主題：聽懂屋企人的說話

A. 內容撮要：

- **情緒調節示範**：
  家長先控制好自己情緒，再以溫和方式與小朋友溝通。
- **孩子可學到的能力**：
  - 學會慢慢控制和平復心情
  - 學習合適方式表達情緒與進行溝通
- **對社交技能的幫助**：
  孩子能將良好情緒管理應用在與同儕互動，增進相處融洽度。
- **核心影響**：
  以身作則的父母能幫助孩子：
  - 建立穩定感與被尊重的經驗
  - 發展良好心理素質
  - 培養獨立思考、學習與解決問題的能力
- **總結**：
  家長的一言一行，皆深刻影響小朋友的心理健康、行為和未來成長。

B. 家長反思題：

1. 當孩子情緒失控時，我是否能先穩定自己的情緒，再給予正向引導？
2. 在日常生活中，我如何以身作則，示範適當的情緒管理與溝通方式？

Subject: Understanding What Family Members Say

A. Content Summary:

- **Emotion Regulation Demonstration:**
  Parents first regulate their own emotions, then communicate with the child in a gentle manner.

- **Abilities Children Can Learn:**
  - Learn to gradually control and calm their emotions
  - Learn appropriate ways to express emotions and communicate

- **Help for Social Skills:**
  Children can apply good emotion management when interacting with peers, improving harmony in relationships.

- **Core Impact:**
  Parents who lead by example can help children:
  - Build a sense of stability and experiences of being respected
  - Develop positive psychological qualities
  - Cultivate the ability for independent thinking, learning, and problem-solving

- **Conclusion:**
  Every word and action of parents profoundly affects a child's mental health, behavior, and future development.

B. Parent Reflection Questions:

1. When my child loses emotional control, can I first stabilize my own emotions and then provide positive guidance?
2. In daily life, how do I lead by example to model appropriate emotional management and communication methods?