

# Social & Emotional Development

## 健康社交和情緒發展



### ✓ TIP / 提示

Babies do not need us to be perfect, just good enough

孩子不需要我們完美無缺，只需要我們夠好就行

## 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，便能確保孩子健康、快樂和積極進取地成長。所以我們得多花點時間，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，可以模仿你的臉部感情和你的感覺。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。初為父母者需要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:

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

- 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，孩子也同時在慢慢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！因為孩子知道，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，感到同孩子更為親近，更加覺得自己是稱職的家長。

在你了解並給予孩子所需要的東西時，可讓孩子感到與你一起是安全和受到尊重的；當你在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：

- 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 quantity may not be there, but the quality 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

### 如何對待你的孩子

- 孩子需要溫暖而細心的照顧，有規律的生活以及適當的營養、安全的家和許多恰當的讚美
- 如果孩子不停地發脾氣和行為不當，受過專業訓練的人員可以幫助你。我們也有生氣的時候，但最好能自己克服，而非打孩子來出氣，以免傳達一個可以用暴力的錯誤訊息，更會損害孩子的自尊心
- 大家常常問：「上班的家長該怎麼辦呢？我整天不在家，如何與我的孩子建立良好的關係呢？」數量雖然達不到，但卻可以質量來彌補。每天同孩子在地板上專心地玩一會兒，並讓他們在玩耍中作主導。玩耍是他們與你交流的方式，讓他們感到你在傾聽，這樣他們也會仔細聽你說話
- 我們知道溫暖而細心的照顧，可建立強而有力的聯繫，從而讓孩子更聰明，更遵守家庭及社會的規範
- 隨著孩子慢慢長大，需要溫柔但堅決地對孩子實施某些限制措施。有些時候，你可以透過分散注意力或幽默等方法，來停止孩子的失望情緒和脾氣，而他們也可能需要一點時間冷靜下來，這樣一來，孩子會學懂一項重要的技巧：如何讓自己平靜下來。家長所定下的限制必須是始終如一的，否則孩子便會堅持己見。如果你與另一位照顧者的意見不同，必須大家先商量好，以免讓孩子感到混淆

### 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:

有時我們需要支持，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, 內綫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、兄弟姊妹爭寵、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

