



Session 1: Introduction and Chapter 1

第1节：介绍及第1章

- Why the parent child relationship matters so much
为什么亲子关系如此重要
- What Reflective Parenting means
反思性养育意味着什么
- Why being reflective is so important
为什么保持反思如此重要
- The 10 guiding principles of Reflective Parenting
反思性养育的10个指导原则



Why I wrote this book 为什么我要写这本书

- Reduce stress in parents
减少父母的压力
- Increase a parent's sense of confidence as a parent
增加父母做父母的信心
- Give parents the tools known to promote healthy child development
为父母提供促进儿童健康发展的工具



The role of a parent 父母的角色

1. Protection and Safety

保护和安全

2. Regulate child's distress: physical & emotional

调节孩子的痛苦：身体&情感

3. Have a social relationship with the child

与孩子拥有一种社会关系

Why the parent-child relationship is important

亲子关系为什么很重要



- It is encoded into our DNA
它被编码在我们的基因里
- Child's developing brain is wired by the parent-child relationship
亲子关系塑造儿童正在发育的大脑
- Child internalizes the parent-child relationship
儿童会内化亲子关系



Child brain primed to learn within parent child relationship

孩子的大脑已经准备好在亲子关系中学习

- ❑ Babies prefer faces
婴儿喜欢的表情
- ❑ Imitation (at birth)
模仿（在出生时）
- ❑ Social Referencing
社会性参照
- ❑ Testing limits
测试限度
- ❑ Children not born being reflective
孩子不是天生具有反思性





What does Reflective Parenting mean?

反思性养育意味着什么？

Reflective Parenting is a set of skills and guidelines known to promote healthy development in children

反思性养育是一套促进儿童健康发展的技能和准则

2 Main Points

2个重点

- The parent-child relationship matters most
亲子关系最重要
- Being reflective is your best parenting tool
保持反思性是育儿的最佳工具

Reflective Capacity: Definition & Handout

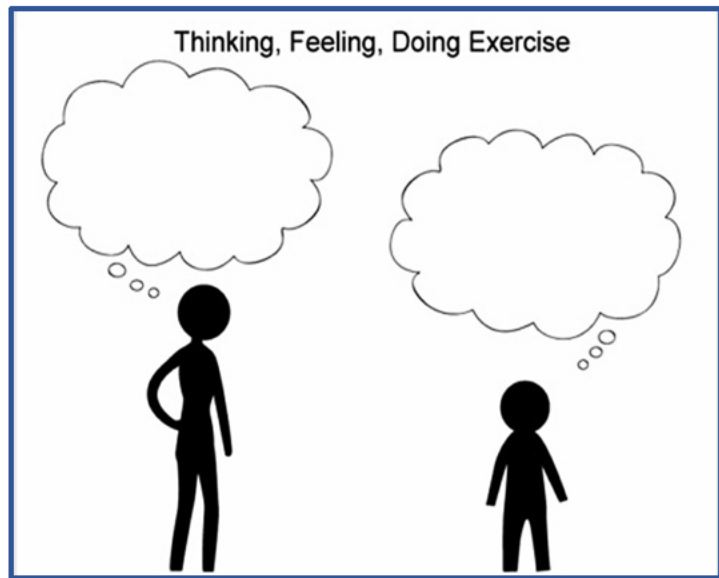
反思能力：定义&讲义



证道心理

- ❑ All behavior has meaning in light of underlying mental states
考虑到潜在的心理状态，所有的行为都有意义
- ❑ True for Self and Other
自我和他人的真实情况
- ❑ Behavior observable
能够观察到的行为
- ❑ Mental state only inferred
仅通过推理得出的心理状态
- ❑ Flexibility to change inference if necessary
如果需要可改变推论的灵活性

思考，感觉，做练习



Reflective Capacity and the Parent-Child Relationship

反思能力和亲子关系



证道心理

- ❑ Crucial to the development of secure infant attachment
对早期安全依恋的发展至关重要
- ❑ Essential for regulating distress
调节痛苦的必要条件
- ❑ Enables intimacy, connection
实现亲密关系和连接感
- ❑ Protective against 防止
 - Hostile/intrusive parental behavior
有敌意的/侵入性的父母行为
 - Intergenerational transmission of trauma/neglect
创伤/忽视的代际传递
 - Negative impact of growing up with adversity
逆境中成长的负面影响



10 Guiding Principles of Reflective Parenting

反思性养育的10个指导原则



证道心理

1. Focus on relationship
专注于关系
2. No right way to parent
不存在“正确”的养育方式
3. Tolerate uncertainty
耐受不确定性
4. 2-way perspective
双向思考方式
5. Be curious/flexible
保持好奇/灵活性
6. Balance empathy & limits
平衡共情&限度
7. Promote coping & competence
提升应对能力和胜任力
8. More positive- less negative
多点积极——少点消极
9. Repair relationship ruptures
修复关系中的破裂
10. Adjust your parenting to you child's needs
根据你的孩子的需求调整养育方式