

Session 4: 10 Guiding Principles Of Reflective Parenting

第4节：反思性养育的10个指导原则



证道心理

- The guiding principles are all designed to strengthen the parent-child relationship, keep reflective capacity operating well, promote healthy child development

这些指导原则都是为了加强亲子关系，保持良好的反思能力，促进儿童健康发展

- In today's session, Session 4 we will discuss principles 1-5
在今天的的时间里，我们将讨论第4节的原则1-5
- In the next session, Session 5 we will discuss principles 6-10
在下次的的时间里，我们将讨论第5节的原则6-10

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

Focus on the relationship 专注于关系



证道心理

Make time for a relationship
relationships can happen anytime, anywhere

为关系腾出时间

关系可以随时随地发生

Keep the relationship strong
promote close and independent
empathy and limits
understand child and yourself
validate, support but be in charge

保持关系的强大

促进亲密和独立

共情和限度

了解孩子和了解自我

认可，支持但有担当

Use the relationship in what you do
Include yourself and what you think and
believe: When you are trying teach, set
limits, discipline, or resolve conflicts and
misunderstanding.

在你做的事情中使用这种关系

包括你自己和你的想法和信念：当你试图教授，设定限制，纪律，或者解决冲突和误解的时候。



Question 问题

管教孩子的时候可以用惩罚的方式吗?比如不准他们玩电脑游戏或者限定时间内他们不能离开自己的房间。使用惩罚手段应该遵循怎样的原则?

Can punishment be used when disciplining children? For example, they're not allowed to play computer games or they're not allowed to leave their room for a period of time. What principles should be followed in the use of punishment?



No one right way to parent

没有一个“正确”的养育方法

- Wide range of parenting styles all of which lead to good outcome.
各种各样的育儿方式都能带来好的结果
- No one right answer to questions
没有一个“正确”的问题答案
- No one right solution to problems
没有一个“正确”的解决问题的方法
- Styles range from responsive to more dismissive; from closer to more distant.
风格从反应积极到更多拒绝；从亲密到更有距离
- Always more than one answer or solution
总是不止一个答案或解决方案

Tolerate Uncertainty

忍受不确定性



证道心理

- Much of life is uncertain, unknowable or ambiguous
生活的大部分是不确定的、不可知的或模棱两可的
- When people can't tolerate it, they jump to rigid conclusions
当人们无法忍受的时候，他们会得出僵化的结论
- This makes for more rigid, inflexible ways of responding to children
这使得对孩子的反应更加僵化、不灵活
- Best for parents to acknowledge and accept uncertainty as part of life
父母最好能够承认并接受不确定性是生活的一部分

Question 问题



证道心理

无论孩子是在幼儿园，小学，中学还是大学，很多家长对择校都非常关注并且非常焦虑。他们觉得如果孩子去了不好的学校前途就会很渺茫，并且将来无法与其他的孩子竞争。因此这些家长对孩子的学业会非常地关注和加以控制。他们安排非常多的课外辅导，有些孩子因此感到非常压抑和痛苦。你如何看待这个问题？

Whether their children are in kindergarten, elementary school, middle school or university, many parents are very concerned and anxious about choice of school. They feel that if their children attended a bad school, their future would be very dim, and they would not be able to compete with other children in the future. Therefore, these parents become very controlling and pay great attention to their children's studies. They arrange a lot of extra-curricular consultations, so some children feel very depressed and painful. What do you think of this problem?



2-way Perspective Taking 双向视角选择

- Every mind is separate, personal and private
每个心智都是独立的，个人的和私人的
- We each will see the same situation from our own perspective
我们每个人都会通过个人的视角看待同样的情况
- We must be able to see the world from the other person's perspective as well as our own
我们必须既能从自己的角度看世界，也能从别人的角度看世界
- This is true for all relationships, but especially with a child
所有的关系都是这样，尤其是对孩子



Every relationship is a trio: You-Me-We 每段关系都是三人小组：你-我-我们

THE REFLECTIVE PARENT includes all three
反思性养育包含三方面

- You: is the child
“你”是指孩子
- Me: is the parent
“我”是指父母
- We: is their mutual impact on each other
“我们”是指彼此间的相互影响



YOU

你



ME

我



WE

我们

Question 问题



证道心理

几乎每个家长都会对自己的孩子有所期待。其中有些家长常常会无法控制的把自己的孩子与别的孩子做对比,希望自己的孩子更上进或更顺从(中国的俗语叫做“更听话”),但是实际上往往无法起到好效果,然后就进入下一轮的“批评-无效果”的循环中。家长和孩子都感到很挫败,并且亲子关系越来越不被信任和疏远。这个问题的症结是什么?如何改善?

Almost every parent has expectations for their children. Some parents often uncontrollably compare their child with other children in the hope that their child would be more progressive or obedient (the Chinese saying is "more obedient"), but in fact they often fail to achieve good results and then move onto the next cycle of "criticism - ineffectiveness". Both the parent and child would feel very frustrated, and the parent-child relationship becomes increasingly distrustful and alienated. What is the crux of the problem? How to improve?



Be curious and flexible 保持好奇和弹性

- We can't know another person's mind for certain

我们不能确切地知道另一个人的想法

- We can only know what might possibly be going on in someone's mind.

我们只能知道某人心里可能在想什么

- Curious language: I wonder if? Is it possible that? I am guessing that maybe?

好奇的语言：我想知道是否...?

...有可能吗？我想...是可能的吧？

- Flexible language: I first thought this; now I think that; After talking with you I see it differently;

灵活的语言：我首先想到的是...；

现在我想...；与你交谈之后，我的看法不同了；