

Parenting Dos and Don'ts

Developed by DEG Team - 05/13/21

[Perspective] Respect and take perspectives of children

- Do:
 - Taking the perspectives of the children to understand and respect their behaviors, decisions, and ways of thinking
- Don't:
 - Not trying to understand the underlying cause of children's behaviors, but judging children's actions and decisions using pre-existing assumptions
 - Making decisions "for children's own good" but not respecting their own opinions or decisions

[Communication] Provide a safe environment for effective communication with children

- Do:
 - Creating a safe, equal, and respectful environment for parental-child interaction, where children feel respected, understood, and accepted
 - Having candid and calm conversations, resolving conflicts with children
 - Being an active listener, being patient, and respectful in conversations
 - Expressing love, trust, and support without spoiling children
 - Collaborating with the partner about your ways to educate and talk with your children, monitoring each other during parental-child communications to correct other's mistake in time
- Don't:
 - Ignoring ideas that children expressed
 - Overly or blindly blaming or commanding children
 - Confirm your partner's mistake in parental-child communications
 - E.g., let your partner continue to say things that hurt the child without stopping them and apologizing to the kid
 - Leave the job of parental-child communication to your partner alone

[Observation] Monitor children's abnormal behaviors and mental well-being

- Do:
 - Keenly observing children's abnormal behaviors and monitoring their mental health using clues from expressions or tones
- Don't:
 - Neglecting the abnormal behaviors of children, stressing and pushing children regardless of their mental states

[Guidance] Provide appropriate help and situational feedback to children

- Do:
 - Providing scaffolded and actionable guidance to help children solve their problems, control emotions, and etc.
 - Give detailed, actionable feedback to children while preserving an intimate relationship
- Don't:
 - Demanding actions or forcing children to reach a certain goal without giving enough, clear, or suitable scaffolding for children

家长手册

【理解】站在孩子的角度换位思考

- 您应当：
 - 站在孩子的角度，理解他们的想法、行为与决定，尊重孩子的意见
- 您不应当：
 - 主观判断孩子的行为动机，经验主义地预设原因，而不去尝试理解孩子行为背后的原因
 - 武断地“为了孩子好”，不让孩子参与到决定过程中

【交流】在亲子交流中构建平等的沟通环境

- 您应当：
 - 为亲子交流构建平等的沟通环境，让孩子感受到被尊重、理解与接纳
 - 与孩子进行诚恳、冷静的对话，解决亲子矛盾
 - 认真、耐心地倾听孩子的声音，让孩子能够畅所欲言，并尊重孩子的想法
 - 充分表达对孩子的信任与支持，但不溺爱孩子
 - 与伴侣交流针对孩子的教育与沟通策略，在亲子沟通中紧密合作、互相监督，若伴侣的言行伤害到了孩子，及时制止并纠正
- 您不应当：
 - 无视孩子的想法，自说自话
 - 一味地指责、命令或质疑孩子
 - 放任或间接肯定伴侣对孩子的怀疑
 - 把亲子交流的任务甩给伴侣完成

【观察】关注孩子的行为异常与心理健康

- 您应当：
 - 在日常生活中敏锐地观察、关注孩子的身体健康与行为异常，从言行、语气中推断、理解孩子的心情
- 您不应当：
 - 无视孩子的异常行为，无视孩子的心理健康、持续给孩子施加压力

【帮助】为孩子提供适当的帮助与反馈

- 您应当：
 - 为孩子提供切实可行的帮助，帮助他们解决问题、管理情绪
 - 为孩子提供详细、可行的建议与反馈，保持良好的亲子关系
- 您不应当：
 - 一味命令或强行要求孩子达到目标，却未能提供足够清晰或合适的帮助