

Session 5: Guiding Principles Reflective Parenting 6-10

第5节：反思性养育的指导原则6-10



证道心理

I emphasize Reflective Parenting involves a shift in mind set

我强调一点，反思性养育需要改变心态

- It is not What You Do, but How You Do It
不是你做什么，而是你怎么做
- Parenting is not a job. Parenting is about having a relationship.
养育不是一项工作。养育是关于拥有一段关系。
- The focus is not just the child. It's the child, parent and their interaction
关注点不只是孩子。而是孩子，父母和他们的相互影响

In Session 5 we will discuss principles 6-10

在第5节我们将讨论原则6-10

Reflective Parenting involves a shift in mind set 反思性养育需要改变心态



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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



6. Balance empathy & limits

平衡共情&限度

- Reflective Parenting is not permissive parenting
反思性养育不是放任式的养育
- Children need their parent to be responsive to their emotional needs, but also to feel confidently in charge.
孩子需要父母对他们的情感需求做出回应，但同时也要自信地管理。
- Being emotionally responsive to your child is the main way your child learns how to manage their own emotions.
对孩子情绪的回应是孩子学习如何管理自己情绪的主要方式。
- But empathy must be balanced out with limits: Limits that are set in a calm, firm way are more effective. Requires parent self-regulation
但共情必须与限度相平衡：以冷静、坚定的方式设定限度更有效。需要家长自我调节



7. Promote coping & competence 提升应对能力和胜任力

There are two lessons that every child needs to learn.
每个孩子都需要学习两个课程。

1. They can manage their BIG feelings
他们可以管理自己“重大”的感受

2.They are competent to be self-sufficient and think for themselves.

他们有能力自给自足，独立思考。

Question 问题



证道心理

- 我在出差坐火车的途中，常常听到3到5岁的孩子不停地尖叫。这些孩子的家长的应对策略往往是不断地引导孩子关注其它事物并希望孩子不要再叫。如果孩子还是没有停下来，他们往往会呵斥孩子，然后孩子就开始哭泣并更为大声地尖叫。这个过程有时会持续一个多小时甚至更久。这些家长和孩子的问题可能出在哪里？
- When I take the train on a business trip, I often hear children, between ages 3 to 5 years old, constantly screaming. The 'coping' strategies of these children's parents is to always guide their children to focus on other things and hope that they don't scream any more. If the children still doesn't stop screaming, they tend to yell at them, and then the children would begin to cry and scream harder. The process sometimes lasts for more than an hour. What may be the problem of these parents and children?

8. More positive- less negative

多点积极——少点消极



证道心理

- Parents tend use criticism to motivate the child to do better.
父母往往用批评来激励孩子做得更好。
- Some criticism is OK.
有一些批评是OK的。
- Too much is defeating for the child, or causes too much anxiety and self-hate in the child.
对孩子来说，过多的批评就会击败他们，或者在孩子身上造成太多的焦虑和自我厌恶。
- In our Reflective Parenting Program, we always start with the positive with parents.
在我们的反思性养育计划中，我们总是从父母积极的一面开始。

9. Repair relationship ruptures

修复关系中的破裂



证道心理

- Children can handle when their parent is angry or disappointed with them. It does not feel good but they can cope.
当父母对孩子生气或失望时，孩子可以处理。虽然感觉不好，但他们能处理。
- Children cannot cope if they feel the relationship is ruptured: For example their parent no longer loves them, or their parent is going to abandon or get rid of them.
如果孩子觉得他们的关系破裂了，他们就无法处理了：比如他们的父母不再爱他们，或者他们的父母要抛弃他们。
- There are reflective ways of repairing ruptures.
有关于修复破裂的反思性方法。



10. Adjust your parenting to you child's needs

根据你的孩子的需求调整养育方式

- Every child is different. Therefore parents must be able to be flexible and parent each child according to that child's emotional needs, temperament, strengths, vulnerabilities of that child.

每个孩子都不一样。因此，父母必须能够灵活地根据孩子的情感需求、性情、长处、脆弱点来养育每个孩子。

- Example: a mismatch of emotional style between parent and child.
例如：父母和孩子的情感风格不匹配。

Question 问题



证道心理

- 我的一位来访者当她还是孩子的时候，因为父母之间关系不好，她常常需要去安慰她的父母、照顾他们的情绪。长大后她也总是为他人着想。她和自己的感觉失联，感觉不到意义。她感受不到真实自我的存在，她非常抑郁。作为心理咨询师，我该如何帮助她重新和自己的感受连接？如何帮助她感受到生命的活力？
- One of my clients, when she was a child, often needed to comfort her parents and take care of their emotions because of the parents' bad relationship. When she grew up, she was always considerate of others. She lost touch with her own feelings and felt no sense of meaning. She did not feel the existence of her real self and was very depressed. As a counselor, how can I help her to reconnect with her feelings? How can I help her to feel the vitality of life?