



HOW PARENTS HELP FOUR-YEAR-OLDS BUILD THE EMOTIONAL MUSCLES OF:

父母如何帮助四岁的孩子建立情感肌肉:

INTEGRATING AND CONSOLIDATING EMOTIONAL MUSCLES

整合和巩固情感肌肉

Parents help by

家长通过以下方法帮助孩子

- **CALLING UPON EXISTING EMOTIONAL MUSCLES**
- 调用现有的情感肌肉

GENERATING INTERNAL CONTROLS

产生内部控制

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家长通过以下方法帮助孩子

- **DESCRIBING THE INSIDE HELPER AS A PART OF THE SELF THAT WILL HELP CHILDREN KNOW WHAT TO DO**
- 将内部帮手描述为会帮助孩子知道该做什么的自我的一部分

- **CONNECTING GOOD FEELINGS WITH USING THE INSIDE HELPER**
 - 将好的感觉与使用内部帮手联系起来
- **TALKING ABOUT HOW GOOD IT FEELS TO DO THINGS THAT ARE FUN AND ALSO LEAD TO GOOD FEELINGS**
 - 谈论做有趣的事情，也会带来好的感觉有多好
- **REACTING PROPORTIONATELY TO MISBEHAVIOR**
 - 对不当行为做出比例恰当的反应
- **LABELING THE ACTION, NOT THE CHILD**
 - 给行为贴标签，而不是给孩子贴标签
- **CREATING SAFE CONDITIONS**
 - 创造安全条件
- **TRUSTING THAT YOUR CHILD CAN DEVELOP AN INSIDE HELPER**
 - 相信你的孩子可以培养一个内部帮手
- **MAINTAINING CONSISTENT EXPECTATIONS**
 - 保持一致的期望

REGULATING AGGRESSION

调节攻击性

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家长通过以下方法帮助孩子

- **EXPECTING SELF-REGULATION**
- 期待自我调节
- **VALIDATING THE PLEASURE FROM SELF-REGULATION**
- 肯定自我调节带来的乐趣
- **SUPPORTING ASSERTION**
- 支持自我主张

DEVELOPING A GROUP CONSCIENCE

发展团体意识

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- **TEACHING FLEXIBLE ADAPTATIONS TO DIFFERENT GROUP NORMS**
- 教授对不同群体规范的灵活适应
- **SUPPORTING THE AUTONOMY OF THE INSIDE HELPER IN THE CONTEXT OF PEER PRESSURE**
- 支持内部帮手在同辈压力下的自主性

USING WORRIES TO INITIATE MASTERY

使用担忧来启动掌握

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家长通过以下方法帮助孩子

- **USING JUDGMENT TO PROTECT CHILDREN FROM OVERWHELMING ANXIETY AND TOLERATING MANAGEABLE WORRIES**
- 运用判断力保护儿童免于过度的焦虑并容忍可控制的担忧

LIVING IN THE REAL WORLD

生活在现实世界中

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家长通过以下方法帮助孩子

- **SHARING THE PLEASURES AND OPPORTUNITIES OF REALITY**
- 分享现实的乐趣和机会
- **FACING THE DIFFICULT ASPECTS OF THE WORLD BRAVELY**
- 勇敢地面对世界的困难方面
- **HELPING YOUR CHILD DISTINGUISH BETWEEN “INSIDE THE HEAD” EVENTS AND OUTSIDE REALITY**

- 帮助孩子区分"内心"事件和外部现实

INTERNALIZING REALISTIC STANDARDS

内化现实标准

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- MAKING REALISTIC DEMANDS
- 提出现实要求

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