

积极育儿



顶级贴士

积极育儿(或权威型育儿)是一种鼓励父母关注积极方面的育儿方式——你的孩子做对了什么以及孩子的长处所在。这种方法的基础是热情、尊重和积极的行为。孩子们应该体验与父母的爱的关系以及与年龄相适应的监督、安排和界限,这使他们有机会茁壮成长并过上健康快乐的童年。

- 对正面(良好)行为提供真诚的赞美。
- 根据您的孩子的岁数和能力适当地订立明确的家庭规则
- 在孩子倾向于出现挑战性行为的时刻提前做好规划(例如外出购物的时候带上零食或玩具)
- 尝试思考在难以处理的行为背后有什么因素——是不是您的孩子感觉饿了(Hungry)、生气(Angry)、寂寞(Lonely)或是累了(Tired)(HALT)?
- 把行为跟情感联系起来,例如:‘我猜你扔玩具是因为你在生气,但是我们应该伤人’
- 订立适合您的家庭的日常活动
- 以身作则做好您希望见到的行为——孩子如果看到成年人打人或是大叫,他们不会明白这些行为原来是不允许的



Parenting. Give it time(育儿,给它一点时间)网页提供了关于鼓励儿童的好行为,以及体罚以外的替代方案等积极育儿的实际提示、贴士和专家建议。



关于积极育儿的贴士和信息,可以访问:Parenting. Give it time(育儿,给它一点时间):

 gov.wales/giveittime



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Positive parenting



Top tips


Positive parenting (or authoritative) is a style of parenting that encourages parents to focus on the positive – what your child is doing right and their strengths. It is based on warm, respectful and positive behaviours. Children should experience loving relationships with their parents alongside age-appropriate supervision, structure and boundaries, which allows them the chance to thrive and lead happy and healthy childhoods.

- Give genuine praise for positive (good) behaviour.
- Have clear family rules suitable for your child's age and ability.
- Plan ahead for times where children tend to behave in challenging ways (e.g. take a snack or toy on shopping trips).
- Try and think about what's going on under the surface of tricky behaviours – is your child Hungry, Angry, Lonely or Tired (HALT)?
- Connect a feeling to the behaviour e.g. 'I think you are throwing the toys because you are cross, but we don't hurt people.'
- Develop a routine that works for your family.
- Model the behaviour you want to see - a child won't understand that hitting or shouting is not allowed if that is what they see adults do.



Parenting. Give it time offers positive parenting practical hints, tips and expert advice to encourage good behaviour from children and alternatives to physical punishment.





For more information
and advice on parenting, visit:
 gov.wales/giveittime



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