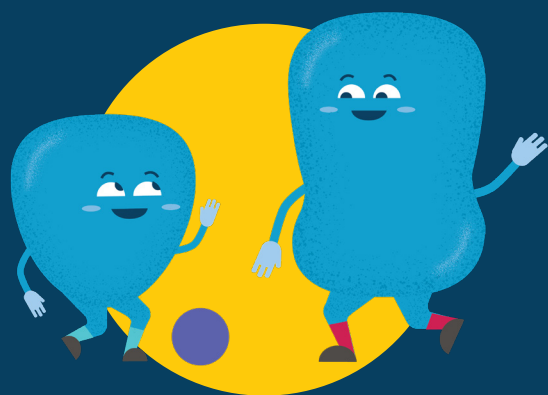


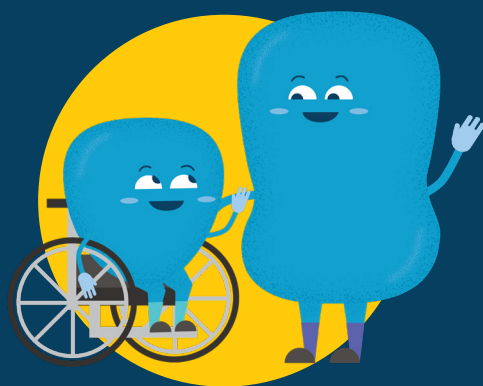
疫情期间的家庭教育

疫情使家庭教育变得尤为困难。如果您感到压力太大、难以承受，这都是正常的。以下是六个小贴士，希望它们能帮助您和您孩子顺利度过疫情期间的家庭时光。



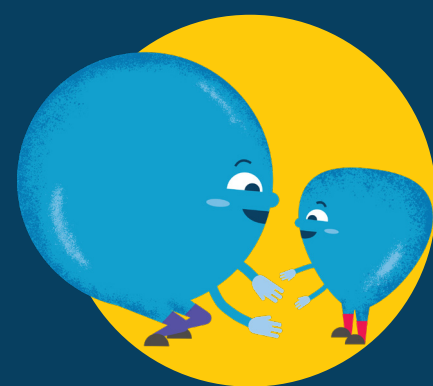
和孩子共同度过一对一时光

每天短短的5分钟就能让孩子感受到被爱，知道自己很重要。



孩子表现好时记得表扬他们

试着在孩子表现好的时候多表扬他们。他们不一定会当场有所反应，但您将发现他们会重复这些良好行为。表扬也能让孩子知道您一直关注着他们，并且很在乎他们。



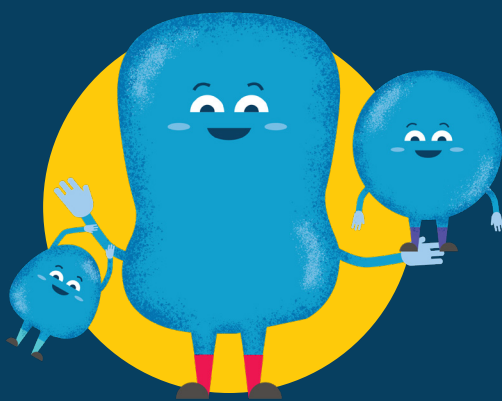
说出您想看到的行为

通过积极的言语告诉孩子您希望他们怎么做，例如“请把衣服收起来”，而不是“别弄得乱七八糟”。



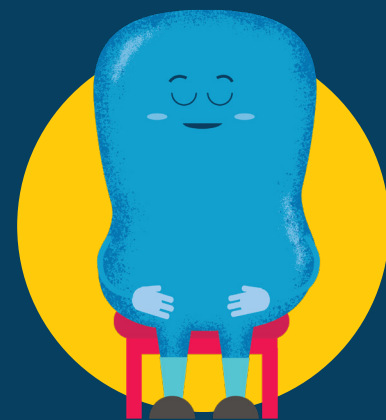
制定灵活而有规律的日常作息表

为您和您孩子制定一个日程表，其中既有计划好的活动，又有自由活动的时间。这能让孩子更有安全感，表现地更好。



当孩子出现难管的行为时

尽早注意到这些行为，试着将孩子的注意力转移到其它有趣的事物上。



照顾好您自己

当您感到孤单时，就找个人说说话。当您觉得压力大或是很生气时，试着做五个深呼吸。您不是一个人！

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