

學校社工致家長的信-「如何處理壓力」

相信家長近日在家中承受了不少壓力，一方面要困在家中，未能外出呼吸新鮮空氣;另一方面又要擔憂孩子的網上功課，是否能夠如期完成。當人面對壓力時，我們會自動地使用過往的模式處理，如孩子不肯完成功課，經多次提醒後，孩子依然故我的話，此時家長便會開啓他們慣常使用的「模式」，如責備孩子，甚至打罵等等。長此下去，「打罵」模式必然會破壞親子關係。當家長有壓力時，可先嘗試放下一貫的模式，了解自己的壓力源，專注於自己的呼吸，調節自己的內在情緒和心態。在一呼一吸間嘗試帶走負面的想法及情緒，再反思孩子抗拒做功課的背後原因，如功課太過艱澀難懂、課程太多等等。若家長明白同學抗拒做功課的背後原因，與小朋友一起同行及解決問題，用正面態度體驗小朋友在成長中出現的各種變化，家長必然有所得着。在孕育小朋友的過程中，必然會遇到重重困難，讓我們一起共勉之。

梁姑娘 曾姑娘

家長篇

1. 父母學懂幾招，子女焦慮可消！(資料來源: 教育局)

[https://www.parent.edu.hk/article/\(%E5%BD%B1%E7%89%87\)-%E7%88%B6%E6%AF%8D%E5%AD%B8%E6%87%82%E5%B9%BE%E6%8B%9B-%E5%AD%90%E5%A5%B3%E7%84%A6%E6%85%AE%E5%8F%AF%E6%B6%88](https://www.parent.edu.hk/article/(%E5%BD%B1%E7%89%87)-%E7%88%B6%E6%AF%8D%E5%AD%B8%E6%87%82%E5%B9%BE%E6%8B%9B-%E5%AD%90%E5%A5%B3%E7%84%A6%E6%85%AE%E5%8F%AF%E6%B6%88)

2. 如何在家訓練自律 (資料來源: 慈慧幼苗 Healthy Seed)

<https://www.youtube.com/watch?v=lcG6-c0thAw>

3. 在這個抗疫非常時期，家長全動網設計了網上學習系列：家長 Zoom — Zoom，只要家長安坐家中，利用 Zoom 軟件，就可以與不同專家分享學習，齊齊增進親職知識，學習涵蓋不同的課題，包括：升中面試攻略、園藝治療、親子行山、孩子語言發展及中醫等。(資料來源:香港青年協會)

<http://psn.hkfyg.hk/news/detail/2262/?fbclid=IwAR3NO8XLF31dID8YAOJBLwIJBjItzc31mopF5BQ8YsHZNBL1Tw7aG6B8Wo>

學生篇

初小篇-興趣篇

1. 自製快樂減壓球

<https://www.youtube.com/watch?v=2dlBSeJwsj8>

高小篇-升中面試篇

1. 文章分享: 升中面試題目 (資料來源:教得樂)

<https://happypama.mingpao.com/%E6%B9%8Ab%E7%>

親子活動篇

1. 實行三零運動-零金錢、零儀器及零時間-「健易樂」家庭教育實務手冊 (資料來源:香港明愛)

<https://family.caritas.org.hk/3zeromanual/family3zeromanual.pdf>

A letter to parents: How to deal with the pressure

Dear parents,

I believe that you have been under a lot of stress at home recently. You have to stay at home and cannot go out for fresh air. On the other hand, you worry about whether your children's homework can be completed as scheduled. When people are under stress, they will tend to use usual ways to deal with it. If a child is unwilling to complete homework on time, you might blame and scold on him/her. In the long run, it will inevitably affect the parent-child relationship. At this moment, you can firstly try to understand your stressors, focus on breathing, and regulate inner emotions. You can try to take away the negative thoughts and emotions in one breath, and then contemplate on the reasons behind your child's resistance on doing homework, for example, too difficult to understand or too many lessons, etc.

If you understand the reasons behind your children resistance on doing their homework, you can accompany with the children and solve the problem together. In the process of nurturing children, it is common to experience joy and pain. Stay Positive!

Best regards,

Miss Leung & Miss Tsang

For the Non-Chinese Speaking Parents and Students

1. Together we fight the virus (Source: Department of Health)

<https://www.coronavirus.gov.hk/eng/index.html>