



How to be a powerful parent?

如何成为有能力的父母？

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4 types of parenting styles

4种养育方法

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类型一：“独裁型”养育 - 要求高，接纳低

- 对孩子的行为、纪律、管教、要求非常严格 strict requirements on children's behavior and discipline
- 很高的期许 Very high expectations
- 缺乏耐心倾听孩子的想法、需要和感受 Lack of patience to listen to the child's thoughts, needs and feelings
- 要求孩子必须遵从父母，不接受民主的商议 Require children to obey their parents and not accept democratic deliberations



在“独裁型父母”的养育下，会培养出什么样的孩子呢？



- 有很大的可能性会情绪焦虑、封闭自己、不快乐、有自卑感。There is a high probability of emotional anxiety, self-closure, unhappiness, and inferiority complex.
- 他们和同伴相处时，缺乏社交技能，容易出现敌意和受挫感。When they get along with their peers, they lack of social skills and are prone to hostility and frustration.
- 有独裁型父母的男孩，常常会充满了愤怒，有反社会行为的倾向性。Boys with authoritarian parents are often full of anger and have a tendency to antisocial behavior.
- 女孩往往是依赖性很强，缺乏探索和挑战的动力。
- 这些孩子成年以后酗酒或者其他不良习惯成瘾的几率很大。Girls are often highly dependent and lack of motivation to explore and challenge. These children are more likely to become addicted to alcohol or other bad habits as adults.

类型二：“放纵型”养育 - 要求低，接纳高

- 对孩子很温暖、很接纳、很有爱
Very warm, accepting and loving
- 不太管教孩子的行为，避免和孩子的冲突
Less disciplined children's behavior, avoid conflicts with children
- 不设置应有的规则
Do not set rules
- 放任和容忍孩子去做与自己年龄特征不符的决策
Allow and tolerate children to make decisions that do not match their age or characteristics



在“放纵型父母”的养育下，会培养出什么样的孩子呢？



- 做事冲动、行为幼稚，比同龄孩子更不成熟，社交技能差。Impulsive and childish behavior, more immature than children of the same age, and poor social skills.
- 当他们面前出现规则或者权威，他们往往随着性子不乐意遵守，无视并且反抗。When rules or authority appear in front of them, they are often unwilling to obey with their temperament, ignoring and resisting.
- 他们对他人有许多自我中心的要求，也很依赖于成人。They have many egocentric demands on others, and they are very dependent on adults.
- 这些孩子的专注力和耐性都很低，在学校中往往因为缺乏自制力而学习成绩比较落后。These children have low concentration and patience, and often lag behind in school because of lack of self-control.
- 他们在成年之后，往往很难获得学业和工作上的成就。After they reach adulthood, they often find it difficult to achieve academic and work achievements.

类型三：“忽视型”养育 - 要求低，接纳低

- 缺乏爱的情感和积极反应 Lack of love emotions and positive reactions
- 缺少行为方面的要求和控制 Lack of behavioral requirements and control
- 亲子互动很少，对孩子的心理状态缺乏关注和反馈 Very little parent-child interaction, lack of attention and feedback on the child's mental status
- 容易流露出厌烦、冷漠和不愿搭理的态度 Easy to show boredom, indifference and unwillingness



在“忽视型”父母的养育下，会培养出什么样的孩子呢？



- 从婴儿时期就开始产生严重的负面影响 Severe negative effects have started since infancy
- 认知能力、情商和社交技能的发展，都会因此受到重重阻碍 The development of cognitive ability, emotional intelligence and social skills will be hindered by this
- 对学校的学习生活缺乏兴趣 Lack of interest in school life
- 情感冷漠、孤僻、忧郁、愤怒，也很容易出现反社会行为的倾向 Feelings of indifference, loneliness, melancholy, anger are also prone to anti-social behavior
- 他们在成年后，酗酒、不良习惯成瘾和自杀率都很高 After they reach adulthood, they have high rates of alcoholism, bad habits and suicide.

类型四：“权威型”养育 - 要求高，接纳高

- 对孩子很接纳，他们温暖、充满爱
Very accepting to children, they are warm, full of love
- 对孩子情感和需要都积极回应，很重视倾听和交流 Respond positively to children's emotions and needs, attach great importance to listening and communication
- 鼓励孩子表达自己的观点，在家庭中一起做出决策。 Encourage children to express their opinions and make decisions together in the family.



类型四：“权威型”养育 - 要求高，接纳高

- 但同时他们也认为自己在孩子心目中应该有权威 But at the same time they also think they should have authority in the minds of children
- 他们对孩子的行为有清晰的规则 They have clear rules on their children's behavior
- 有坚定的管教，对孩子的表现有高期待 Have firm discipline and high expectations for the child's performance

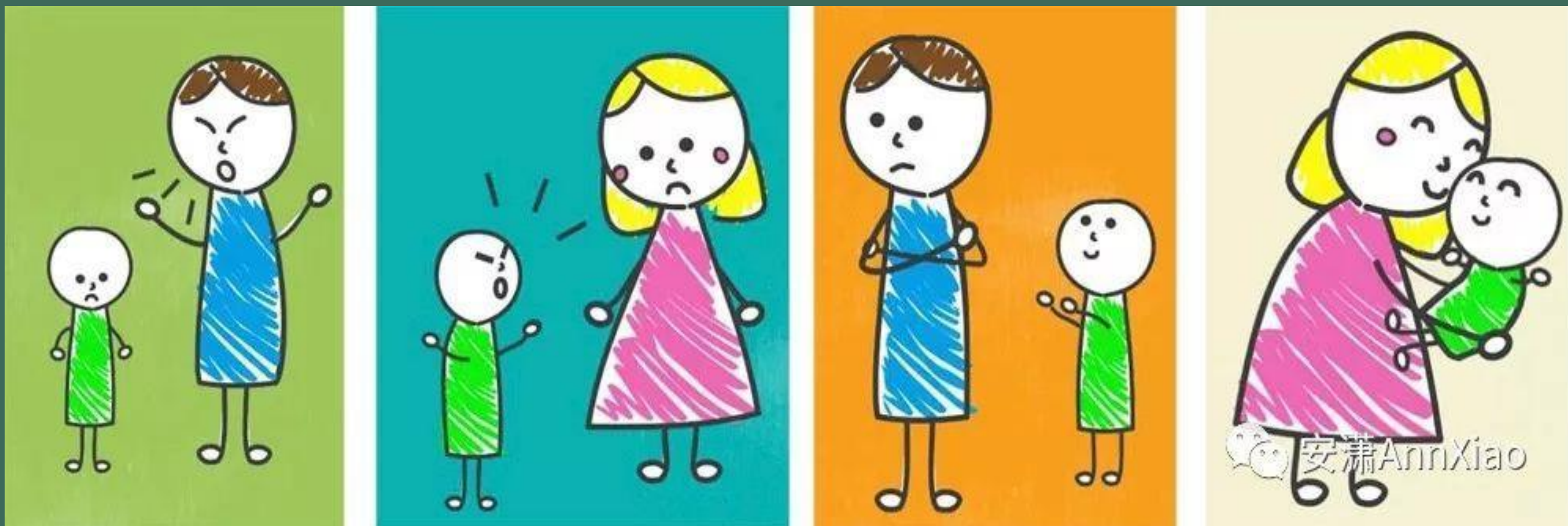


在“权威型”父母的养育下，会培养出什么样的孩子呢？



- 快乐，有很高的自信心，很好的情商和社交技能
Happiness, high self-confidence, good emotional intelligence and social skills
- 他们能够为父母和他人着想，并且有正义感 They can think about their parents and others and have a sense of justice
- 他们对于不同特征的人群、对弱势群体更容忍 They are more tolerant of people with different characteristics and vulnerable groups
- 他们自制力强、忍耐度高，有更好的学业成就，乐于接受挑战，有独立精神 They have strong self-control and high tolerance, have better academic achievements, and are willing to accept challenges, independent spirit
- 男孩更善于团队协作 Boys are better at teamwork
- 他们成年以后，也更容易成功，有更好的社会地位
After they reach adulthood, they are more likely to succeed and have a better social status

4种养育方法





（一）从内到外 from inside out

耶利米书 *Jeremiah 31: 31-33*

耶和华说，日子将到，我要与以色列家和犹大家**另立新约**，不像我**拉着他们**祖宗的**手**，**领他们出埃及**地的时候，与他们所立的约。我虽作他们的丈夫，他们却背了我的约。这是耶和华说的。耶和华说，那些日子以后，我与以色列家所立的约乃是这样，我要**将我的律法放在他们里面，写在他们心上**。我要作他们的神，他们要作我的子民。

Behold, the days come, saith the LORD, that I will make **a new covenant** with the house of Israel, and with the house of Judah: Not according to the covenant that I made with their fathers in the day that I **took them by the hand to bring them out of the land of Egypt**; which my covenant they brake, although I was an husband unto them, saith the LORD: But this shall be the covenant that I will make with the house of Israel; After those days, saith the LORD, **I will put my law in their inward parts, and write it in their hearts**; and will be their God, and they shall be my people.

A close-up photograph of a bouquet of roses. The roses are in various stages of bloom, with some showing vibrant pink petals and others in lighter, yellowish-pink hues. The background is softly blurred, showing more of the bouquet and some green foliage.

（二）爱里没有惧怕 no fear in love

约翰一书 1 John 4:13

爱里没有惧怕。爱既完全，就把惧怕除去。因为惧怕里含着刑罚。惧怕的人在爱里未得完全。 There is no fear in love, but perfect love drives out fear, because fear has to do with punishment.



（三）保护关系 protect the relationship

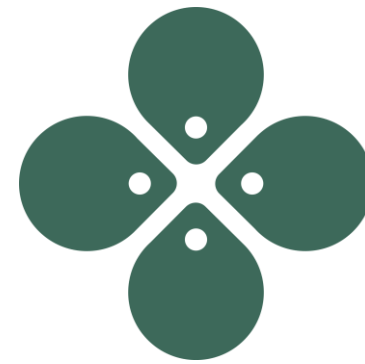
诗篇 *Psalms* 32:8

我要教导你，指示你当行的路。我要定睛在你身上劝戒你。 I will give you knowledge, teaching you the way to go; my eye will be your guide.

How to be a powerful parent? 如何成为有能力的父母？



*Tip One –
从内到外
from inside out*



*Tip Two –
爱里没有惧怕
no fear in love*



*Tip Three –
保护关系
protect the relationship*