主題：建立穩固的教養團隊：共同照顧者之間的協作藝術

A. 內容撮要：

- **建立育兒盟友關係**：雙方都是因為愛孩子，應看見彼此的付出，將伴侶視為合作的盟友而非敵人。
- **媽媽學會適度放手**：主動向伴侶表達脆弱與疲憊，給予對方獨立帶孩子的空間，並減少當場指責。
- **爸爸轉被動為主動**：主動承包特定常態任務（如洗澡、故事），並在溝通時給予太太有溫度的回應。
- **接納教養方式差異**：夫妻背景不同，教養風格本就互異，不同的方式反而能給孩子更全面的滋養。

==========

B. 家長反思題：

1. 在目前的育兒生活中，有哪些常態性任務是可以改由其中一人完全主導，好讓另一半能徹底休息的？
2. 當我們發現彼此的教養風格不同時，我們要如何劃定底線，好在不互相指責的前提下，允許這些差異存在？

參考資料：

https://today.line.me/tw/v3/article/LXwkzpV

https://popa.hk/research/academics/由夫妻親職協作，到跨代親職協作！/

Topic: Building a Solid Parenting Team: The Art of Collaboration Between Co-parenting Partners

A. Content Summary:

- **Establish a Parenting Alliance:** Both partners act out of love for the child. See each other's efforts and view your partner as a collaborative ally rather than an enemy.
- **Mothers Learn to Let Go:** Actively express vulnerability and fatigue to your partner. Give them space to care for the child independently and reduce on-the-spot criticism.
- **Fathers Shift from Passive to Active:** Proactively take ownership of specific routine tasks (e.g., bath time, story time) and provide warm, empathetic responses during communication.
- **Accept Differences in Parenting Styles:** Couples come from different backgrounds, making diverse parenting styles natural. Varied approaches can actually provide a more comprehensive upbringing for the child.

==========

B. Parent Reflection Questions:

1. In your current daily parenting routine, which routine tasks could be completely managed by one person to allow the other partner to get a full rest?
2. When we discover differences in our parenting styles, how can we set boundaries to allow these differences to exist without blaming each other?

Reference：

https://today.line.me/tw/v3/article/LXwkzpV

https://popa.hk/research/academics/由夫妻親職協作，到跨代親職協作！/