

《讓孩子聽懂：從表達需要開始》

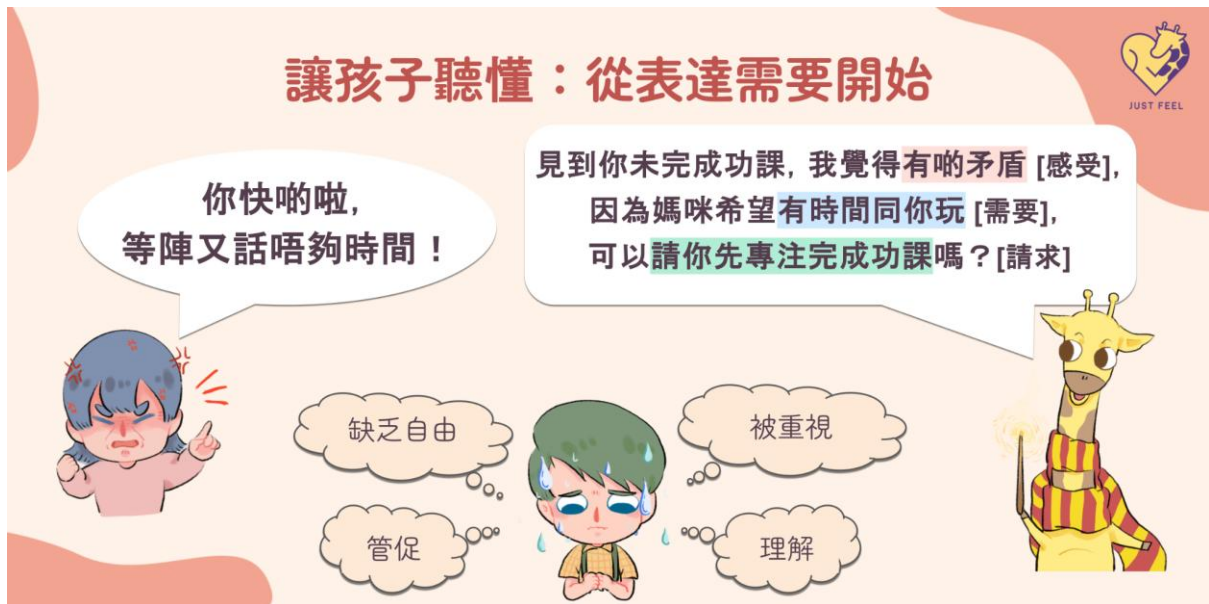
「不想、不做！」你有聽過孩子這樣的回覆嗎？

當父母越焦急，期望子女行動，越容易激動起來，直接下命令。

面對這些要求，孩子可能誤以為父母不信任或要控制自己，所以不願跟從。

試試說：「我感到……，因為我重視/希望……（需求），請你……（請求）。」

父母多表達感受和需要，可以促進理解，同時鼓勵子女表達自己的需要！



Express Your Need to Connect

How often do you hear your child say "I don't want to!" or "I'm not doing that"?

When parents strongly desire their children to act, we easily become frustrated and resort to giving orders—whether it's asking them to share their thoughts or complete their chores.

Children sometimes may perceive these demands as a lack of trust or an attempt to control them, which can lead to defiance.

By openly sharing your feelings and needs, you not only help your children understand where you're coming from, but also help your children feel more connected and encourage them to share their own.

Next time, try saying, "I am ... (your feeling) because I value/ treasure/ wish to ...(your need) and notice how it changes the way your children respond.

