

## 「家長智 Net」：不同主題的資訊推介

主題一、親子關係	
<p><b>(影片) 關懷鼓勵與接納 正向家庭齊建立</b></p> <p>帶出家長與子女應有的相處之道和建構一個快樂家庭的重要元素。</p>  <p><a href="https://www.parent.edu.hk/article/API1">https://www.parent.edu.hk/article/API1</a></p>	<p><b>(影片) 管教有難度：處理兒童問題行為方法 - 有效溝通：正面溝通</b></p> <p>講解家長如何分辨兒童的正常成長表現及問題行為，對症下藥，讓管教子女事半功倍。</p>  <p><a href="https://bit.ly/3gUs7Qv">https://bit.ly/3gUs7Qv</a></p>
<p><b>(影片) 伴孩子走過青春叛逆期</b></p> <p>精神科醫生跟各位父母分享如何陪伴孩子走過青春叛逆期，父母可如何與他們好好溝通。</p>  <p><a href="https://bit.ly/3vq4t1U">https://bit.ly/3vq4t1U</a></p>	<p><b>親子深情對話篇</b></p> <p>學校社工向家長傳授與子女溝通時應有的態度和技巧，以達致親子深情對話。</p>  <p><a href="https://bit.ly/3evCwPE">https://bit.ly/3evCwPE</a></p>
<p><b>親子溝通模式</b></p> <p>心理學家分享如何用 EARS 方法，讓孩子不以發脾氣表達情緒，並變得願意聆聽和商量。</p>  <p><a href="https://bit.ly/3dRP7O4">https://bit.ly/3dRP7O4</a></p>	<p><b>家校合作系列之家校共建親子關係</b></p> <p>小學校長及家教會幹事一同分享如何透過優質親子時間培育孩子的好品格。</p>  <p><a href="https://bit.ly/3aTHLrc">https://bit.ly/3aTHLrc</a></p>

**“Smart Parent Net”: Recommendations on Resources on Various Themes****Theme 1: Parent-Child Relationship****(Video) Care, encouragement and acceptance, are keys to building a positive family**

It elucidates the ways parents and children should get along with one another, and the crucial elements for building a positive family.



<https://www.parent.edu.hk/en/article/API1>

**(Video) Discipline nuisance difficulty: Way to deal with children behavioral problem - Effective communication: Positive communication (Chinese version only)**

Parents will learn the ways to differentiate between normal growth and behavioural problems of children so as to identify proper solutions to make parenting much easier.



<https://bit.ly/3xu4SCo>

**(Video) Accompanying children to go through rebellious youth (Chinese version only)**

A psychiatrist shares with parents on how to accompany their teenage children to go through the rebellious period and communicate with them.



<https://bit.ly/2QDmv21>

**Affectionate parent-child dialogues (Chinese version only)**

A school social worker passes on the proper attitudes and skills to parents when communicating with their children so as to make deep parent-child conversations happen.



<https://bit.ly/3aHAR8u>

**Mode of parent-child communication (Chinese version only)**

A psychologist shares on using the “EARS” method to help children not to express their frustration by throwing tantrums and become more willing to listen and discuss.



<https://bit.ly/3tVHP1j>

**Home-school co-operation series: Home and school together build parent-child relationship (Chinese version only)**

A primary school principal and an executive committee member of the school Parent-Teacher Association share how to nurture good characters through spending quality time with children.



<https://bit.ly/3t0PABD>