Social & Emotional Development
健康社交和情緒發展

BUILDING BLOCKS FOR A GREAT RELATIONSHIP
建立良好親子關係的重要

Your relationship is the most important thing you can offer your child and will ensure that your child grows up to be healthy, happy and productive. So, let’s take some time to think through our parenting and play!

Babies can identify you, their primary caregiver, at birth by sight, sound and smell. They can read your feelings by your facial expressions. They can mimic faces and feel what you feel. If they have had enough they know to turn away or close their eyes.

By reaching to you or turning away, they send you a message about what they want - more communication or more quietness. A new parent needs to learn how their baby communicates.

Some babies have a harder time communicating. That can be frustrating because you do not know what your baby wants. If you get too frustrated, ask for help.

一個健康良好的關係是最重要的事情，你能給予孩子良好的關係，使能確保孩子健康、快樂和積極進取地成長。所以我們得要花更多時間，想想我們如何撫養孩子，如何陪他們玩耍！

嬰兒從出生起，就能通過視覺、聲音和體味，識別你作為他們主要的照顧者。他們可以從你的面部表情，閱讀你的感受，可以模仿你的面部表情和你的感覺。如果他們感覺夠了，他們會自動走開，或閉上他們的眼睛。

通過親近你或離開你，嬰兒向你發送他們想要什麼的訊息：想要更多的溝通，還是更多的安寧。初為父母者需學習如何與嬰兒溝通。

有些嬰兒在溝通方面會有困難，可能令你感到沮喪；因為你不知道嬰兒想要什麼。如果你感到沮喪不堪，請尋求援助。

As you read your baby’s cues, over time, your baby learns you will be helpful and they will even stop crying when you enter the room! Your baby knows you can help!

As you continue to understand your baby more, they become more attached to you, reaching out to you for help. Changes occur in you too as you feel close to your baby and more competent as a parent.

As you learn what your baby wants and provide it; as you guide your child safely, with respect; and as you help them with upset feelings, your child will also treat you with patience and respect. They will begin to control their feelings. They will look to you for reassurance.

Sometimes things do go wrong! This can happen in many ways, for example:

- You may be preoccupied which can impact your ability to read your baby

當你在慢慢體會孩子的感覺，孩子也會透過逐漸ורה意識到你會願意幫助他們，甚至你一走進入房間，他們便會停止哭泣！因為你知道，你會幫助他們！

當你越來越了解你的孩子，他們也越來越親近你，更願意得到你的幫助。你也會經歷一些改變，感到和孩子更為親近，更加覺得自己是稱職的家長。

在你了解並给予孩子所需要的事物時，可以讓孩子感到與你一起是安全和受到尊重的；當你和孩子感到不快時幫助他們，孩子也會耐心地對待你和尊重你。他們將會開始控制自己的情緒，並向你尋求認同。

有些時候事情會出錯！這可能是很多方面，例如：

- A child may have a difficult temperament, developmental delays or be sick
- A parent can be ill, stressed or worried

孩子不需要我們完美無缺，只需要我們夠好就行

- 小孩可能脾氣很壞，發育遲緩或生病
- 家長可能患病，太多壓力或擔心
- 你可能因為太忙，影響了你理解孩子行為的能力
WHAT TO DO WITH YOUR CHILD:
- Children need warm, sensitive caregiving routines in their lives as well as proper nutrition, shelter and lots of well directed praise.
- If tantrums and misbehavior persist, trained professionals can help. We all get angry at times and it is best to remove yourself! Spanking only teaches children that getting physical is okay to solve a problem and damages their self-esteem.
- People often ask: “What about the working parent? How can I build a good relationship with my child, when I’m away all day?” The quality may not be there, but the quantity can make up for this. Get down on the floor with your child for uninterrupted play time each day. Let them take the lead in play. Play is their way of communicating with you and makes them feel listened to, so they will also listen to you.
- We know warm, sensitive caregiving leads to strong attachment which leads to smart kids who follow home and society rules.
- As they get older, children need limits set gently but firmly. Sometimes children’s disappointments and tantrums can stop with distraction and humor. They can need a quiet time to calm down; in this way they learn to calm themselves, an important skill to have. Parents need to be consistent in their limits or a child will persist. If you and another caregiver have different ideas, talk them out first or your child will be confused.

HOW TO HANDLE YOUR CHILD:
- Children need and deserve your presence and attention.
- If children are not feeling well, or if they are having difficulty settling down, try giving them some extra attention.
- If children have been doing well and suddenly start having difficulties, try giving them some extra support.
- If children are feeling anxious or depressed, try giving them some extra reassurance.
- If children are not responding to your efforts to help them, try giving them some extra time to settle down.

WHO TO ASK FOR HELP:
- Sometimes we need support to help us.
- See your doctor or public health nurse if your feelings are interfering with your daily life. Feeling anxious or depressed can interfere with reading your baby’s cues and can affect your child’s development.
- If you are concerned about your child’s behaviour, contact the Richmond Early Childhood Mental Health Program located at the Richmond Hospital (604-278-9711, local 4055). This program sees children from 0-5 years with behaviour problems such as sleep disturbance, feeding problems, crying, acting out, anxious behaviours, sibling rivalry, difficulty bonding (biological child or post-adoption), tantrums, trauma, and much more! We see families from many cultures. We work with community partners such as your child’s school or daycare.
- Please call if you have a question. Referrals can be made through your doctor, nurse or other professionals.

向誰求助：
有时我們需要支持，來幫助我們自己。
- 如果你的感覺對自己的日常生活做成影響，請約見醫生或公共衛生護士。如果你感到焦慮或抑鬱，將會影響您理解孩子給你的提示，從而影響孩子的身心發展。
- 如果你擔心孩子的行為，請聯絡設於列治文醫院的列治文早期兒童心理健康計劃（Richmond Early Childhood Mental Health Program）（604-278-9711，內線4055）。該計劃的服務對象是0-5歲有行為問題的兒童，例如睡眠障礙、進食問題、哭鬧、動作異常、焦慮行為、兄弟姐妹爭寵、難以融入（親生或領養兒童）、脾氣暴躁、創傷等。我們接見不同文化的家庭，並與孩子的學校、托兒所等各社區機構合作。
- 歡迎來電查詢，或透過你的醫生、護士或其他專業人士轉介。