

# 育兒技巧 PARENTING TIPS

Jenny Chow

金門女子公寓 - 亞裔家庭互助中心

Gum Moon Residence Hall - Asian Family Support Center

項目經理

Program Manager (Richmond Site)

3P親子「正」策課程認可課程導師

Accredited in Triple P Parenting Program



# 金門女子公寓 - 亞裔家庭互助中心 Gum Moon Residence Hall – Asian Family Support Center

## Programs:

- 親子兒童天地 (適合2-4歲兒童) Parent-Child Interactive Program (For 2-4 years Children)
- 早期學習遊戲小組 (適合0-5歲兒童) Early Literacy Playgroups (For 0-5 years Children)
- 課後學習天地 (適合K-6年級兒童) After-school Program (For K-6 grade Children) Parent
- 家長互助小組 (適合父母或照顧者) Parent Support Group (For parents or caregivers)
- 家長教育工作坊 (適合父母或照顧者) Parent Education Workshop (For parents or caregivers)

# 今天的主題資料來源 Today's topic resource:

3P親子「正」策課程 Triple P Positive Parenting Program

<https://www.triplep-parenting.com/us/triple-p/>



# 什麼是正面親職教育？

## What is positive parenting?

- 旨在以富於建設性並且不會產生傷害的方式幫助孩子發展身心並管理孩子的行為

Aims to help children develop and manage their behavior in a constructive and non-hurtful way

- 它以建立良好關係為基礎

Based on building good relationships with children

- 運用正面的策略來幫助孩子健康成長

Using positive strategies to help children develop

# 根據研究 According to Research :

通過正面親職教育來培養的孩子,更有可能發展自己的其技能並樹立自信心

Children who grow up with positive parenting are more likely to develop their abilities and feel good about themselves.

這樣的孩子出現行為問題的可能性也會較低

They are also less likely to develop behavior problems.

# 正面親職教育 Positive Parenting

- 安全有趣的環境 Having a safe and interesting environment
- 擁有正面的學習環境 Having a positive learning environment
- 採取堅定管教法 Using assertive discipline
- 持有實際的期望 Having realistic expectations
- 作為父母照顧好自己 Taking care of yourself as a parent

# 正面親職教育孩子的例子

## Examples of Positive Parenting

- 優質親子時間  
Spend quality time with your child
- 與孩子談談他們感興趣的事情  
Talk with your child about things they are interested in
- 對孩子表達愛意  
Show affection
- 給予正面關注您的孩子  
Give positive attention to your child

# 正面親職教育孩子的例子

## Examples of Positive Parenting

- 給予描述性的稱讚  
Give descriptive praise
- 為孩子安排有趣的活動  
Have interesting and engaging activities for your child
- 做個好榜樣  
Set a good example
- 定立家庭規則  
Create family rules



在疫情期間為父母或照顧者提供的十大育兒技巧：

Top 10 Parenting Tips for Parents and Caregivers during COVID-19:

- 向孩子確保家庭是優先  
Reassure your children your family is the top priority
- 盡力照顧自己  
Take care of yourself the best you can
- 確保您的孩子知道隨時都可以跟您談話  
Make sure your children know you are ready to talk
- 誠實回答孩子的問題  
Be truthful in answering your children's questions
- 保持家庭常規  
Maintain family routine

## 在疫情期間為父母或照顧者提供的十大育兒技巧： Top 10 Parenting Tips for Parents or Caregivers during COVID-19:

- 有家庭行動計劃  
Have family plan of action
- 家裡有很多有趣的活動  
Have plenty of interesting things to do at home
- 注意您喜歡的行為  
Take notice of behavior you like
- 幫助孩子學習更多的不確定性  
Help children to learn more about uncertainty
- 伸出援助之手  
Reach out to connect with loved ones

# 聯絡方法 Contact Information

金門女子公寓 - 亞裔家庭互助中心 Gum Moon Residence Hall - Asian Family Support Center

聯絡方法 Contact Information : 發電郵給 Email to [jenny@gummoon.org](mailto:jenny@gummoon.org)

請注意：由於所有員工都在遠程工作，因此電子郵件是最佳方式與我們聯繫的。

\*Please note: As all staff are working remotely, email is the best way to contact us.

地址 Address :

唐人埠 Chinatown site : 940 Washington Street, San Francisco, CA 94118

電話號碼 Phone Number : 415-788-1008

烈治文區 Richmond site : 2327 Clement Street, San Francisco, CA 94121

電話號碼 Phone Number: 415-221-5783

# Resources

# Mental Health Resources during COVID-19

香港衛生署:身心抗疫家長篇(在疫情中照顧自己的身心, 在疫情中照顧孩子的身心)

[https://www.tkocps.edu.hk/sites/default/files/psycho-educational\\_booklet\\_parent.pdf](https://www.tkocps.edu.hk/sites/default/files/psycho-educational_booklet_parent.pdf)

香港衛生署:親子防疫攻略

[https://www.studenthealth.gov.hk/tc\\_chi/emotional\\_health\\_tips/covid19\\_parenting.html](https://www.studenthealth.gov.hk/tc_chi/emotional_health_tips/covid19_parenting.html)

香港衛生署:情緒健康小錦囊

[https://www.studenthealth.gov.hk/tc\\_chi/emotional\\_health\\_tips/emotional\\_health\\_tips.html](https://www.studenthealth.gov.hk/tc_chi/emotional_health_tips/emotional_health_tips.html)

抗疫親子錦囊：《關懷篇》

<https://ac19.hkcss.org.hk/%E6%8A%97%E7%96%AB%E8%A6%AA%E5%AD%90%E9%8C%A6%E5%9B%8A%EF%BC%9A%E3%80%8A%E9%97%9C%E6%87%B7%E7%AF%87%E3%80%8B/>

抗疫期間 保持身心靈健康的五個小貼士

<https://ac19.hkcss.org.hk/%e6%8a%97%e7%96%ab%e6%9c%9f%e9%96%93-%e4%bf%9d%e6%8c%81%e8%ba%ab%e5%bf%83%e9%9d%88%e5%81%a5%e5%ba%b7%e7%9a%84%e4%ba%94%e5%80%8b%e5%b0%8f%e8%b2%bc%e5%a3%ab/>

# Online Learning Resources

## **National Geographic Kids**

<https://kids.nationalgeographic.com/>

## **PBS Kids – For Parents**

<https://www.pbs.org/parents>

## **Storyline Online**

<https://www.youtube.com/user/StorylineOnline>

## **Tandem, Partners in Early Learning**

<https://www.youtube.com/channel/UCGnrcUPp3MseZKTXyIVGJZg>

# Online Learning Resources

## Education.com

[https://www.education.com/?gclid=EAlalQobChMIhcPlnpGO7gIVTR-tBh27igoSEAAAYASAAEgKOpvD\\_BwE](https://www.education.com/?gclid=EAlalQobChMIhcPlnpGO7gIVTR-tBh27igoSEAAAYASAAEgKOpvD_BwE)

## Lakeshore Learning

<https://www.lakeshorelearning.com/resources>

香港教育大學：「看動畫·學歷史」- 中國歷史人物生平事跡

<http://achist.mers.hk/chihistoryanime/>

# Resources – Activities Ideas

## **Art and Crafts ideas**

<https://www.goodhousekeeping.com/home/craft-ideas/how-to/g1389/diy-kids-activities/>

## **Fun DIY activities for children to do, learn, and experience at home**

<https://www.kiwico.com/kids-at-home>

## **Preschool Task Boxes for Early Learning and Basic Skills Practice**

<https://www.youtube.com/watch?v=wQbLMPze1R0>



# Resources – You Tube Channel for Songs

**天晴童謠 Sunshine Nursery Rhyme**

[https://www.youtube.com/channel/UC5LH\\_cGEFwywuAxuEVRHriQ](https://www.youtube.com/channel/UC5LH_cGEFwywuAxuEVRHriQ)

**嘉芙姐姐 - 兒歌童謠 - 故事動畫**

<https://www.youtube.com/channel/UCZgs3pLaFisZ-TKVOwFEe8Q>

**Super Simple Songs - Kids Songs**

[https://www.youtube.com/channel/UCLsooMJolpl\\_7ux2jvdPB-Q](https://www.youtube.com/channel/UCLsooMJolpl_7ux2jvdPB-Q)

**LooLoo Kids - Nursery Rhymes and Children's Songs**

<https://www.youtube.com/channel/UC4NALVCmcmL5ntpV0thoH6w>

# Other Resources

San Francisco Public Library

<https://sfpl.org/>

California Academy of Science - STEM activities

[https://www.calacademy.org/academy-home?utm\\_source=google&utm\\_medium=cpc&utm\\_campaign=science&gclid=EAlaIQobChMIs62m4\\_mW7gIVHgytBh3I9wqoEAAYASAAEgJS0\\_D\\_BwE](https://www.calacademy.org/academy-home?utm_source=google&utm_medium=cpc&utm_campaign=science&gclid=EAlaIQobChMIs62m4_mW7gIVHgytBh3I9wqoEAAYASAAEgJS0_D_BwE)

San Francisco Zoo – Teacher Resources

<http://www.sfzoo.org/learn/teacher-resources.html>