

## 《如何不帶傷害地提醒子女？》

我們重視子女的成長，但又不想傷害他們。邀請大家提醒子女時，可以注意以下原則：

### 1. 避免命令子女

讓子女感到「不安」和「恐懼」的提醒，無助長遠的成長，反而讓他們更抗拒行動，傷害關係

### 2. 具體而清晰

具體地以數字及例子描述子女的行為，讓子女更容易明白

### 3. 提出正面建議

行動背後有需要，協助子女探索多元的方法滿足需要

## 如何不帶傷害地提醒子女？



你唔好掛住打機，  
咩都唔做！



我見到你每日花4個鐘打機，  
冇發展其他面向【觀察】，  
我希望你可以發展  
一項鍾意嘅運動，  
每星期練習一次【正面建議】



## A Compass for Children: 3 Tips to Guide with Care

As parents, children's well-being and happiness are our priorities. Then guidance is needed, consider:

- 1 Request instead of Demand  
Demand could have caused fear, which hinders long-term growth by increasing resistance over trust. Empower through understanding, so that children do not feel judged, but heard.
- 2 Be Objective and Concrete  
Illustrate objectively what happened by giving clear details and examples, so your child grasps precisely how to improve going forward.
- 3 Suggest Positive Alternatives  
Discover children's underlying needs, and map out various strategies to fulfill collaboratively.

The infographic features a title at the top center: "A Compass for Children: 3 Tips to Guide with Care". In the top right corner, there is a logo of a heart with a crown and the text "JUST FEEL". The main content is divided into two large, rounded shapes. The left shape is yellow and contains a purple sad face icon at the top. Inside, a cartoon man with a grumpy expression and a red lightning bolt on his forehead is shown. The text reads: "Stop playing games and not doing anything!". The right shape is brown and contains a yellow happy face icon at the top. Inside, a cartoon giraffe is shown. The text reads: "I notice that you have spent 4 hours gaming without doing anything else. (Observe) I hope you can engage in a sport that you enjoy and practise once a week." (Positive suggestion).

### A Compass for Children: 3 Tips to Guide with Care

**“Stop playing games and not doing anything!”**

**“I notice that you have spent 4 hours gaming without doing anything else. (Observe) I hope you can engage in a sport that you enjoy and practise once a week.” (Positive suggestion)**