



Lecture #3 – Emotional Muscle Course, China, October 2020 – January 2021  
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Parents and One-Year-Olds – the Wonderful Ones  
家长和一岁的孩子——美妙的一岁

## HOW PARENTS HELP ONE-YEAR-OLDS BUILD EMOTIONAL MUSCLES: 父母如何帮助一岁的孩子建立情感肌肉:

### SELF-CONTROL, SELF-AWARENESS, AND SELF-REGULATION

#### 自我控制、自我意识和自我调节

##### Parents help by

家长们提供以下帮助

- **NAMING FEELINGS, THOUGHTS, AND DREAMS**
- 命名感觉、想法和梦
- **ASSIGNING APPROPRIATE RESPONSIBILITY FOR FEELINGS**
- 为感情订立适当的责任

### TOLERATE MIXED FEELINGS

#### 容忍混合的感受

##### Parents help by

家长们提供以下帮助

- **HOLDING ON TO LOVE EVEN IN THE MIDST OF ANGER**
- 即使在愤怒中仍坚持爱意

### RESPOND POSITIVELY TO CHALLENGES

#### 积极回应变化

##### Parents help by

家长们提供以下帮助

- **SETTING EXPECTATIONS AND MAKING DEMANDS THAT ARE GEARED TO YOUR CHILD'S DEVELOPMENTAL CAPACITIES**
- 设定符合你的孩子发展能力的预期、提出相适应的要求

- OFFERING GRADED OPPORTUNITIES FOR EXPERIENCES OF SUCCESS AND PLEASURE FROM COMPETENCE

- 提供渐进的机会，带来成功的体验和胜任的快乐

## MAKING MEANING OF EXPERIENCE

### 赋予体验意义

#### Parents help by

家长们提供以下帮助

- EXPLAINING EMOTIONAL CAUSE AND EFFECT
- 说明情感的起因和影响

## AGENCY AND RESPONSIBILITY FOR ONESELF

### 一个人自身的能效感和责任感

#### Parents help by

家长们提供以下帮助

- OFFERING YOUR CHILD GENUINE CHOICES
- 为你的孩子提供真正的选择

## EMPATHY

### 共情

#### Parents help by

家长们提供以下帮助

- SETTING THE EXAMPLE, EXPLAINING, AND ENCOURAGING
- 树立榜样，说明，鼓励

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儿童青少年

## 儿童青少年治疗 系列专题课程



Kerry Novick



Jon Allen



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精神分析

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