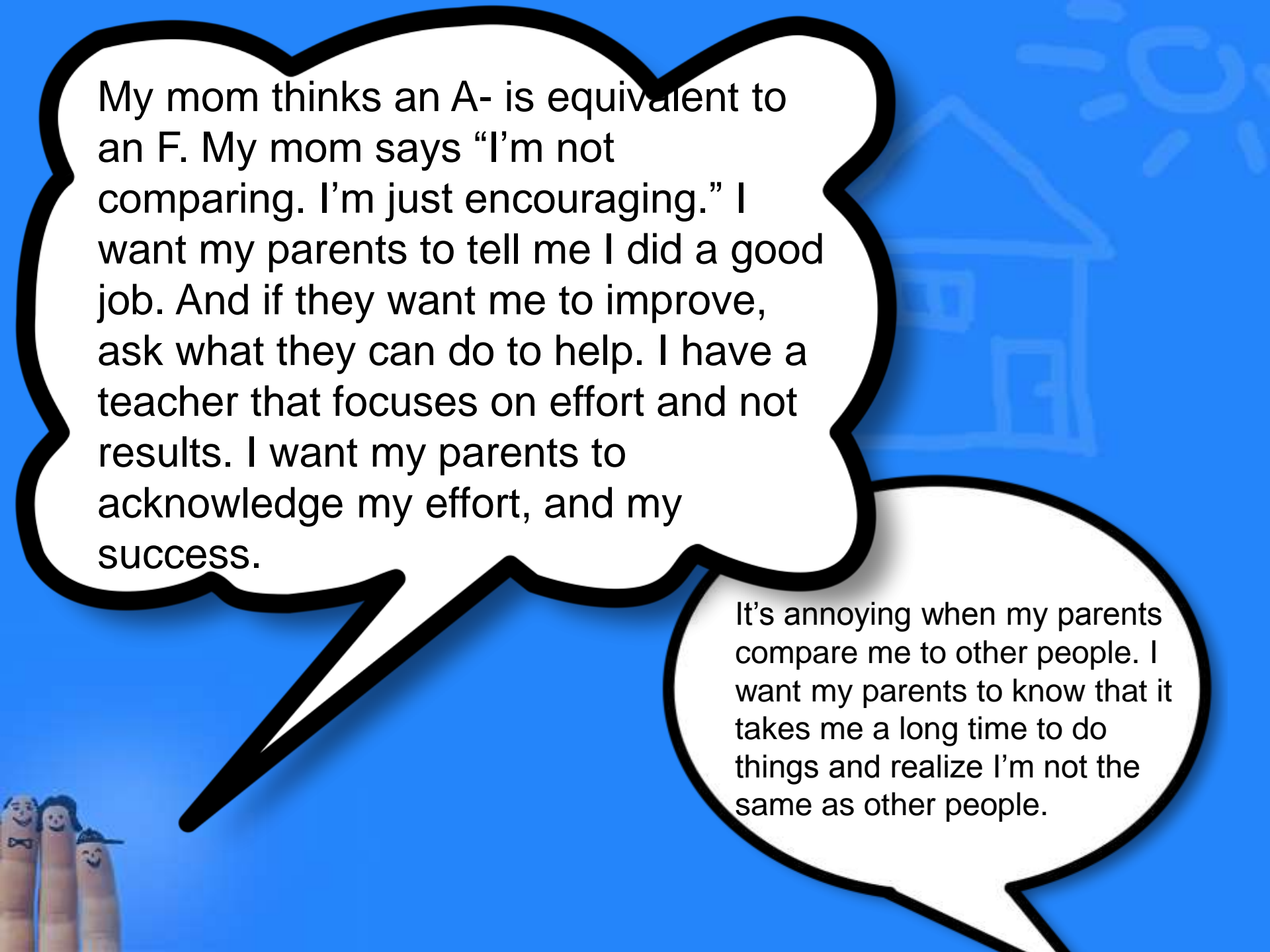
*Experience growing up* 成長經歷

- needs were cared for and responded to  
需求有被關懷和回應

*How they relate to others* 如何與他人互動

- able to give and receive love  
能給予和接收愛





My mom thinks an A- is equivalent to an F. My mom says “I’m not comparing. I’m just encouraging.” I want my parents to tell me I did a good job. And if they want me to improve, ask what they can do to help. I have a teacher that focuses on effort and not results. I want my parents to acknowledge my effort, and my success.

It’s annoying when my parents compare me to other people. I want my parents to know that it takes me a long time to do things and realize I’m not the same as other people.



# Ambivalent Attachment 矛盾型



*Experience growing up 成長經歷*

- inconsistent care  
多變不可靠的照顧
- Intrusive  
侵擾

*How they relate to others 如何與他人互動*

- anxious 焦慮
- fears abandonment 怕被遺棄
- angry 憤怒



# Avoidant Attachment 逃避型



*Experience growing up 成長經歷*

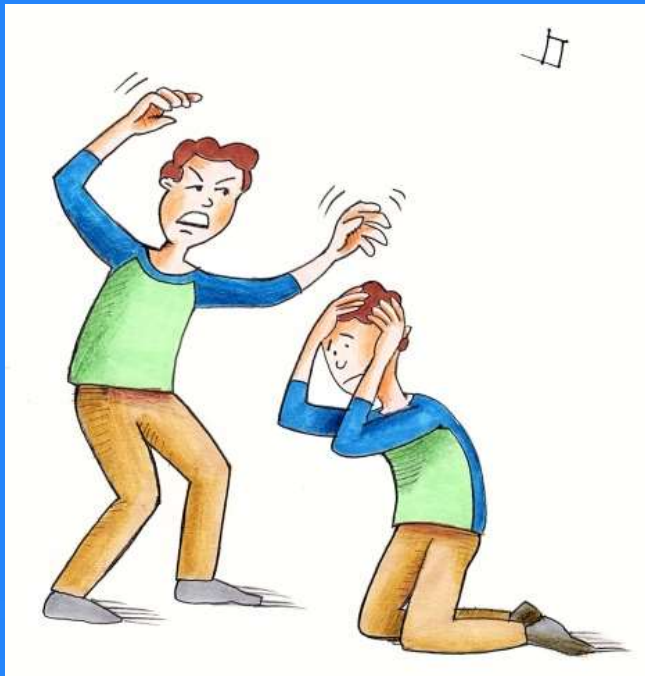
- left to care for own needs 被迫照顧自己
- emotions not acknowledged 情感未被認同

*How they relate to others 如何與他人互動*

- avoids closeness 避免親近
- distant, independent 獨立



# Disorganized Attachment 紊亂型



*Experience growing up* 成長經歷

- abusive 虐待
- chaotic home 混亂的家庭環境



*How they relate to others* 如何與他人互動

- abuser 施虐者，欺負者
- victim 受害者



# Speaking and Listening

from youth  
workshop

- What am I thinking?
- What am I feeling?
- What do I want/wish/need?
- Why is it important to me? 
- What is the other person trying to say? Why is it important to them? 



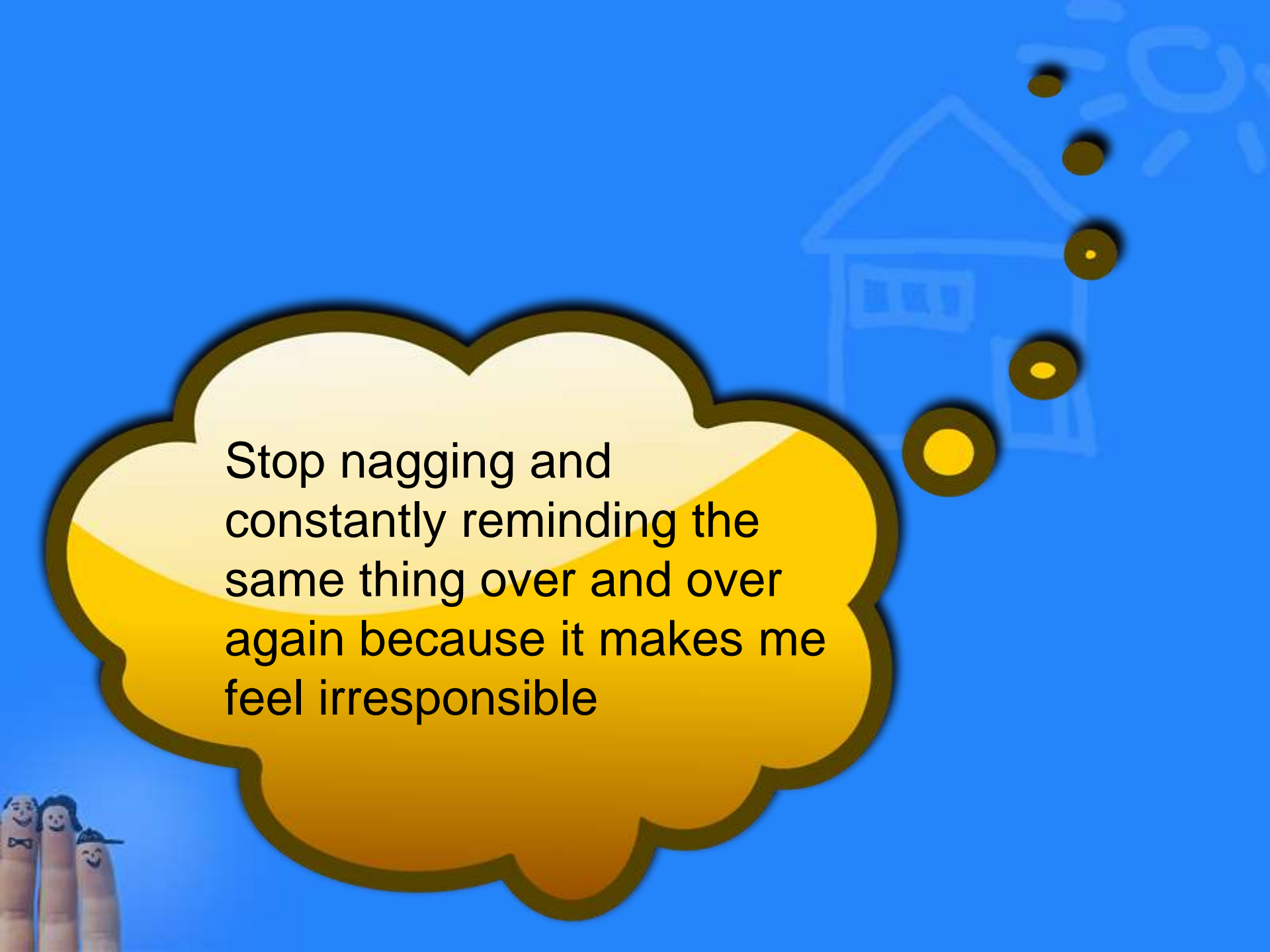
# 情緒教練 Emotion Coaching

- 察覺孩子的情緒
- 體認情緒的教養功能
- 以同理心傾聽
- 幫助孩子表示情緒
- 設定界限範圍，同時幫助孩子找出解決問題的辦法

- Be aware of child's emotion
- See it as an opportunity for intimacy and teaching
- Listen empathetically, validate feelings
- Help child to find words to label the feeling
- Set limits while generating options

From "Raising an Emotionally Intelligent Child" by John Gottman





Stop nagging and constantly reminding the same thing over and over again because it makes me feel irresponsible





# Be an Approachable Parent

## 成爲一個“容易親近的”家長


*(Pre-workshop feedback)*

Cannot share personal life with parents -

Often they make big deal of everything. How to have a healthy relationship without having them all over me?

Dealing with Parents' mood -  
Parents are not always cheerful. They can lose temper and yell at their kids, and is totally OK because they are the parents & have the authority over their children. However kids cannot yell back and must maintain their respect to their parents. How to deal with the frustration and lack sense of respect specially when the parents take their anger on their children?





When  
talking to  
them, to be  
a friend

Listen  
before  
criticizing

Be more  
understanding

# How to grow more myself

## 如何自我成長

- Attending parenting series  
參加教養子女系列課程
- Small group community  
加入小組
- Parent self-reflection questions  
討論“父母親-自我反思問題”



# Book Recommendations

- “How We Love Our Kids” by Milan & Kay Yerkovich
- “Raising an Emotionally Intelligent Child: The Heart of Parenting” by John Gottman  
與孩子一起上的情緒管理課
- “Parenting from the Inside Out: How a Deeper Self-Understanding Can Help You Raise Children Who Thrive” by Daniel Siegel and Mary Hartzell  
不是孩子不乖, 是父母不懂

