



建立橋樑： 如何促進與孩子開放和真誠的溝通

Building Bridges:
How to Foster Open and Honest
Communication with Your Child

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與青春期的 孩子溝通

Communicating with
adolescents

孩子總是「駁嘴駁舌」？

Is your child always respond angrily or rudely?

孩子不願與家長溝通？

Is your child unwilling to communicate with parents?





每個孩子的獨特性

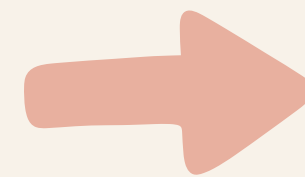
The uniqueness of each child

孩子的性格、溝通方式各不相同

- 有些喜歡表達自我
- 有些喜歡聆聽別人
- 有些喜歡自我思考

Children's personalities and communication styles vary

- Some like to express themselves
- Some prefer to listen to others
- some enjoy thinking for themselves



但家長們都面對著同樣問題：

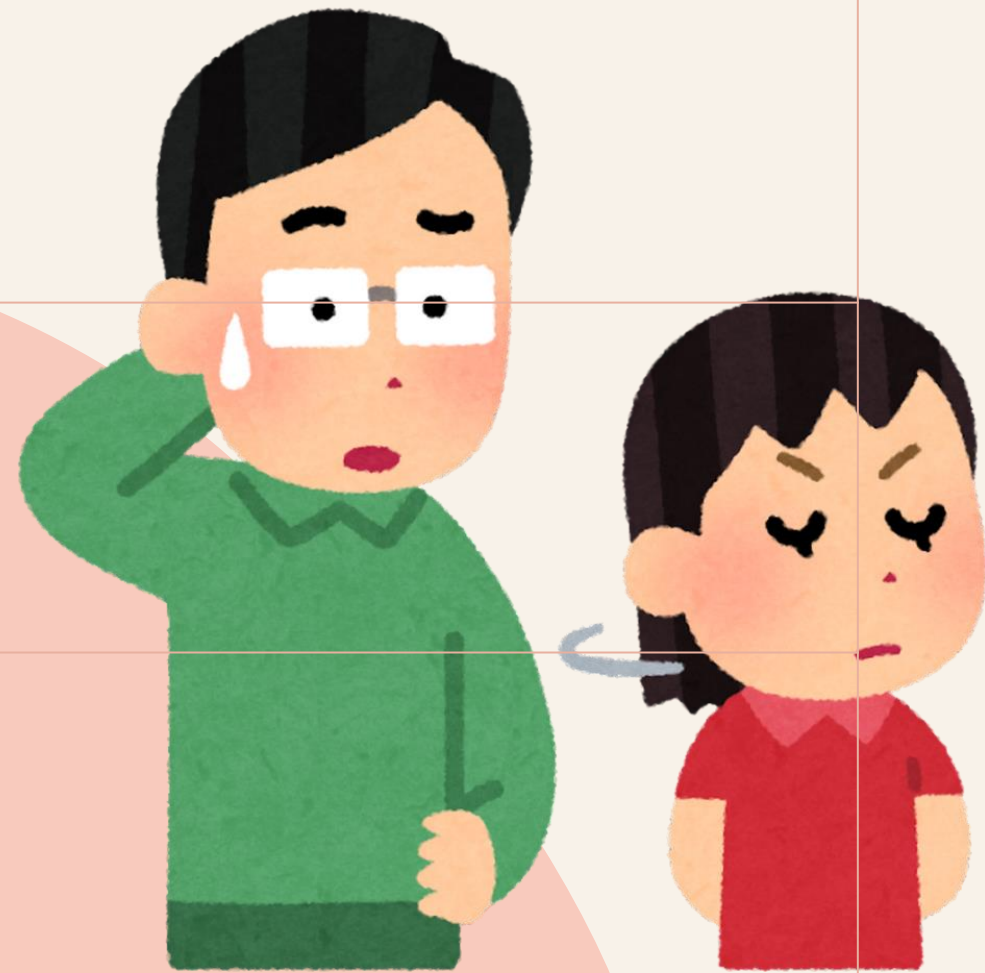
踏入青春期的溝通困難

But parents are facing the same problem :

Communication difficulties during
adolescence

為什麼孩子一踏入青春期的就變得「難以溝通」？

Why do children become 'difficult to communicate with' as soon as they enter adolescence?



1. 自我認同的探索：青春期是尋找自我和建立身份的關鍵時期

Exploration of Self-Identity : Adolescence is a critical period for seeking self and establishing identity

2. 情緒波動：荷爾蒙變化導致情緒起伏

Emotional Fluctuations : Hormonal changes lead to emotional ups and downs

3. 獨立需求：可能拒絕父母的意見和建議

A need for independence: may lead to rejecting parents' opinions and advice

當踏入中年時，我們會變得如何呢？

What happens to us when we enter mid-life?



1. 角色調整期: 關心和指導下一代，以及對社會有所貢獻的渴望。
Mid-life is a period of significant role adjustment both within the family and in society.

2. 中年情緒波動：荷爾蒙變化導致情緒起伏，而女性由於生殖窗口關閉（更年期前期和更年期）的緣故，這些情緒波動通常更為明顯。

Emotional Fluctuations in mid-life: Hormonal changes lead to emotional ups and downs, which are often more significant in women due to the closing of their reproductive window (perimenopause and menopause)

當中年遇上青少年時, 結果?

Mid-life meets adolescents?



家長管教模式 Parenting Style



情理兼備型

Warm & Firm Parenting

父母重視自律與責任感，但同時提供足夠的情感支持

Emphasize self-discipline and a sense of responsibility, while also providing sufficient emotional support



軍訓型

Rule and Discipline Parenting

父母強調服從與紀律，較少提供情感支持甚至使用打罵等方式令子女「聽話」

Parents emphasize obedience and discipline, providing little emotional support and even using punishment or scolding to make their children 'compliant'



只愛但不管型

Permissive Parenting

父母提供充足的情感支持，但缺乏紀律與管教

Parents provide ample emotional support but lack discipline and guidance



天生天養型

Neglectful Parenting

父母因忙碌或情感上能力不足而忽視孩子需求，情感支援和紀律管教皆不足

Parents neglect their children's needs due to being busy or lacking emotional capacity, resulting in insufficient emotional support and discipline

情理兼備的親子溝通模式

Warm & Firm Parenting patterns

1

建立支持互助關係

Establishing a supportive and mutually beneficial relationship

- 優質的共處時間：一起花時間參加促進親子關係的活動，鞏固彼此的聯繫，借機踏入孩子內心世界
Quality time: Spend time engaging in activities that promote parent-child relationships, strengthening your bond and taking the opportunity to enter your child's inner world
- 安全感：營造一個讓孩子能自由表達需求和情感的氛圍，讓他們深信無論面對何種困難，父母始終會在身邊支持他們
Sense of Security: Create a space where children can freely express their needs and feelings, assuring them that no matter what difficulties they face, their parents will always be there to help them.

情理兼備的親子溝通模式

Warm & Firm Parenting patterns

2

主動傾聽

Active Listening

- **先聆聽後回應**：父母能夠更好地理解孩子的需求，從而避免誤解和衝突
Listen First, Respond Later: Parents can better understand their children's needs, avoiding misunderstandings and conflicts
- **展現你在傾聽**：使用身體語言，例如點頭、微微向前傾斜以及保持開放的姿勢，以表達你在專注
Show that you're listening: Use body language, such as nodding, leaning slightly forward, and maintaining an open posture, to convey that you are attentive

情理兼備的親子溝通模式

Warm & Firm Parenting patterns

3

非批判性建議

Non-judgmental suggestions

- 不與同濟/兄弟姐妹比較：鼓勵每個孩子發展自己的身份和自尊心
Do not compare with siblings: Encourage each child to develop their own identity and self-esteem
- 聚焦於優勢：專注於每個孩子的獨特優勢，鼓勵往相關方向發展
Focus on strengths: Concentrate on each child's unique strengths and encourage development in relevant directions

情理兼備的親子溝通模式

Warm & Firm Parenting patterns

4

有效的規則執行

Rule Implementation

- 在溫暖中設立明確規則。孩子在感受到愛和理解時，更容易接受規則。傾聽、肯定、表達愛意。
Balance warmth with clear rules. Kids accept rules better when they feel loved and understood. Listen, validate, and show affection.
- 解釋規則背後的「為什麼」。理由幫助孩子理解並遵守規則，培養責任感和良好決策。
Explain the "why" behind rules. Rationale helps kids understand and follow them, fostering responsibility and good decisions.

Thank you!

Please feel free to ask any questions!

