

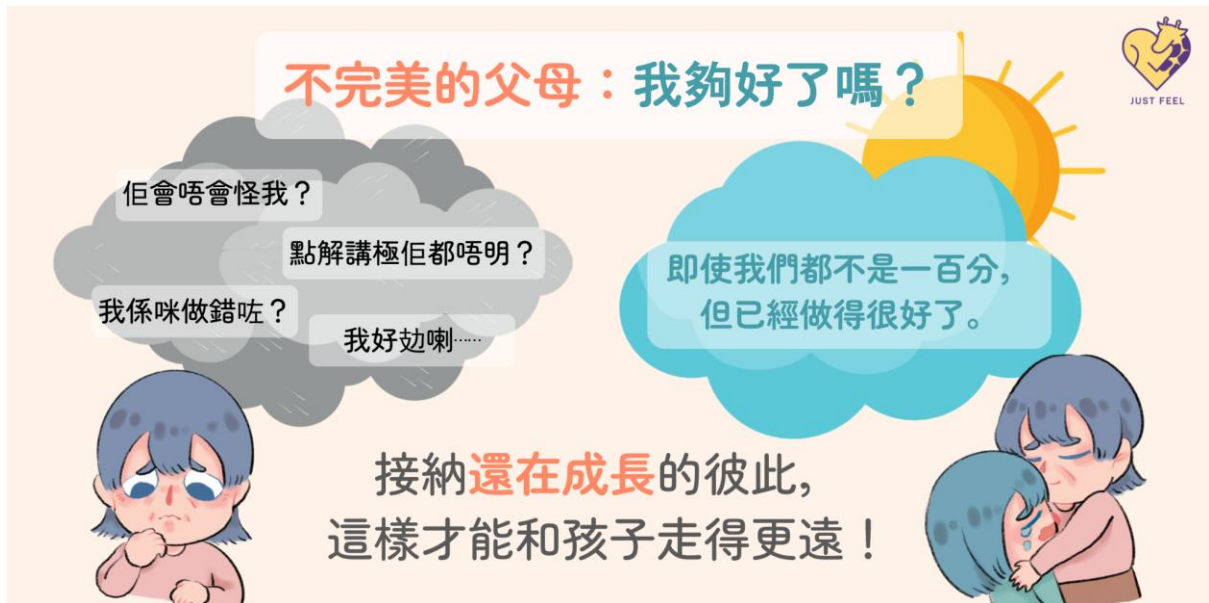
## 《不完美的父母：我夠好了嗎？》

與子女相處時，有時會有互不理解，說了傷害彼此的說話。

不過，這不代表我們「不稱職」—— 正因為在乎孩子的成長，才會如此着緊。

正因如此，當做不到「最好」時，會感到挫敗和自責，讓我們更懷疑自己。

在照顧孩子的路上，邀請家長也要照顧自己—— 擁抱過去的「過錯」與「失敗」，接納此刻不夠完美的自己！



## Imperfect Parents: Am I Doing Enough?

In caring for our children, we sometimes misunderstand each other and say hurtful things.

But this doesn't mean we are 'incompetent' - it is precisely because we care so deeply about their growth.

And that's why, when we can't be 'the best', we often feel defeated, making us question ourselves even more.

We encourage parents to also care for themselves - embrace 'mistakes' and 'failures', and accept that we are good enough, even if not perfect.

