

家长在家带娃的建议 Tips for parents coping with kids at home

Hello. This is 6 Minute English from BBC Learning English. I'm Neil.

大家好。这里是BBC学习英语栏目的六分钟英语。我是内尔。

And I'm Georgina.

我是乔治娜。

Do you remember the school holidays when you were a kid, Georgina?

你还记得小时候的假期吗，乔治娜？

Ah, yes, I remember.

啊，是的，我记得。

Six whole weeks without school!

整整六个星期不用上学！

I used to go to the seaside on holiday with my family-sometimes to the coast in England and sometimes abroad to France or Spain.

我过去常常跟我的家人去海边度假——有时候是去英国的沿海，有时候是出国到法国或西班牙。

Yes. I remember my dad driving us down to the seaside, looking out the car window and playing I-spy with my sister.

是的。我记得我爸爸开车带我们去海边，看着车窗外的风景，跟我姐姐玩“我看见了……”的游戏。

But with the outbreak of the coronavirus pandemic many children are having to take an extended and unplanned break from school.

但是随着新冠病毒流行病的爆发，很多孩子现在不得不放一个延长的计划外的假。

And with schools now shut for the foreseeable future, this is creating challenges-both for children who can no longer meet their friends to play outdoors...

而且现在学校短期内无法开学，这种情况造成了挑战——对于再也不能跟朋友们在户外玩的孩子们……

...and for parents who want to keep their children occupied and focused without spending hours watching TV or playing on mobile phones. In this programme, we'll be discussing some advice for parents trying to keep their children educated and entertained at home in these unusual times.

……以及想让他们的孩子有事可做，保持专注而不是花好几个小时看电视或玩手机的家长。本节目中，我们将讨论一些帮助家长在这个特殊时期让他们的孩子在家里寓教于乐的建议。

But first, today's quiz question: Under normal circumstances, which country has the longest school summer holidays?

但是首先是今天的问题：在正常情况下，哪个国家的暑假最长？

Is it A) Australia, B) Argentina, or C) Italy?

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是 A. 澳大利亚, B. 阿根廷, 还是 C. 意大利?

Hmmm, they have really hot summers in Australia, right?

嗯, 澳大利亚的夏天真的很热, 不是吗?

I think maybe they also have long holidays, so I'll say a) Australia.

我想也许他们的暑假也很长, 所以我要选 A. 澳大利亚。

OK, Georgina.

好的, 乔治娜。

We'll find out later whether you were right.

我们稍后会知道你是否回答正确。

Of course, what's happening right now is very different from normal school holidays.

当然, 现在所发生的一切跟往常的学校假期是很不一样的。

Parents and children may be living together under lockdown for weeks on end and this can be stressful as BBC Radio 4's You and Yours discovered when they spoke to parenting expert, Elizabeth O' Shea.

家长和孩子可能在封锁的情况下一起生活连续几周, 正如BBC电台4频道的《You and Yours》节目在访谈育儿专家伊丽莎白·奥西时所发现的那样, 这样的情况让人倍感压力。

The most important thing is to see this as an opportunity.

最重要的一点是把这件事情当做一个机会。

It's unprecedented what's going on but you may have a chance to have two or more weeks with your children and if you can change your attitude towards that you can actually enjoy this time and teach your children amazing coping skills for dealing with difficulties in the future.

目前发生的一切是前所未有的, 但是你可能有机会跟你的孩子在一起待两个星期或更久, 而如果你能够改变你的态度, 认为你事实上能够享受这个时间, 并且教会你的孩子在未来处理困难的绝妙应对技巧。

Elizabeth thinks that having a positive attitude by seeing the lockdown as an opportunity will help in this unprecedented situation—a situation which has never happened before.

伊丽莎白认为拥有一个积极的态度, 把封锁看做是一个机会能够有助于应对这个前所未有的情况——以前从未发生过的情况。

Adults are full of life experience and parents can teach their children things they wouldn't get to learn at school.

成年人拥有丰富的生活经验, 而家长们可以教他们的孩子在学校学不到的东西。

Being able to spend time at home with your children can be a great opportunity to teach them coping skills —skills they can use to cope, or deal with, stressful situations.

能够在家跟你的孩子待在一起是一个教授他们应对技巧的很好的机会——例如他们如何应对或处理压力情况的技巧。

One of Elizabeth's main ideas is that parents shouldn't try to re-create a school classroom at home.

伊丽莎白的一个主要观点是家长们不应该在家里重新创造一个学校教室。

Instead, it might be better to work with your children as a team and decide together what you'd like to do.

相反地，跟你的孩子一起决定你们要做什么可能会更好。

Here she is talking about keeping kids entertained at home.

以下是她谈论如何让孩子在家开心的内容。

I would brainstorm ideas and then draw up timetables of what you're going to do each day.

我会头脑风暴出很多想法，然后画出每天要做的事情的时间表。

Include a nice chunk of time, normally after lunch, for a bit of downtime-quiet reading or quiet play but then, the rest of the time, build in activities.

选一大段的时间，通常是午餐后，稍事休息——安静地阅读或玩耍，但是之后剩下的时间要加入活动。

So playing with your children is wonderful-ball games, board games, card games, word games, anything-doing a family disco-anything that is fun and entertaining for them.

跟你的孩子一起玩是很棒的——球类运动、棋牌游戏、文字游戏，任何事情都可以——举办家庭迪斯科——任何对他们来说有趣好玩的事情。

If you lack ideas for what to do during the day, Elizabeth recommends brainstorming-talking to your children to produce ideas and suggestions for things to do.

如果你不知道白天要做什么，伊丽莎白建议进行头脑风暴——跟你的孩子们谈话来得到做什么事情的点子或建议。

Of course, games and activities are fun ways of keeping children entertained and she suggests spending a chunk, or large part of time, on those.

当然，游戏和活动是让孩子们保持开心的有趣的方式，并且她建议把一大段时间都用在这些事情上。

But it's difficult to find the energy to keep playing games all day long.

但是很难有那么多精力玩一整天。

It's also important to timetable in downtime-time when you relax and do not do much, for example quiet reading.

安排休整时间也是很重要的——用于放松或不做什么事情的时间，比如安静地阅读。

And if it all starts going wrong, here's Elizabeth again with a final tip.

而如果一切都开始失控，以下是伊丽莎白的最后一个建议。

Pillow fights are also a great way to let off steam.

枕头大战也是一个很好的释放压力的方法。

If the situation becomes stressful then it's good to let off steam-do something to get rid of strong feelings by expressing them without harming anyone.

如果感到压力很大，那么释放压力是很好的——做一些事情在不伤害任何人的情况下，通过表达强烈的情绪来摆脱掉它。

You could let off steam in many ways-anything from going for a run to having a pillow fight!

你可以用很多方式释放压力——从跑步到来一场枕头大战！

I think I'm going to need a holiday to get over this lockdown.

我想我需要一個假期來度過這次封鎖。

Which reminds me...it's time to reveal the correct answer to this week's quiz question.

這讓我想到了.....是時候揭曉本周問題的正確答案了。

I asked you which country's schools usually have the longest summer holidays.

我之前問你通常那個國家的學校暑假最長。

I said a) Australia.

我說的是 A. 澳大利亞。

Good try, Georgina, but the correct answer was c) Italy.

不錯的嘗試，但是正確答案是 C. 意大利。

They have up to 13 weeks' holidays in the summer!

他們夏天有長達13周的假期。

Imagine how much fun you could have!

想象一下你可以有多少樂趣！

Or how much English vocabulary you could learn!

或者你可以學習多少英語詞匯！

Today we've been giving some tips to parents for surviving the coronavirus lockdown, an unprecedented situation-meaning a situation which has never happened before.

今天我們一直在給家長們建議熬過新冠病毒封鎖這一前所未有的情況——意思是說以前從未發生過的情況。

One parenting expert recommends keeping a positive attitude by focusing on the useful things parents can teach their children at home, like coping skills-skills to cope with stressful situations, like being locked down.

一位育兒專家建議通過專注於有用的事情來保持一個積極的態度，家長們能夠在家里教會他們的孩子應對技巧——處理壓力情況的技巧，例如被封鎖在家。

A good way to generate ideas for things to do is brainstorming-talking with your children to come up with ideas and suggestions for fun learning activities.

一個很好的產生關於做什麼的想法的方式就是腦風暴——跟你的孩子們談話想出有趣學習活動的点子或建議。

A large chunk, or part, of the day could be spent in fun ways like playing games or finding things out together on the internet.

一天中的一大段，或一大部分，時間可以有趣地度過，比如玩游戏或一起在网络上找东西。

But don't forget to schedule in some downtime-quiet time to relax and do nothing.

但是別忘記安排一些休整時間——用於放鬆，什麼都不做的安靜時間。

And when it all gets too much, find healthy ways to let off steam-get rid of strong emotions by doing something energetic, like going for a run....

而当一切积累得太多的时候，找到健康的方式释放压力——通过做一些充满活力的事情来摆脱掉强烈的情绪，比如跑步.....

Or having a pillow fight!

或者来一场枕头大战！

Come on, Neil, I always have a pillow handy, just in case!

来吧，内尔，我手边总是有个枕头，以防万一！

Well, unfortunately, we've run out of time.

嗯，不幸的是，我们的时间不够了。

Search BBC Learning English for more language learning programmes as well as English activities for your children during the lockdown.

请搜索BBC学习英语获取更多语言学习节目，以及英语活动给你的孩子们在封锁期间使用。

Bye for now!

再见啦！
