主題：青春期孩子的情緒管理：家長的關鍵角色

A. 內容撮要：

1. **理解與支持是關鍵**
    - 青春期情緒敏感且波動大；家長的穩定陪伴直接影響人際與心理健康
    - 以關係為本的陪伴比說教更能促進穩定與韌性
2. **認識與命名情緒**
    - 日常引導孩子辨識情緒與其背後需要
    - 把衝動轉化為可選擇、可負責的回應
3. **開放而穩定的溝通**
    - 傾聽先於評價，定期關心近況
    - 建立「隨時可分享」的安全感與渠道
4. **家長作為情緒榜樣**
    - 冷靜面對壓力、用理性語言協商
    - 願意道歉與修復關係，示範自我調節
5. **正向情緒表達與肯定**
    - 透過運動、藝術、寫作、同儕交流抒發情緒
    - 具體稱讚努力與進步，強化自我效能與自尊
6. **實用的情緒調節技巧**
    - 深呼吸、漸進式肌肉放鬆、暫停＋自我對話
    - 把大任務切成小步驟，建立規律作息與運動
7. **即時而溫暖的支持**
    - 情緒低落或失控時：先共情再引導
    - 透過理解、擁抱與同在，提供安全基地
8. **家庭邊界與彈性並重**
    - 清晰約定：電子產品使用、就寢、功課節奏

- 保留選擇與協商空間，提高規範可執行性

9. **定期檢視壓力與資源**

    - 共同盤點學業、人際、身心狀況與可求助對象
    - 必要時連結學校與專業支援，及早介入

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B. 家長反思題：

1. 遇到孩子情緒升溫時，我最近一次的做法是否做到「先傾聽共情、後引導策略」？下次我可以多做哪一步來穩住關係？
2. 我們家的邊界（作息、電子產品、功課）有哪些是清晰且可協商的？本週我能作出哪一項調整，讓規範更被孩子內化與執行？

Subject: Adolescent Emotion Regulation: The Parent's Key Role

A. Content Summary:

1. **Understanding and support are key**
   • Emotions in adolescence are sensitive and change a lot; parents' steady presence directly affects relationships and mental health
   • Relationship-based support works better than lecturing to build stability and resilience
2. **Know and name emotions**
   • In daily life, guide the child to spot emotions and the needs behind them
   • Turn impulses into choices and responsible responses
3. **Open and steady communication**
   • Listen before judging; check in regularly
   • Build a safe feeling and channels to "share anytime"
4. **Parents as emotional models**
   • Face stress calmly; use rational words to negotiate
   • Be willing to apologize and repair; show self-regulation
5. **Positive expression and praise**
   • Use exercise, art, writing, and peer talks to express emotions
   • Give specific praise for effort and progress; build self-efficacy and self-esteem
6. **Practical emotion regulation skills**
   • Deep breathing, progressive muscle relaxation, pause + self-talk
   • Break big tasks into small steps; keep regular routines and exercise
7. **Immediate and warm support**
   • When emotions are low or out of control: empathize first, then guide
   • Provide a safe base through understanding, hugs, and being present
8. **Balance family boundaries and flexibility**
   • Clear agreements: device use, bedtime, homework rhythm
   • Keep room for choice and negotiation to make rules doable
9. **Regularly review stress and resources**
   • Together, review studies, relationships, body-mind status, and who can help
   • Connect with school and professionals when needed; act early

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B. Parent reflection questions:

1. When my child's emotions rose recently, did I "listen with empathy first, then guide with strategies"? What extra step can I take next time to steady the relationship?
2. Which family boundaries (routine, devices, homework) are clear and open to negotiation? What one change can I make this week to help my child accept and follow the rules better?