主題：運用靜觀育兒處理親子衝突

A. 內容撮要：

靜觀育兒的核心：靜觀育兒並非放任孩子，而是讓家長有意識、不加批判地覺察自己與孩子的當下情緒，先穩定自己再作回應。

衝突當下的應對：當情緒即將爆發時，家長可透過「停一停、呼吸一下、觀察自己、察看孩子、先穩定再處理」這 5 個步驟來暫停即時反應。

回應孩子與界線：家長應先傾聽並接納孩子的感受，同時用平靜的語氣清晰表達行為界線（例如：可以生氣，但不能打人）。

修復關係與好處：衝突過後，家長先承認自身情緒並與孩子一同回顧修復，有助於減少家長壓力、改善親子溝通，並讓孩子學會情緒調節。

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B. 家長反思題：

1. 當孩子出現不聽話或鬧情緒的情況時，我身體通常會有哪些反應（如心跳加速、肌肉緊張）？
2. 在最近一次與孩子發生衝突時，我是習慣性地「即時反應」(如大聲責罵)，還是有做到「先停一停、先穩定自己」再作回答？

參考資料：

1. https://www.byknmc.edu.hk/CustomPage/47/2122%E5%B9%B4%E7%AC%AC%E4%B8%89%E6%9C%9F.pdf
2. https://www.hk01.com/親子/585889/家長分享-靜觀有助覺察情緒-減少與子女衝突-管教更輕鬆
3. https://www.dep.hkps.org.hk/【親子學堂】「責之切」以外的選擇/
4. https://www.mindful.org/when-parents-fight/
5. https://pubmed.ncbi.nlm.nih.gov/27532143/

Topic: Using Mindfulness in Parenting to Handle Family Conflicts

A. Content Summary:

- **Core of Mindful Parenting**: Mindful parenting is about being aware of emotions without judgment, helping parents calm themselves down first before responding to their child.
- **Handling Conflicts**: When tension arises, parents can pause, take deep breaths, check their own body and their child's status, and calm down before dealing with the issue.
- **Responding with Boundaries**: Parents should listen to and validate the child's feelings while setting clear rules using a calm tone (e.g., "It's okay to feel angry, but hitting is not allowed.").
- **Repairing and Benefits**: Reviewing and repairing the relationship after a conflict helps reduce parent stress, improves communication, and teaches children how to manage their own emotions.

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B. Parent Reflection Questions:

1. When my child misbehaves or has a meltdown, what physical reactions (such as a fast heartbeat or muscle tension) do I usually experience?
2. In our most recent conflict, did I react automatically (such as yelling), or was I able to pause and calm myself down before responding?

Reference：

1. https://www.byknmc.edu.hk/CustomPage/47/2122%E5%B9%B4%E7%AC%AC%E4%B8%89%E6%9C%9F.pdf
2. https://www.hk01.com/親子/585889/家長分享-靜觀有助覺察情緒-減少與子女衝突-管教更輕鬆
3. https://www.dep.hkps.org.hk/【親子學堂】「責之切」以外的選擇/
4. https://www.mindful.org/when-parents-fight/
5. https://pubmed.ncbi.nlm.nih.gov/27532143/