主題：安排「親子共學」時刻以維繫情感

A. 內容撮要：

- **轉變角色為學習夥伴**：家長應從「監督者」轉為「夥伴」，在平等與尊重的基礎上與中三子女相處。
- **透過平等交流建立尊重**：舉辦親子讀書會或探討新聞，不灌輸標準答案，而是聆聽並尊重孩子的觀點。
- **共同規劃並培養責任感**：協助孩子制定讀書計畫，引導他們自我反思與管理，學會對自己負責。
- **利用科技與活動化解對立**：將 3C 產品轉為共學媒介，並透過多元活動建立共同語言與生活體驗。

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B. 家長反思題：

1. 您能嘗試哪些轉變，好讓自己從「監督者」變成陪伴子女面對壓力的「學習夥伴」?
2. 在孩子探索新事物（如使用 3C 產品、表達獨特觀點或安排讀書計畫）時，您傾向於直接「禁止與灌輸答案」，還是能實踐「平等交流並引導他們自我負責」？

參考資料：

1. https://myfutureclass.com/parent-child-learning-activity
2. https://www.nownews.com/news/3578715?srsltid=AfmBOoqpZ87PvgAlR0lvKouF-REoYGoXg3eDpWvoOgvPb-Zinw-zetLM

Topic: Arranging "Parent-Child Co-learning" Moments to Maintain Emotional Bonds

A. Content Summary:

- **Shifting roles to learning partners:** Parents should transition from "supervisors" to "partners," interacting with their Secondary 3 (Grade 9) children on a foundation of equality and respect.
- **Building respect through equal exchange:** Organize parent-child book clubs or discuss the news. Instead of instilling standard answers, listen to and respect your child's perspectives.
- **Planning together and fostering responsibility:** Assist children in creating study plans, guide them toward self-reflection and self-management, and help them learn to be responsible for themselves.
- **Using technology and activities to dissolve opposition:** Transform 3C products (electronics) into tools for co-learning, and build a common language and shared life experiences through diverse activities.

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B. Parent Reflection Questions:

1. What changes can you try to make to transform yourself from a "supervisor" into a "learning partner" who accompanies your children in facing pressure?
2. When your child explores new things (such as using 3C products, expressing unique viewpoints, or organizing study plans), do you tend to directly "ban actions and instill answers", or can you practice "equal exchange and guide them toward self-responsibility"?

Reference：

1. https://myfutureclass.com/parent-child-learning-activity
2. https://www.nownews.com/news/3578715?srsltid=AfmBOoqpZ87PvgAlR0lvKouF-REoYGoXg3eDpWvoOgvPb-Zinw-zetLM