主題：【家長分享】林家齊媽媽分享她的教養方法與信念

A. 內容撮要：

1. **引導思考，不急於給予答案**：當孩子遇到問題或抉擇（如升學方向、選科等）時，家長不要急著幫他們做決定或直接給答案。應該透過提問的方式，引導孩子自己去思考和尋找解決方案。

2. **具體提問，避免空泛關心**：與孩子溝通時，避免問一些過於空泛、讓孩子不知道如何回答的問題（例如：「你今天點呀？」）。可以嘗試問一些具體、有針對性的問題，例如關於他們的學習進度、朋友相處或特定的興趣，這樣更容易開啟對話。

3. **培養自主責任感**：秉持「自己的事自己做，自己未來自己來」的信念。中六學生即將成年，家長應放手讓他們為自己的學業和未來負責，讓他們學會承擔自己選擇的結果。

4. **做堅實的後盾，而非代勞者**：家長要明白無法陪孩子走完人生的每一步，因此要讓孩子學會自我培養。同時，家長也要讓孩子知道，雖然給予他們空間獨立發展，但只要他們有需要，父母永遠會在身邊提供支持與協助。

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B. 家長反思題：

1. 當孩子面對 DSE 考試壓力或規劃畢業後的升學/就業出路時，我是習慣性地將自己的期望和「標準答案」直接告訴他們，還是能夠耐心地透過具體的提問，引導他們自己去分析利弊、尋找真正適合自己的方向？

2. 在逐漸放手讓即將成年的孩子為自己負責的同時，我有沒有透過具體的行動或言語讓他們明確感受到，無論他們遇到什麼挫折，父母永遠是他們最堅實、最無條件的後盾？

Topic: [Parent Sharing] Markus Lam's Mother Shares Her Parenting Methods and Beliefs

A. Content Summary:

1. **Guide thinking, do not rush to give answers:** When children face problems or dilemmas (such as choosing a field of study or elective subjects), parents should not rush to make decisions or provide answers for them. Instead, they should use questioning techniques to guide children to think independently and find their own solutions.

2. **Ask specific questions, avoid vague expressions of concern:** When communicating with children, avoid asking questions that are too vague and leave them unsure of how to respond (e.g., "How was your day?"). Try asking specific, targeted questions regarding their learning progress, interactions with friends, or specific interests. This makes it easier to start a conversation.

3. **Foster a sense of independent responsibility:** Uphold the belief that "one must do one's own tasks, and shape one's own future." As Secondary 6 students are approaching adulthood, parents should let go and allow them to take responsibility for their own studies and future, helping them learn to bear the consequences of their own choices.

4. **Be a solid pillar of support, not a proxy:** Parents need to understand that they cannot accompany their children through every step of life, so they must let children learn self-cultivation. At the same time, parents should let their children know that while they are given space to develop independently, their parents will always be by their side to offer support and assistance whenever needed.

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B. Parent Reflection Questions:

1. When my child faces DSE exam pressure or plans their path for further education/employment after graduation, am I habitually telling them my own expectations and "standard answers"? Or am I able to patiently use specific questions to guide them to analyze the pros and cons, and find a direction that truly suits them?

2. While gradually letting go to allow my nearly-adult child to take responsibility for themselves, have I used concrete actions or words to make them clearly feel that no matter what setbacks they encounter, their parents will always be their strongest and most unconditional pillar of support?