

《停一停，估一估先！》

「你都唔會明，我唔想同你講！」「唔做咪唔做囉！」

面對子女的「拒絕」，可能你會感到不解、煩躁，甚至覺得子女在「搞對抗」。

如果大家想加深對子女的了解，可以「停一停，估一估」。

子女可能是基於自己的「需要」而拒絕，如：安全感、自主、平等、信任等。

鼓勵大家以「需要」的角度理解子女，讓我們更容易進入他們的內心。

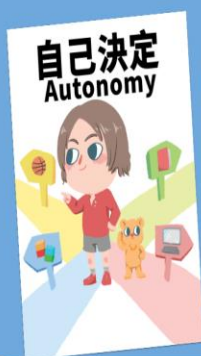
停一停，估一估先！



子女的說話：

「我都話唔想依家去沖涼！」

背後可能的需要：



子女的說話：

「講完咪又係咁！」

背後可能的需要：



Beyond the Surface: Understand Children's Needs for True Connection

"You just don't get it, I don't feel like talking to you!" "Fine, then I won't do it!"

When our kids say "no" to us, it can leave us puzzled, frustrated, and even make us feel like they're trying to pick a fight.


But if we want to really understand our kids, let's take a moment to pause and put ourselves in their shoes.

Their refusal might stem from their own unmet "needs," such as a sense of security, autonomy, fairness, or trust.

Let's try to tap into our children's needs and uncover what they truly desire. It could be the key to unlocking their inner world, where true connection awaits!

Beyond the Surface:

Understand Children's Needs for True Connection




When our kids says:


"I don't want to take a bath now."

Children's needs:

自己決定
Autonomy



休息
Rest




When our kids says:


"Same old thing, no matter how many times I tell you!"

Children's needs:

安全感
Safety



被理解
Being understood



關心
Care

