



培育子女 小錦囊

Some Tips on Parenting

子女就學後，會面對不同成長階段的挑戰，需要家長積極關懷、支持和輔助。
為減少與子女的隔膜，防範未然，家長要對社會現象和趨勢多加了解，並留意子女有沒有以下的表現：

- 沉迷上網、崇尚名牌、店舖偷竊、吸煙、賭博、酗酒、吸食毒品(包括危害精神毒品)、過早談戀愛等。
- 在學校適應困難、過份焦慮導致身體不適等。
- 逃學、缺課、擾亂課堂秩序、欺凌他人等。

錦囊一：

訂定目標和規則

協助子女學習和鞏固正面的行為，家長可與他們一起訂定目標和規則。以下是一些要訣：

- 子女需要有良好的生活習慣，包括早睡早起、定時進食、作息有序、依時上學等，才能向目標邁進。
- 訂定目標和規則時，要盡量得到子女的認同及積極參與，亦要按子女的能力和志向，避免對他們期望過高，或訂定一些難以實現的目標。
- 定時與子女一起討論成效，總結成功的要素和失敗的原因。

錦囊二：

投入子女的生活

- 留意社會種種現象和潮流，關注子女身心發展的特徵和需要，並從子女的角度去了解他們的想法。
- 參與子女的活動，加強溝通，以增進親子關係。
- 主動了解學校的各項政策和措施，跟學校保持緊密的聯繫和合作，並積極參與學校的家長活動。

錦囊三：

積極面對子女的問題

家長需要留意子女成長過程中的轉變。當子女出現行為偏差時，家長不要害怕、失望、憤怒或自責，也不要單單用負面的手法去處理，例如打罵，而是要積極面對，了解子女的困擾，與他們一起解決問題。

子女遇到以下的困難，家長怎麼辦？

(一) 逃學、缺課

- 了解子女缺課和逃學的原因，對症下藥。
- 積極配合學校老師、輔導人員或學校社會工作者的跟進工作。
- 教導子女遠離引誘他們缺課和逃學的朋友或活動。
- 檢討自己有否疏於關懷或因家庭問題導致子女逃避上學。
- 子女復課後，與學校保持緊密的聯繫，了解他們上課的狀況，並多加鼓勵和讚賞，讓子女的正面行為得以持續。

(二) 欺凌別人、受別人欺凌

如果子女是欺凌的受害者

- 盡快聯絡老師或校長，了解成因和事件經過及商討解決方法，以防止子女和其他人再受欺凌。
- 尋求專業協助，為子女提供適當的輔導，以消除受欺凌所造成的影響及學習保護自己的能力。
- 如子女因受欺凌而恐懼上課，應立即聯絡學生輔導人員或學校社會工作者，共謀良策，協助孩子盡快復課。

如果子女是欺凌事件中的旁觀者

- 協助子女建立報告欺凌事件的技巧和勇氣，讓他們了解就手旁觀是欺凌行為的一部份，而對欺凌事件保持沉默會令問題變得更糟。
- 讓子女了解他們有責任協助學校建立安全及互相尊重的學習環境。
- 與學校商討適當措施保護報告欺凌事件的子女。

如果子女欺凌別人

- 積極支持學校去解決欺凌問題，冷靜地與學校合作去找出子女欺凌別人的原因。
- 鼓勵和教導子女向受害者道歉，以平息雙方的衝突，化解彼此的怨恨，互相接納。
- 教導子女明白欺凌行為的嚴重後果及勇於改過。

(三) 吸食毒品(包括危害精神毒品)

- 建立和諧的家庭生活，讓家庭成為子女強而有力的保護網。
- 了解青少年餘暇活動及潮流文化，推動子女參與正面的娛樂。
- 就吸食毒品問題與子女分享彼此立場、見解和感受，以提升他們的判斷能力。
- 教導子女對吸食毒品問題及不良的社會風氣提高警惕。
- 加強對藥物的認識，尤其是吸食毒品後的表現及反應，並時刻留意子女的改變是否與吸食毒品有關，例如經常沒精打采、疲倦不堪及常感到口渴、突然開始抽煙、晚上外出和不肯透露目的地等。
- 面對子女吸食毒品，家長需要給以諒解及與他們共同面對困難，鼓勵他們尋求專業協助(如老師、社工等)，及早解決問題。

協助：

如需要專業人員的協助，家長可以直接聯絡學校老師和駐校的學校社會工作者(中學)或學生輔導主任/學生輔導教師/學生輔導人員(小學)。





On entering school, children will face different challenges at various stages of development. They therefore need constant care, support and guidance from their parents.

To narrow the gap between parents and children, parents should get themselves acquainted with the phenomena and trends in society. As a preventive measure, they should watch out for the following behaviour (if any) of their children:

- Addiction to Internet surfing, fancy brand names, shoplifting, smoking, gambling, excessive drinking, taking drugs (including psychotropic substances), too early to involve in love affairs, etc.
- Adjustment problems in school, health problems due to great anxiety, etc.
- Truancy, skipping classes, disorderly behaviour in class, bullying, etc.

Tip 1:

Set objectives and rules

To help children to learn and reinforce positive behaviour, parents can set goals and rules with their children. Some tips are listed below:

- Children need to develop good habits such as sleeping and getting up early, eating and resting as scheduled and going to school on time so as to achieve the goals.
- It is best to agree with the children and get their active participation when setting goals and rules, taking into account their abilities and aptitudes. Avoid over-expectation of children or setting goals too difficult to achieve.
- Review regularly with children on effectiveness and identify reasons of success and failure.

Tip 2:

Get involved in children's life

- Get acquainted with different social phenomena and trends; attend to your children's physical and psychological needs and development; and see things from your children's perspective and try to understand his/her views.

- Participate in your children's activities to improve communication and parent-child relationship.
- Learn more about school policies and measures; cooperate and keep close contact with the school; and participate more in parent activities organised by the school.

Tip 3:

Be positive to your children's problems

Parents should pay attention to the developmental changes of their children. Do not be afraid, disappointed, angry or blameful on knowing your children's misbehaviour. Instead of taking negative measures such as spanking or scolding, you should deal with the problem positively by understanding your children's distress and solving the problem together with him/her.

What should be done if your children have the following problems?

(1) Truancy and skipping classes

- Understand the causes and tackle the problem.
- Cooperate with school teachers, student guidance personnel or school social workers in their follow-up work.
- Advise your children to stay away from friends or temptations that induce them to skip classes and play truant.
- Reflect on the truancy problem to see if it is caused by lack of parental love or family problems.
- Maintain close contact with the school to keep track of your children at school after they resume classes, and always give encouragement and compliments to your children for maintaining proper behaviour.

(2) Bullying or being bullied

If your child is the victim, you should

- approach the teacher or principal as soon as possible to find out why and how the incident happened, and discuss with them possible ways to prevent further bullying;
- seek help and guidance from specialists to alleviate the impact of bullying on your child and teach him/her self-protection; and

- contact student guidance personnel or school social workers immediately to help your child to resume classes as soon as possible if your child refuses to attend school for fear of being bullied.

If your child is a bystander, you should

- help your child to develop the skills and courage to speak up and make him/her understand that to remain silence constitutes bullying behaviour and would make the problem worse;
- make your child understand that he/she has the responsibility to help the school to build a safe and mutually respectful learning environment; and
- discuss with the school the appropriate measures to protect the children who report bullying incidents.

If your child bullies others, you should

- give strong support to and work sensibly with the school to find out the causes and solutions;
- encourage and instruct your child to apologize to the victim so as to resolve conflicts, defuse hatred and develop mutual acceptance; and
- teach your child about the adverse consequences of bullying and the courage to correct the mistake.

(3) Taking drugs (including psychotropic substances)

- Build a harmonious family life and make it a strong safety net for your children.
- Learn more about the leisure activities and popular culture of young people and encourage your child to take part in healthy leisure activities.
- Talk to your child about taking drugs; share your views and feelings so as to help him/her to make better judgement.
- Raise your child's vigilance against the problem of taking drugs and unhealthy social trend.
- Learn more about drugs, especially drug-induced reactions and effects; watch out for any drug-related changes in your child's behaviour, e.g. feeling lethargic, tired and thirsty easily, taking up smoking suddenly, going out at night but refusing to tell where he/she is going, etc.
- Face and overcome your child's problem of taking drug together with him/her; encourage him/her to get help from professionals such as teachers and social workers in order to solve the problem as soon as possible.

Assistance:

Parents who need professional assistance can contact teachers and school social worker (secondary schools) or Student Guidance Officers/ Student Guidance Teachers/ Student Guidance Personnel (primary schools) directly.