COVID19 家庭教育

公共服务公告

1 一对一时间

2 保持正能量

3 规律生活

4 不良行为

5 保持冷静、管理压力

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9 当我们很生气时

10 和谐家庭

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12 家庭预算

World Health Organization · unicef for every child · UNODC · WWO · End Violence Against Children · Internet of Good Things · Parenting for Lifelong Health · USAID · Accelerate Africa · CDC

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1 COVID-19 家庭教育
一对一时间

返回索引

点击获取循证基础

其它语言

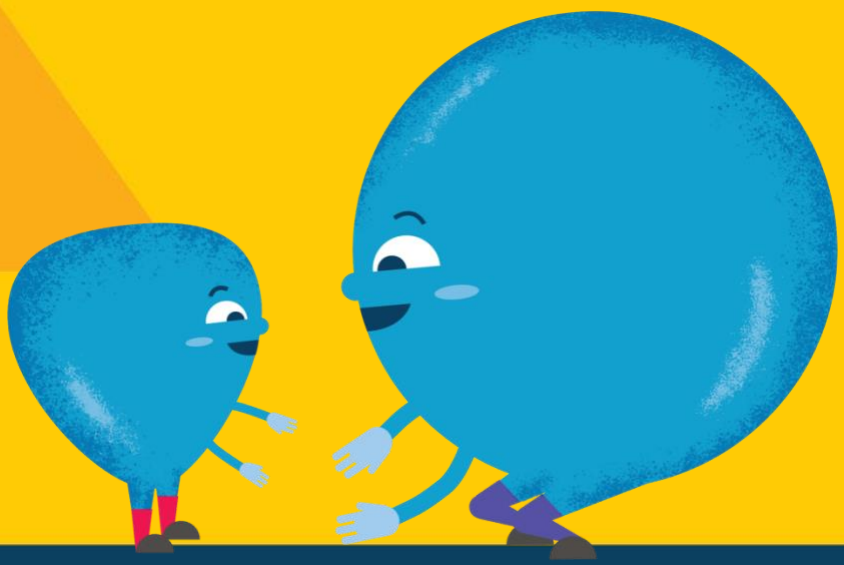
今日贴士:

- 一对一时间是您能给孩子的最好的礼物。
- 请牢记三个步骤:“听、看、笑。”

公共服务公告:

居家隔离对所有家庭来说都很艰难，但您可以做一些简单、低成本的事情。请试着每天都和您家的小孩或是青少年共同度过一对一时间。内容可以由孩子们选择，例如讲故事，或者谈论孩子关注的一个名人，也可以是大家一起边唱歌边洗碗或打扫卫生。一对一时间能让孩子感到被爱，知道自己很重要。

每天短短的20分钟就能帮助孩子们更好地度过这个艰难的时刻。请牢记这三个步骤：听、看、笑！



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2 COVID-19 家庭教育
保持正能量

返回索引

点击获取循证基础

其它语言

今日贴士：

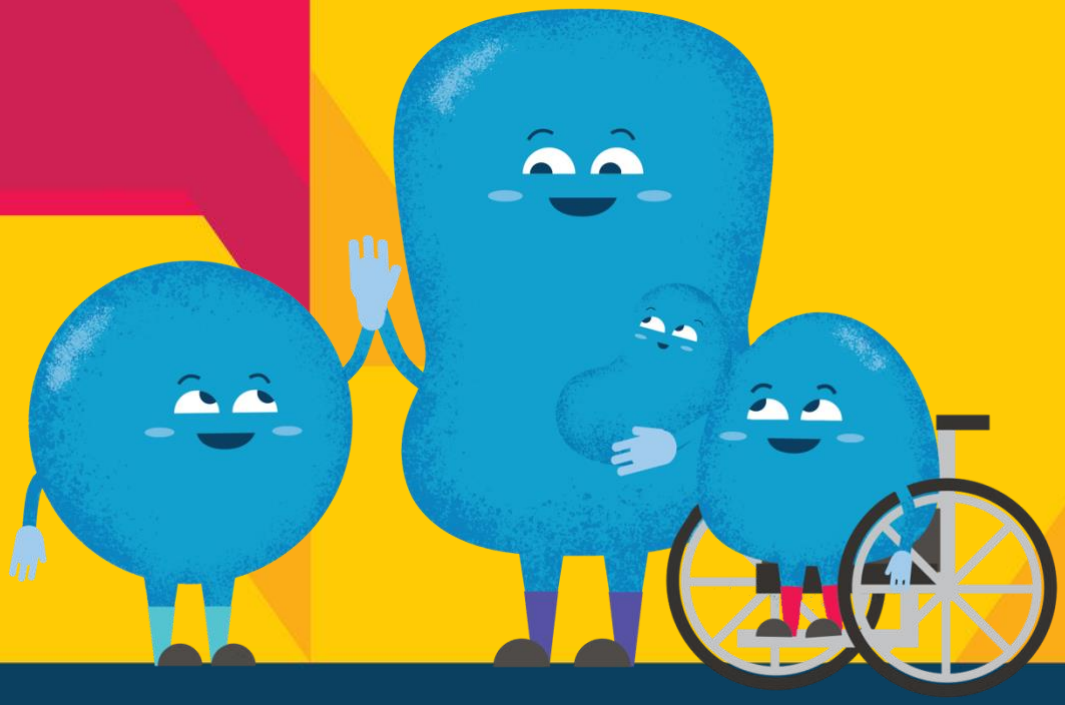
- 保持正能量。
- 表扬的力量很强大。
- 问一问您自己：我每天都会说一些积极的话吗？
- 更加实际--更加清晰--更加友善

公共服务公告：

当儿童和青少年被困在家里时，他们会变得很沮丧，因而破坏规则，但您可以帮忙缓解！

留意孩子的良好行为，并且及时表扬他们！这能帮助孩子表现得更好。

问一问您自己：我每天都会说一些积极的话的吗？请记得对自己也予以肯定。整个国家都为您感到骄傲！



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3 COVID-19 家庭教育 规律生活

返回索引

点击获取循证基础

其它语言

今日贴士：

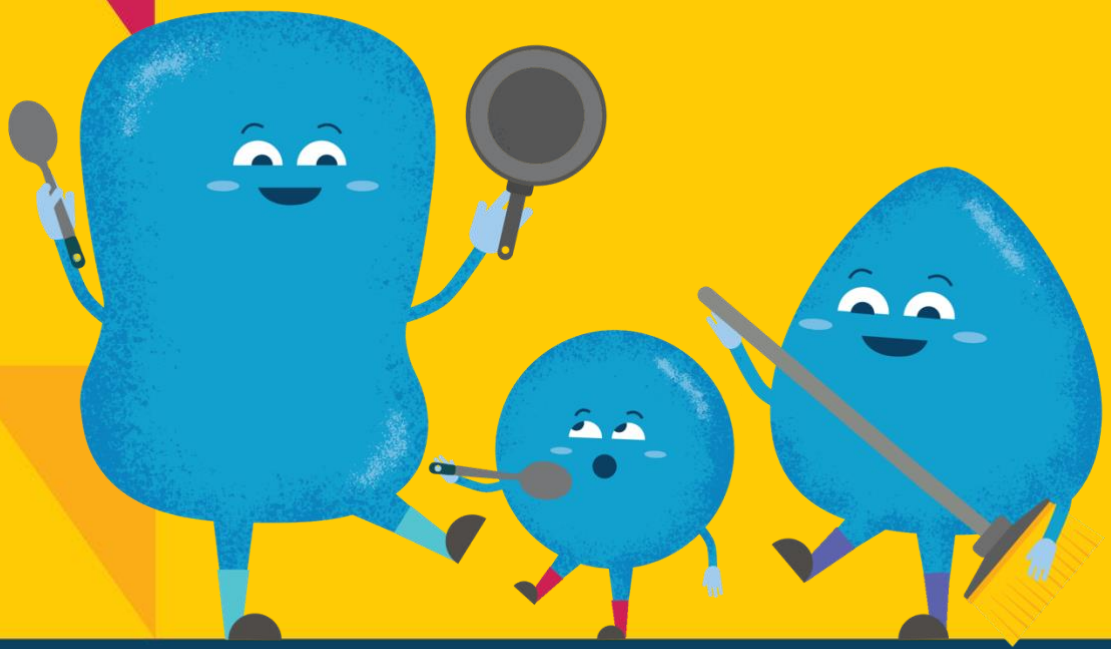
- 跑跑跳跳，动起来。
- 有序安排一天的工作和娱乐。
- 一张小小的日程表能让一天过得更好。

公共服务公告：

学校关闭了，不能出家门，这对您和孩子来说都是个挑战。建立规律的日常作息能够帮助大家保持正能量。

制定一个日程，其中可以包括家务、学校作业、玩耍和自由活动时间。孩子也可以帮忙一起制定日程。

如果可以的话，每天都要锻炼身体，例如在家里玩“123木头人”或是其它跑跳类游戏。大家一起释放能量！



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4 COVID-19 家庭教育 不良行为

返回索引

点击获取循证基础

其它语言

今日贴士：

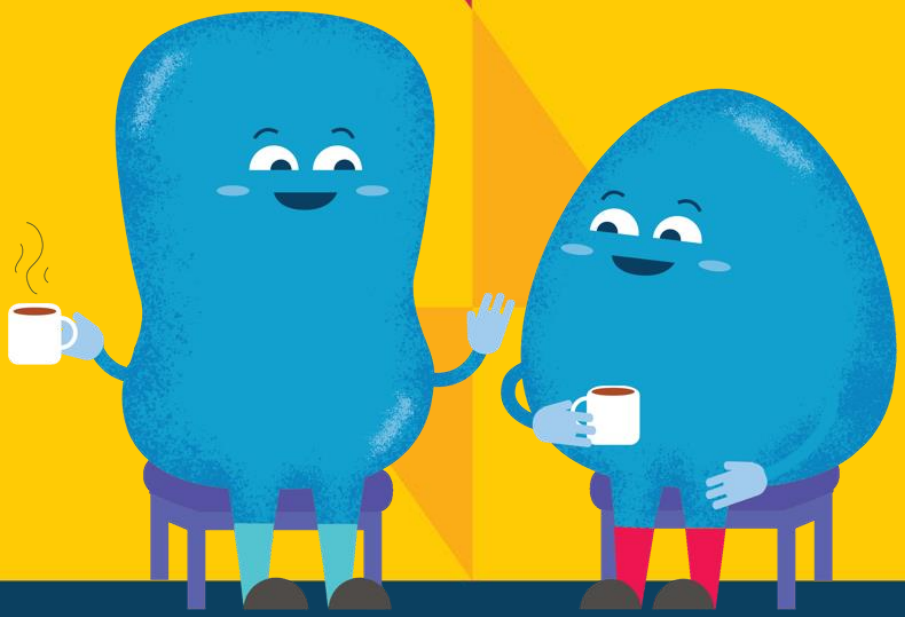
- 不良行为离良好行为只有一步之遥。请您帮助孩子展现良好行为。
- 预防、保护、赞扬。
- 孩子们会通过行为表达自己的感受。

公共服务公告：

所有小孩都会有不良行为，他们无法自己摆脱这些行为，导致自己难以好好表现。您可以帮助他们减少不良行为。

当他们表现好时，一定要及时表扬他们。这对所有人来说都十分重要，无论是小宝宝还是青少年。

当孩子有不良行为时，先给他们一个警告，让他们有好好表现的机会。如果孩子依然不改正，就执行“后果”，例如暂时拿走玩具，或暂停游戏。之后，再给孩子一个好好表现的机会，并且表扬他们！记住三点：预防、保护、表扬。



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5 COVID-19 家庭教育
保持冷静，管理压力

返回索引
点击获取循证基础
其它语言

今日贴士：

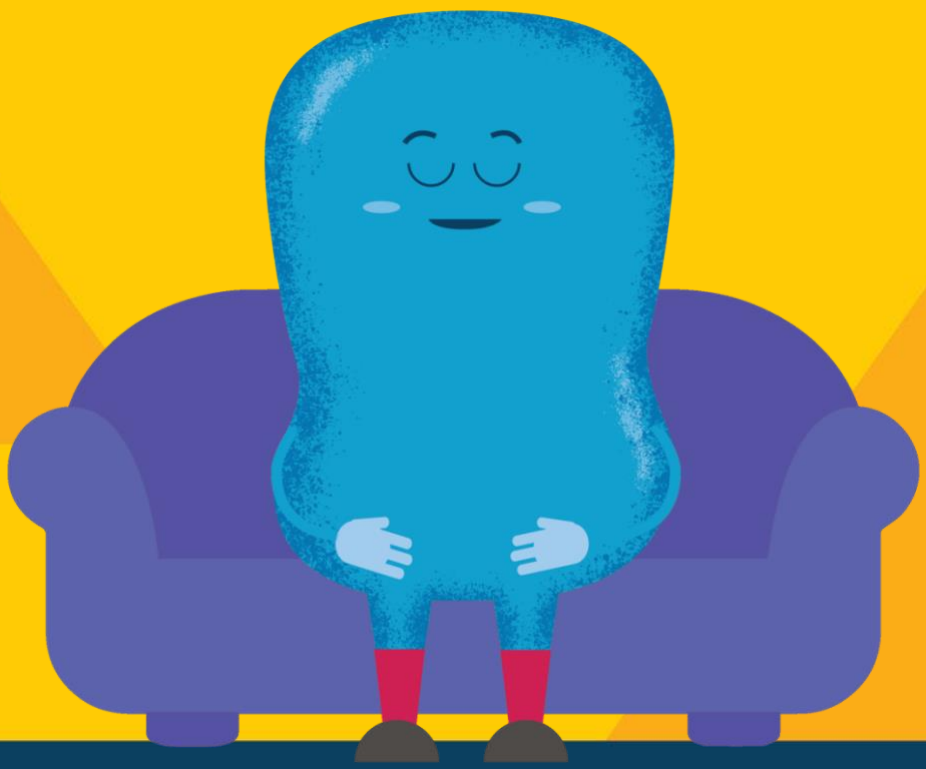
- 这是一个紧张的时刻，只有照顾好自己，您才能照顾好孩子。
- 虽然在家中隔离，但您不是一个人。
- 尝试快速放松一下。
- 对您自己好一些。
- 聆听孩子的声音。

公共服务公告：

所有在家里照顾孩子的人，你们都值得被表扬！我们知道照顾孩子的压力非常大，所以请您每天为自己留出一些时间。如果您感到孤独，就找人聊一聊；当孩子睡觉时，请好好休息一下。

试一试这个简单的放松活动：坐下，闭上眼睛，听自己吸气呼气的声音，留意自己当前的感受。当您准备好时，重新睁开眼睛。

照顾好您自己，您才能更好地照顾孩子。



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6 COVID-19 家庭教育
谈论2019冠状病毒病

返回索引

点击获取循证基础

其它语言

今日贴士：

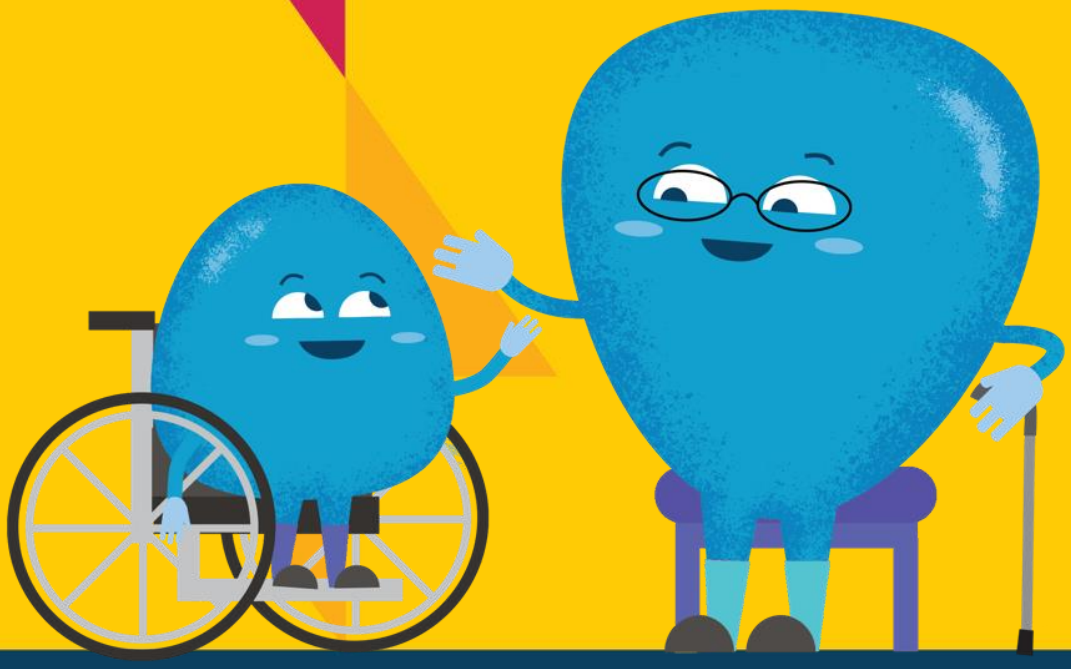
- COVID-19 (2019新冠病毒病） -- 热门新词
- 知识就是力量 -- 开诚布公地、诚实地谈论这个问题

公共服务公告：

担心不知如何与孩子谈论关注病毒？保持诚实就行。

允许他们问问题，并如实回答。如果您不知道答案，那完全可以说您不知道，但大家正在努力寻找答案。

向孩子解释，COVID-19和人们的长相或是来自哪里都没有关系。我们可以为生病的人提供支持。教孩子当小英雄，而不是霸凌者。



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7 COVID-19 家庭教育
寓教于乐

返回索引

点击获取循证基础

其它语言

今日贴士：

- 完游戏是件严肃的事情。
- 游戏是很重要的学习方式。
- 游戏对所有年龄段来说都很有意思。
- 即使在最狭小的空间里，您也能找出时间和空间来玩游戏。

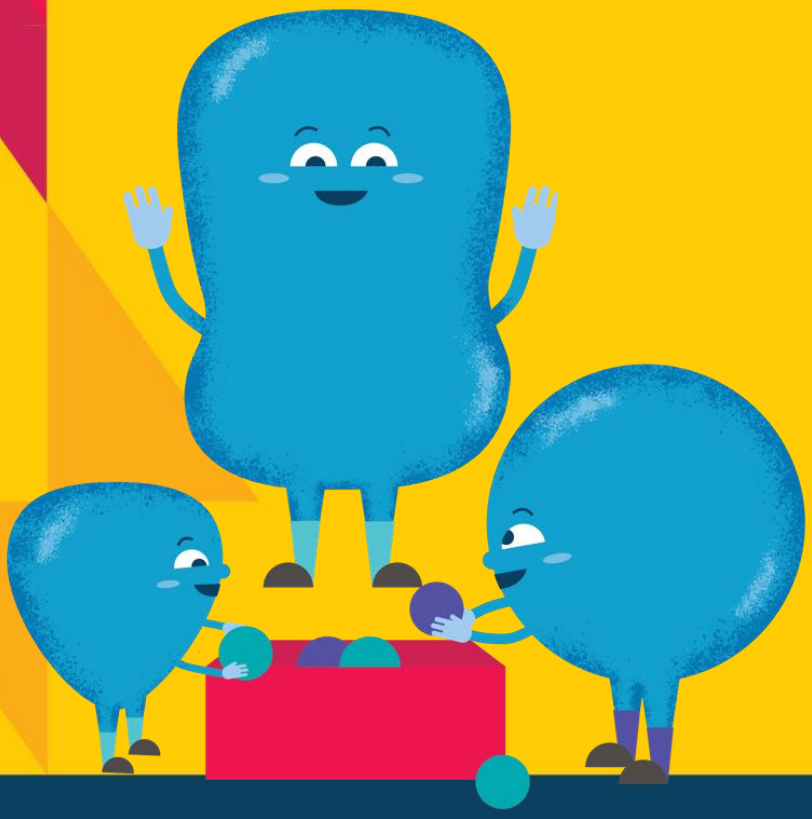
公共服务公告：

和孩子们困在家里？他们可以在游戏中学习。

试一试动作类游戏。大家一起跳舞，然后突然说“停！”，之后喊出一种动物的名字，每个人都必须扮成这个动物。

一起编个故事，每人编一句话。

和青少年一起玩问答游戏。



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8 COVID-19 家庭教育

在拥挤的家和社区中进行家庭教育

返回索引

点击获取循证基础

其它语言

今日贴士：

- 在拥挤的环境中居住简直太困难了。
- 牢记隔离的规定，并帮助孩子理解这些规定。
- 让一切变得有趣。
- 锻炼对身体和心理都有好处。
- 分担责任 -- 制定并严格执行“值班表”。

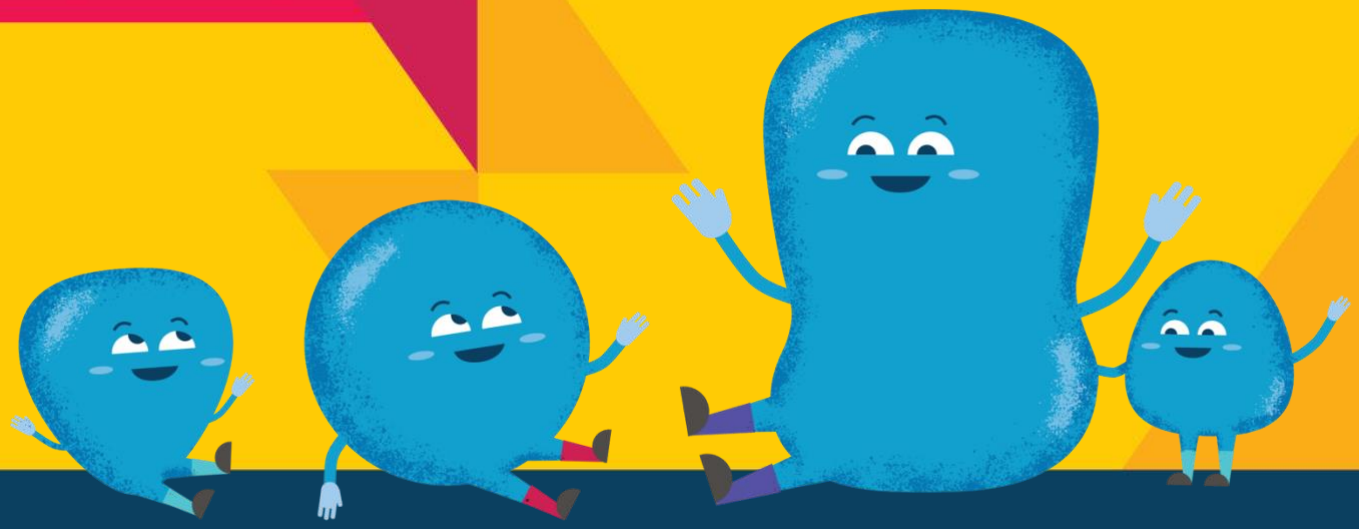
公共服务公告：

当我们在拥挤的家庭或社区中，无论是对孩子还是对我们来说，居家隔离都变得非常困难。

当孩子主动保持安全距离、勤洗手，并自觉隔离时，告诉他们您为他们感到骄傲。

试着每天都锻炼身体--即使只是在家里蹦蹦跳跳。锻炼能帮助我们保持健康，减少压力。

当压力太大时，做五个深呼吸。坚持到现在您真是太棒了！



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9 COVID-19 家庭教育
当我们感到生气时

返回索引

点击获取循证基础

其它语言

今日贴士：

- COVID-19会让您感到愤怒。
- 抽离几分钟，冷静一下。
- 只要有让您生气的事情，那么就会有可以让您微笑的事情。挑战自己，寻找笑容！
- 一天天、一点点地来

公共服务公告：

隔离和担忧容易使我们对孩子发脾气，有一些简单的方法可以帮我们缓解愤怒情绪。

试着做五个深呼吸，让自己平静下来。

少喝酒，或是不要喝酒，尤其是孩子没睡的时候。

科学研究表明，我们少呵斥或体罚孩子，就能增强孩子的大脑发育。那样您将获得双赢！

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10 COVID-19 家庭教育
家庭和谐

返回索引

点击获取循证基础

其它语言

今日贴士：

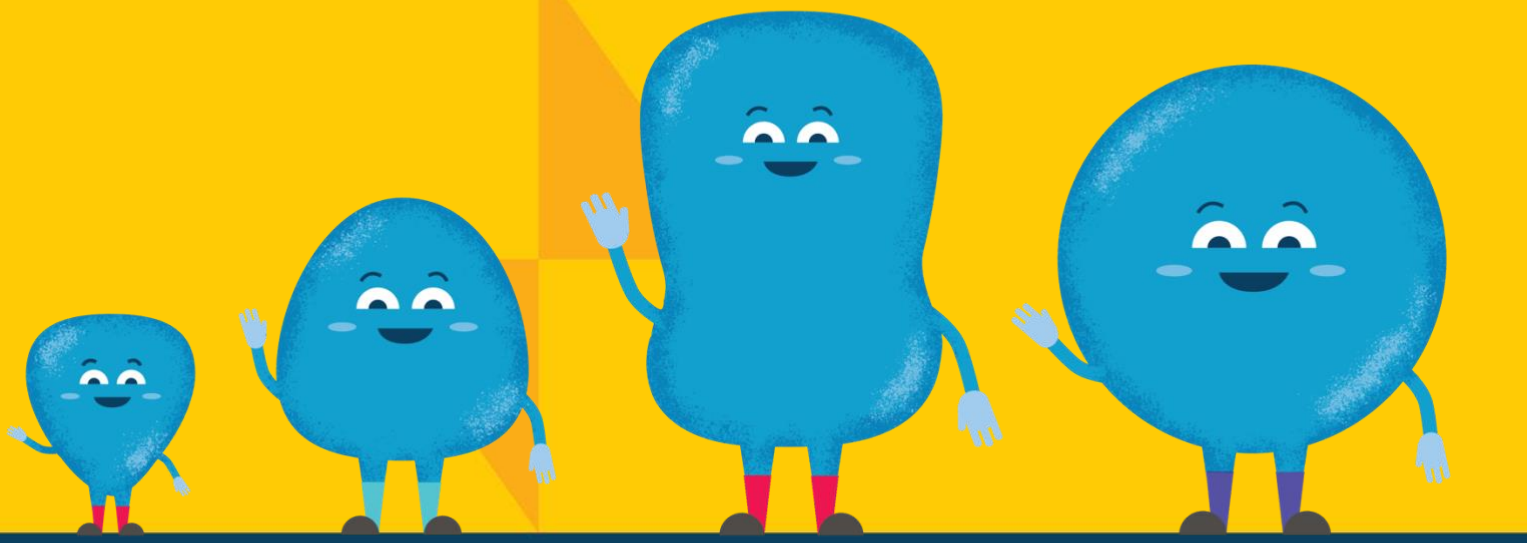
- 如果隔离是不可避免的，那么就享受这个过程。
- 如果每个人都能贡献一个音符，那么这个家庭将谱写出美妙的篇章。

公共服务公告：

每天和同样的人困在家里，这对每个人来说都很困难。但是，我们的行为会对孩子产生重大影响，也会影响家中成员的相处。

试着多用积极的语言。告诉他人您希望他们做什么，而不是不希望他们做什么。如果他们做得好，记得赞扬他们。试着和家里其他成年人分担责任，并让孩子参与一些适合他们年龄段的任务。

请记住，这对每个人来说都是个艰难的时刻，但是这些小步骤可以帮助我们更好地度过居家时光。



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11 COVID-19家庭教育
确保孩子上网安全

返回索引

点击获取循证基础

其它语言

今日贴士：

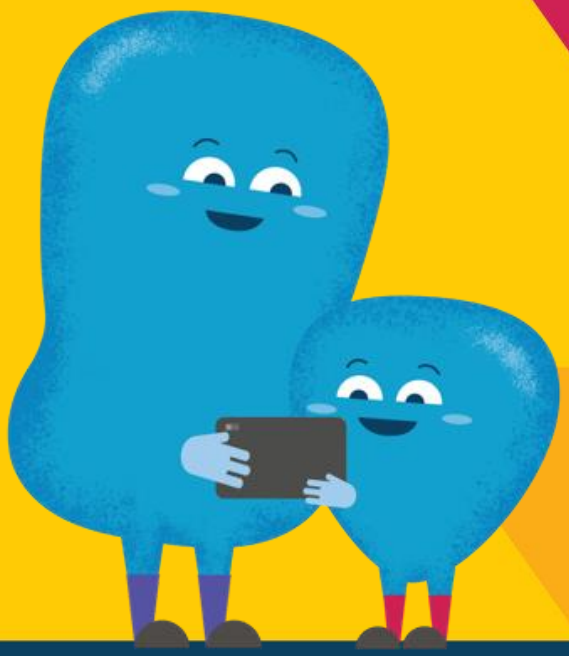
- 了解好处，了解风险
- 孩子的上网安全掌握在您手中--控制、检查并形成良好的上网习惯。
- 监督孩子上网，和他们讨论安全的网络使用方式。

公共服务公告：

少年儿童在网上花费的时间比以往更多了。通过互联网与外界保持联系能够帮助孩子继续正常生活，但是也带来了一定的风险。

这些可能包括：成年人对孩子在线实施性侵犯，有害的信息内容，或是泄露隐私。

确保孩子上网安全的最佳方式，就是与他们就互联网的使用方式和时间达成达成协议。设置家长控制模式，留出足够的“线下”时间进行其他活动。最重要的是，与孩子保持交流，开放的沟通将确保他们的安全！



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12 COVID-19 家庭教育
家庭预算

返回索引
点击获取循证基础
其它语言

今日贴士：

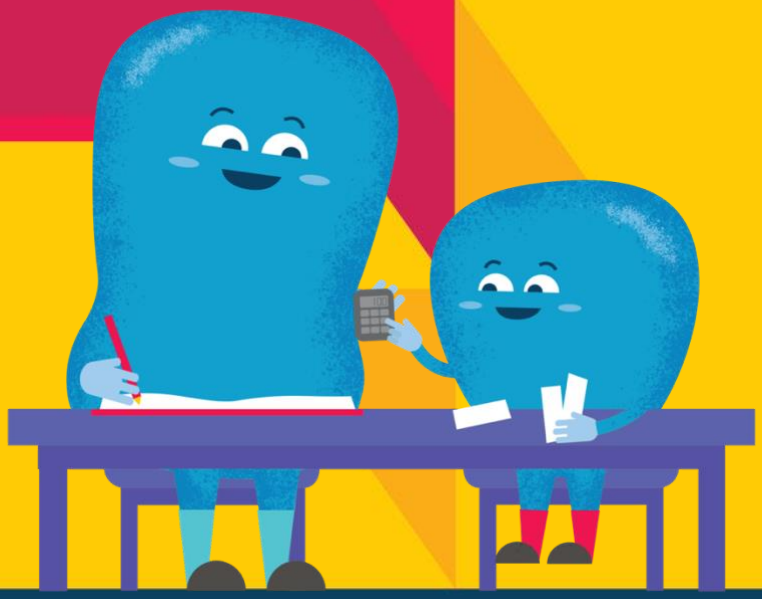
- 制定并严格执行家庭预算
- 零惊喜--计划生活必需品和非必需品
- 当COVID-19（冠状病毒病）不幸来临，您肯定需要有计划地使用有限的资源。

公共服务公告：

目前，许许多多的人都承受着财务压力，为此您可以采取一些措施。

向政府和社区机构寻求帮助，留意最新政策，多问一问其他人。

和孩子们一同制定家庭预算，决定每个月把钱花在哪些项目上。这能帮助减少压力，渡过难关。



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