

A decorative border made of watercolor brushstrokes in shades of orange, red, green, and blue, framing the central text.

# PARENTING GROUP INTRO



# 我的家庭

- 結婚24 年
- 3個男孩, Caleb 17 歲, Noah 14 歲, Micah 11歲
- 我的媽媽每年有半年和我一起住





# 我的介紹



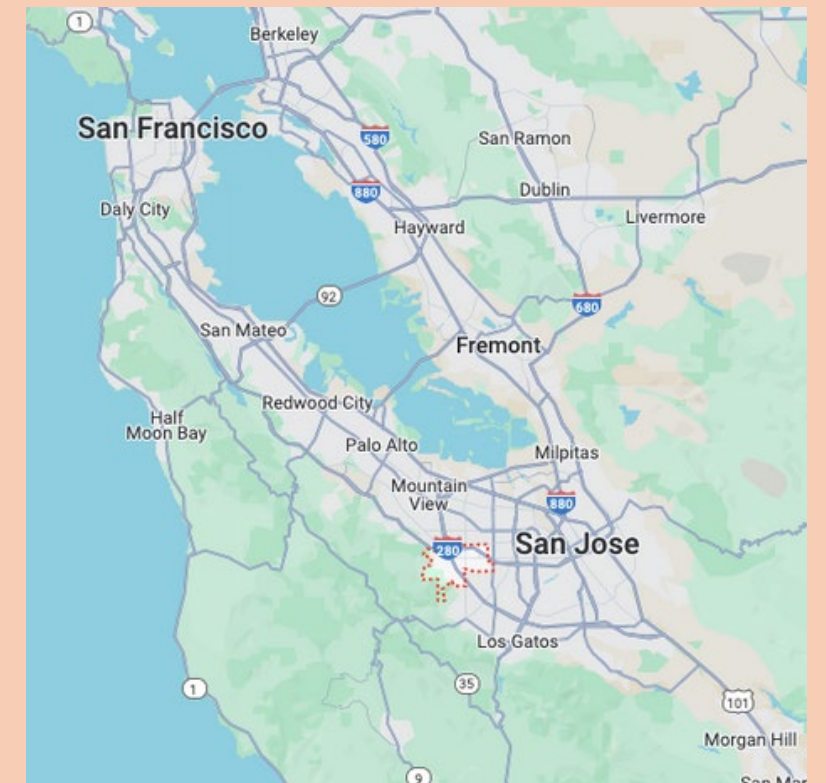
出生於台灣十二  
歲移民美國



住在佛羅裡達州  
上國中和高中



加州大學柏克萊  
,在那裡遇見了  
我的妻子



住在Cupertino



# Shirley

- 加州大學柏克萊,在那裡遇見了我的妻子
- 畢業後**25**歲結婚
- 喜歡爬山
- 婦產科醫生





# Caleb - 17

- 高中, 申請大學
- 機動力 - 挑戰與競爭
- 演講和辯論



# Noah - 14

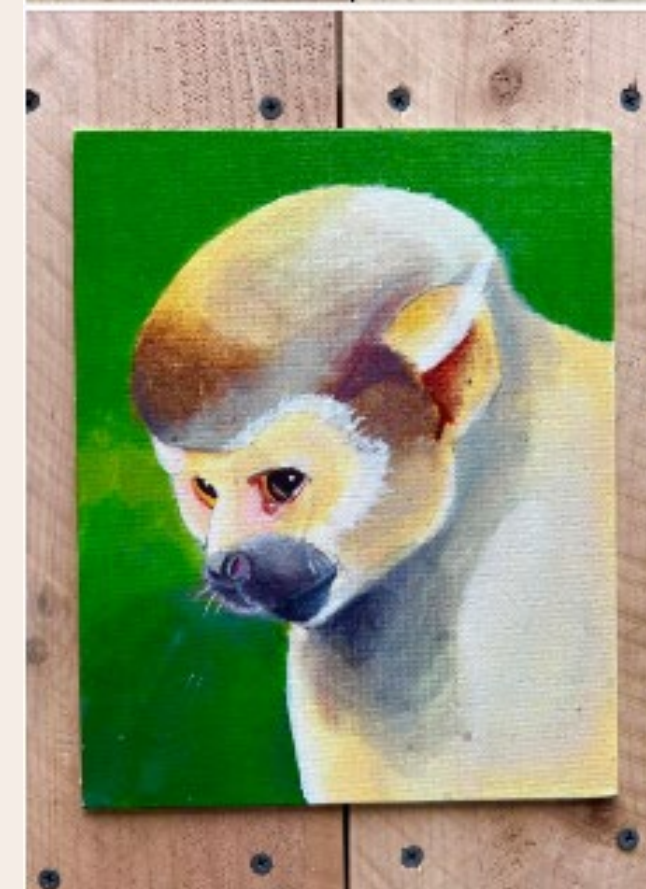
- 中學
- 機動力 - 好奇
- 工程師, 整天坐電腦程式
- 許多項目





# Micah - 11

- 小學
- 機動力 - 外向,人稱讚,朋友
- 喜歡棒球,藝術家





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# FOUNDATIONS



# 教育子女基礎

- 禱告 - Psalms 127:1
- 聖靈
- 你的生命 - 80% 是生活, 生命價值觀, 活出來, 不是教
- 婚姻關係 - 給教育孩子最好的禮物



# 聖經教育子女

Age (年齡)	2-5	6-12	13-18
Stage (階段)	At Home (家)	Elementary (小學)	Middle and High School (中學)
Objective (目標)	Establish Authority (建立權威)	Influence (影響)	Relationship (關係)
Action (行動)	Discipline (訓練)	Teach, Coach (教導),	Guide (指導)
Target (目標)	Will (意志)	Heart and Mind (心與頭腦)	Heart and Mind (心與頭腦)
Tool (工具)	Fear (害怕)	Rewards (獎勵) Hope (希望)	Natural consequences (自然後果)
Methods (方法)	Break the will (打破意志)	Moment by moment parenting (時時刻刻教導) Motivate heart and mind (激勵心與頭腦-道理)	Letting go (放) Child comes to you (孩子找你, 問你)
Relationship (關係)	Parents with Authority (權威父母)	Coach (教練)	Friend (朋友)
Relational Foundation (關係基礎)	Positive emotional bank account (情感銀行)	Positive emotional bank account (情感銀行)	Positive emotional bank account (情感銀行)





# STAGE 1 ( 2 - 5 )



# 訓練, 教訓

1. What is discipline?
2. Who has this responsibility? Why?
3. Why discipline your children?
  - a. Out of love
    - i. Hebrews 12:4 -9
  - b. Biblical reason
    - i. Luke 9:23
  - c. Temporal reason
    - i. Proverbs 29:15, 29:17
    - ii. Jordan Peterson Video (5 min in)
4. What is the relationship between discipline ( )?

教訓) and instruction (教導)



# Parenting Styles

Permissive ( 寛容)	Biblical	Abusive ( 虐待)
<ul style="list-style-type: none"><li>• Proverbs 13:24a</li><li>• You want to be their friend</li></ul>	<ul style="list-style-type: none"><li>• Proverbs 13:24b</li><li>• You love your child Biblically (Share Voice of Stop)</li></ul>	<ul style="list-style-type: none"><li>• Ephesians 6:4a</li><li>• Anger ( 憤怒)</li><li>• Manipulation ( 擺布)</li></ul> <p>(Share Abusive Y Example, Shirley Adversarial Relationship)</p>

What does success look like?  
(CWDisciplineYoungVSOld.mp4)

Right and Wrong

Child comes to you for help because he  
knows you love them



# Preparation

- 1.If you (fathers) are the head, you are in charge of discipline and instruct, you will get lots of questions. These questions come at you instantly, there is no time to prepare (Does God love Satan? Caleb example)
  - a. Build a Biblical foundation as early as possible
- 2.If you are going to break your children's will, if it's going to be will against will, do you think it is going to be easy? How do you think you will feel?  
What type of emotional preparation you need to have?
  - a. Anger is going to be an issue. Must master your emotions.
  - b. Shirley slapping Caleb example
- 3.What does your wife feel about breaking your child's will? How will she react? Is she on the same page as you?
4. If discipline is out of love, how will your child feel that love? What are you going to do to build that love, build the relationship?



# 准备

1. 如果你们作为父亲是一家之主，你是要负责管教和教导，你们也会面临很多孩子提出的问题。这些问题会瞬间出来，根本没有时间准备（迦勒就是提出一个问题：上帝爱撒旦吗？）。
  - a. 尽早建立圣经为真理的基础
2. 如果你要打破孩子的意志，如果这是一场意志对抗，你觉得这会很容易吗？你觉得你会有什么感受？你需要做哪些情绪的准备？
  - a. 愤怒会成为一个问题。必须控制自己的情绪。
  - b. Shirley 扇 Caleb 耳光的例子
3. 你妻子对于违背孩子的意愿有什么感受？她会有什么反应？她和你的想法一致吗？
4. 如果管教是出于爱，你的孩子又怎么会感受到这份爱呢？你该如何建立这份爱，建立你们之间的亲子关系呢？



# Build the Relationship

# 建立关系

BUILD AN *emotional*  
**BANK**

开设情感  
银行账户

## 存款

- 信守承诺
- 小节上表示仁慈
- 诚恳保密
- 聆听
- 勇于道歉
- 明确清晰期望

## DEPOSITS

- Keep Promises
- Do small acts of kindness
- Be loyal
- Listen
- Say I'm sorry
- Set clear expectations



## WITHDRAWALS

- Break promises
- Keep to yourself
- Gossip and break confidences
- Don't listen
- Be arrogant
- Set false expectations

## 提款：

- 不守承诺
- 只想独享
- 散播私密
- 不聆听
- 骄傲自持
- 设置错误期望





# Relationship Goals

1. Make so much deposit into your child's emotional bank account so that when you do discipline, even if you are making a withdrawal on that bank account through your discipline, the bank account is not negative.
2. Establish a regular communication channel so that your children know that they can always have authentic conversations with you.

1. 在你孩子的情感银行账户中存入足够的资金，这样当你管教孩子时，即使你通过管教从该银行账户中提款，该银行账户也不会是负数。
2. 建立定期的沟通渠道，让您的孩子知道他们随时可以与您进行真诚的对话


。







# Make Deposits

1. Find out what they want and give it to them.
    - a. Find out what they want – you need to study your children, be a student, be involved, know what they are doing, know what they love.
  2. Give it to them, with Godly wisdom. Ask them why they want it, how is it going to impact them.
  3. Human agency (choice) – When it comes to relationships, human agency is paramount, you cannot force relationship on your children.
- 



# 存款

1. 了解他们想要什么并满足他们。
  - a. 了解他们想要什么——你需要研究你的孩子，好像一名学生，参与他们当中，了解他们在做什么，了解他们喜欢什么。
2. 用神赐的智慧把这一切给予他们。问问他们为什么想要这些，它会对他们产生什么影响。
3. 人类的自主性 **human agency**（选择）——当谈到人际关系时，人类的自主性是最重要的，你不能强迫你的孩子建立这种关系。



# Cadence ( 日程表)

## 1. Daily

- a. We tried to have family meals together as much as we can. Evening meals are important since you can have good conversations without being rushed to some activity in the morning.
- b. Bathing – when kids were really young (under 2 years old) – I took on the responsibility to bath all my kids to build relationship with them. This evolved into taking showers with them even until now. It is a great way to build relationship.
- c. Daily bedtime routine.
  - i. When they are young, kids want this. Establish this, make it fun. Read a story, play games.
  - ii. When they are a little older (4 – 5), give agency. I ask my kids what they want to do. I don't force reading the Bible, bible stories, sometimes that happens, sometimes they want to read other books. Sometimes they want to skip. Naturally, all kinds of conversations come up during this time.

# Cadence ( 日程表)

## 1. 平日的

- a. 我们尽量全家一起吃饭。晚餐很重要，因为这样可以好好聊天，不用早上匆匆忙忙地赶着去参加什么活动。
- b. 洗澡——当孩子们还很小的时候（不到2岁），我承担起给所有孩子洗澡的责任，以此来建立亲子关系。后来，这种做法发展成了和他们一起洗澡。这是一种建立关系的好方法。
- c. 每日睡前例行活动。
  - i. 孩子们小的时候，总想着这些活动。建立这些，让它充满乐趣：读故事，玩游戏。
  - ii. 等他们稍大一点（4-5岁）的时候，给他们自主权。我会问问孩子们想做什么。我不会强迫他们读圣经或圣经故事，有时候他们可能会读其他书，有时候他们想跳过。顺其自然，在这段时间里，各种各样的对话就会出现。






# Cadence ( 日程表)

## 1.Weekly

- a. We have weekly Sunday Big Breakfast. This was established when they are older (4 -5). We make breakfast, eat together. Each person shares and we pray for one another. We also use this time to discuss important family matters, a family meeting if needed. In addition, sibling conflict resolution comes up quite a bit during this time as well.

## 2.Monthly

- a. I have monthly dates with each of the children individually. When they are young, it can be as simple as time in the park then a meal they love. MacDonald's happy meal was a hit when they were young. They then graduated to Panera Bread's Mac'N Cheese. Chucky Cheese was a favorite. I have been to Happy Hollow so many times that I can't count using annual membership. When they were younger, this took 2 hours. When older, sometimes 3 -4 hours. When they become older, lots of amazing conversations.
- 

# Cadence ( 日程表)

## 1. 每周

- a. 我们每周日都会有丰盛早餐。这项活动是在孩子们长大（4-5岁）后建立的。我们做早餐，一起吃。每个人都分享，并互相祷告。我们也利用这段时间讨论重要的家庭事务，必要时还会召开家庭会议。此外，这段时间也经常用于解决兄弟姐妹之间的冲突。

## 2. 每月

- a. 我每个月都会和每个孩子单独约会。他们小的时候，可以很简单，比如去公园玩一会儿，然后吃一顿他们喜欢的饭。麦当劳的开心乐园餐在他们小时候很受欢迎。后来他们逐渐喜欢上了Panera Bread的芝士通心粉。Chucky Cheese是他们的最爱。我去过欢乐谷的次数太多了，用年卡都数不过来了。他们小的时候，每次只花2个小时。长大后，有时要花3-4个小时。等他们长大了，我们之间就会有更多精彩的对话。



# Cadence ( 日程表)

## 1. Annually

- a. We tried to have vacations on an annual basis. 1 week is family vacation, we do something fun together. The other week, we try to do a mission -oriented vacation. The goal here is to build as much great experiences together as possible.

## 1. 每年

- a. 我们尝试每年都安排假期。一周是家庭度假，我们一起做一些有趣的事情。另一周，我们尝试进行以使命为导向的假期（志愿者服务）。这样做的目标是尽可能多地一起创造美好的经历。**




# How to Discipline

## 1. Establish Authority ( 權威 )

- a . Authority requires fear
- b . Target the will
- c . Rod , consequence - fear

## 2. Principles

- a . If you pick a fight , win at all costs
  - b . Minimal set of rules
  - c . Minimal force to win
- 



# 如何管教

## 1. 建立权威

- a. 权威需要恐惧
- b. 瞄准意志
- c. 藤条，后果 - 恐惧

## 2. 原则

- a. 如果你选择要争，就要不惜一切代价赢得胜利
- b. 制定最低要求的规则
- c. 以最小的力量取胜

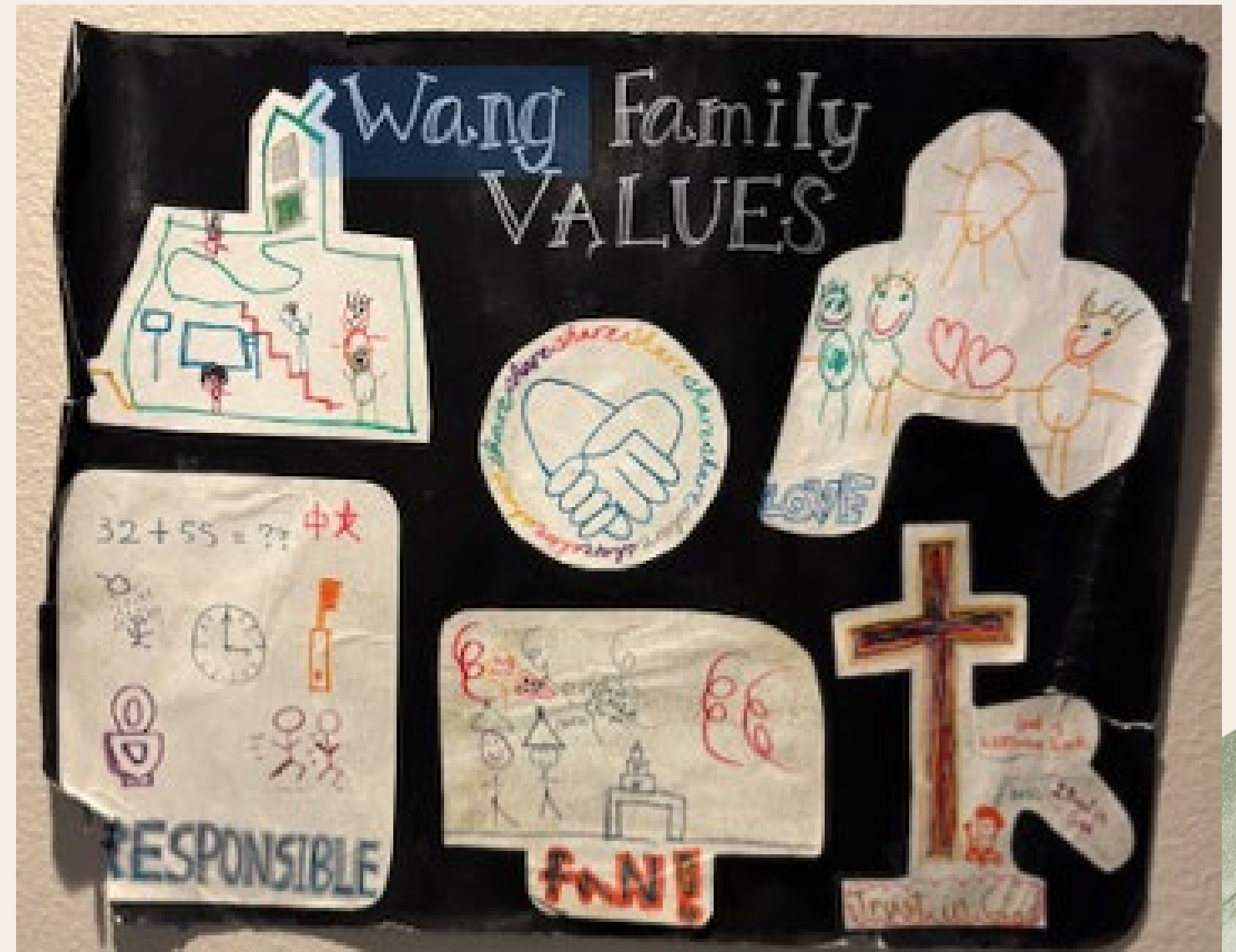
# Minimum Rules

## 3 D's

- Dishonesty
- Disrespect
- Disobedience

## 3D

- 不诚实
- 不尊重
- 不服从





# Type of Consequences



## Natural

- Sunblock
- Meals

## Positive

- More TV
- More sugar
- Praise

## Negative

### Non -Physical

- Timeout
- No dessert
- No, less TV
- Miss activities

## Negative

### Physical

- Spanking
- Proverbs 13:24

# 后果类型

## 自然的

- 防晒霜
- 吃饭

## 积极的

- 更多电视时间
- 更多的糖
- 称赞

## 消极的 非物质

- 罚离场
- 没有甜点
- 没有，少看电视
- 失去活动

## 消极的 身体的

- 打屁股
- 箴言 13:24



# Examples

1. Case Study -
2. Meal expectations
3. Jordan Peterson's story
4. Time to leave story
5. Disneyland

1. 案例研究 -
2. 用餐期望
3. 乔丹·彼得森的故事
4. 离开故事的时间
5. 迪士尼乐园




# What to discipline? Rules?

## DO

1. Agree with you wife on rules
2. Minimal rules
3. Don't overwhelm your child

## Don't discipline

1. Child making a mess
  2. Child breaking household items unintentionally
  3. Don't wear a jacket
  4. Didn't force wearing pants
- 



# 要管教什么？规则？

## 做

1. 同意你妻子的规则
2. 最低限度的规则
3. 不要有太多以致无所适从

## 不要管教

1. 孩子弄脏家里
2. 孩子无意中损坏家居用品
3. 不要穿夹克外套
4. 没有强迫穿长裤

# Steps

1. Purpose - out of love, correction not punishment
2. Explain your expectations clearly. Explain what success looks like.  
Keep it as simple as possible
  - a. Don't change the expectation even if you realize your goals are not achieved because you didn't think through. This will exacerbate your children.
  - b. Explain clearly that you will give consequence.
3. Ask the child to obey.
  - a. We use magic 1, 2, 3. Assume that you already explained magic 1, 2, 3 to your child.
4. If disobedience, master our own emotions, explain the consequence. If your child is old enough, ask questions, find out why the child did not obey.
5. Restoration - After child obeys, if the child welcomes your affection, give affection. Tell them you love them, you discipline out of love.



# 步骤

1. 目的——出于爱，纠正而不是惩罚
2. 清楚地解释你的期望。解释成功是什么样子的。尽可能简单明了
  - a. 即使你意识到你的目标没有实现，因为你没有考虑周全，也不要改变期望。这会让你的孩子更加愤怒。
  - b. 清楚地解释你将会给予后果。
3. 要求孩子服从。
  - a. 我们使用魔法 1、2、3。假设您已经向您的孩子解释了魔法 1、2、3。
4. 如果孩子不服从，先控制自己的情绪，解释后果。如果你的孩子足够大，可以问一些问题，了解孩子不服从的原因。
5. 恢复关系：孩子服从后，如果孩子乐意接受你的爱，你也要给予爱。告诉他们你爱他们，你出于爱管教他们。

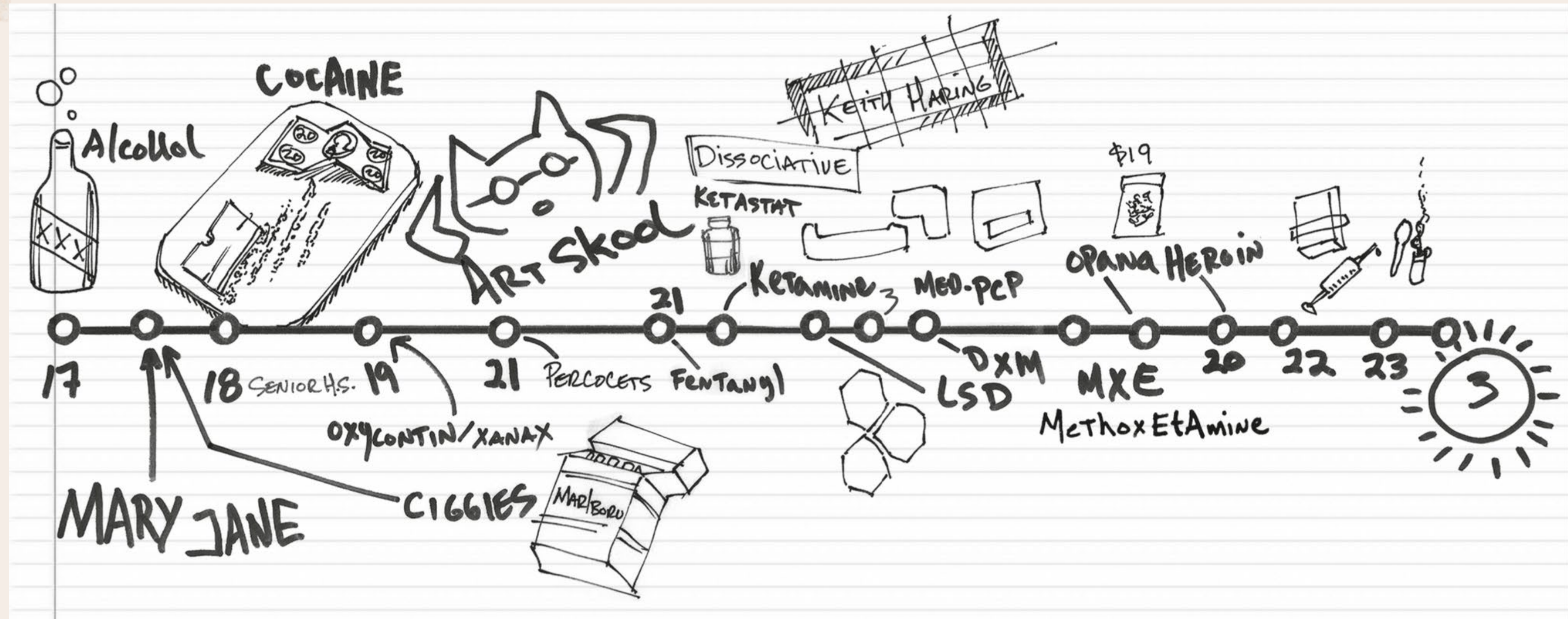


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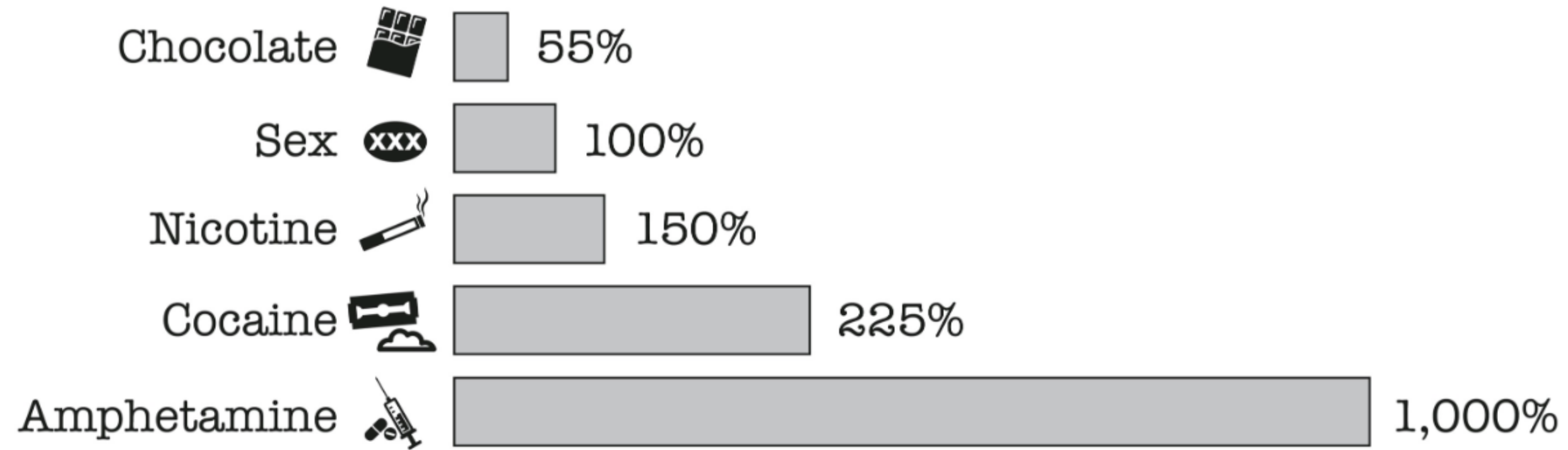
# SCREEN TIME



# Drug Addiction



# Dopamine (多巴胺)



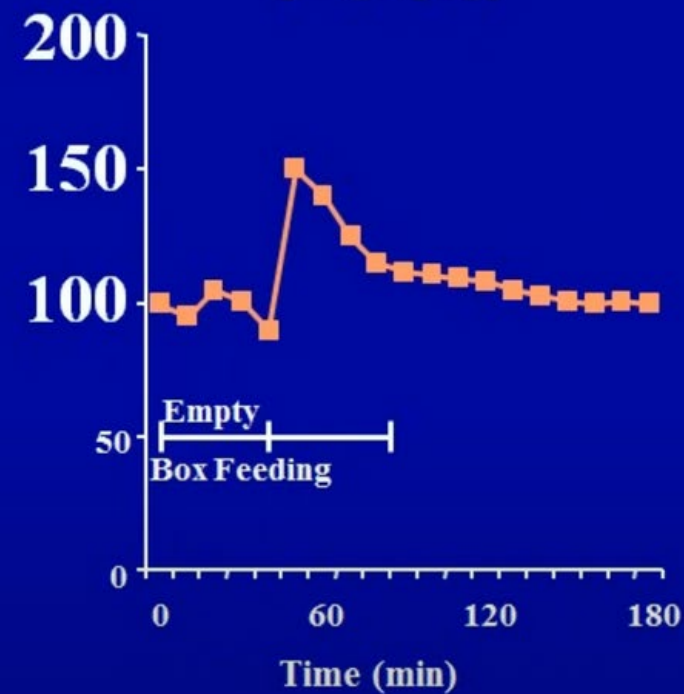
Video Games between Chocolate and Sex



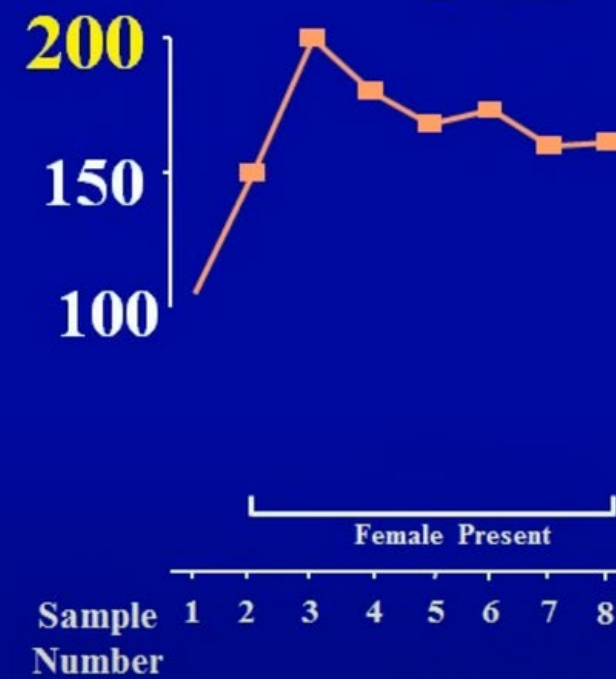
# Dopamine

## Dopamine Levels (%)

### Food



### Sex

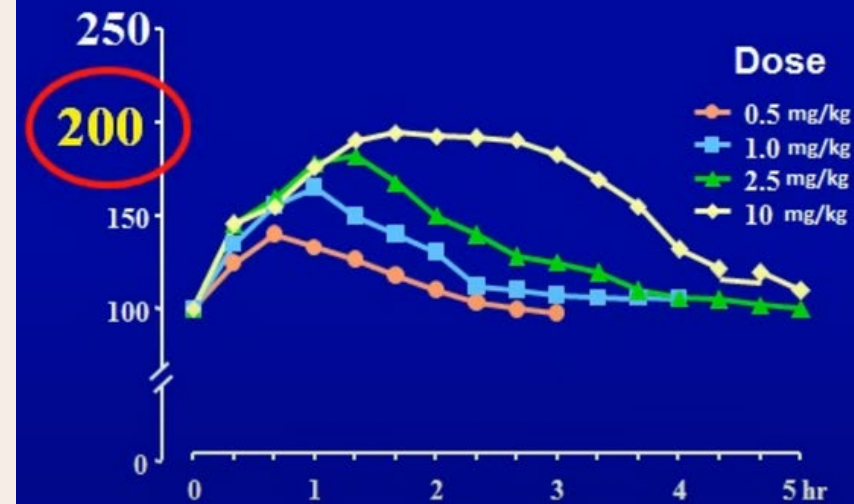


Di Chiara et al., Neuroscience, 1999; Fiorino and Phillips, J. Neuroscience, 1997.

NIDA

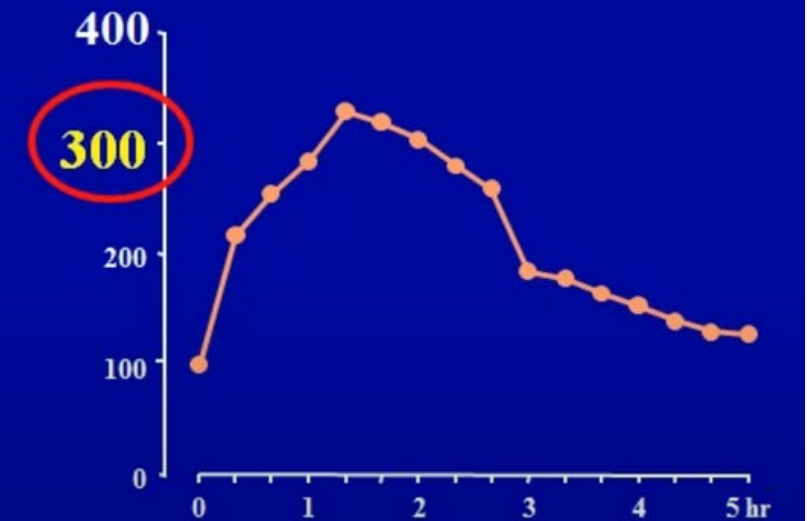
## Dopamine Levels (%)

### Morphine



Di Chiara and Imperato, PNAS, 1988

### Cocaine



Time After Drug

NIDA

Porn probably similar possibly higher than Sex

# Video Games - Substance Abuse

While few studies have been done on the specific link between PVG (Problematic Video Gaming) and psychoactive substance use, the findings fit with results in the related area of gambling. Griffiths and Sutherland found that adolescent gamblers (11 - 16 years of age) were more likely to drink alcohol, smoke cigarettes, and take illicit drugs.

A relationship was found between decreased psychosocial wellbeing, low school performance, and high PVG. Depressive mood, social anxiety, negative self-esteem, loneliness, and school performance were all worse in the high PVG group - for both boys and girls.



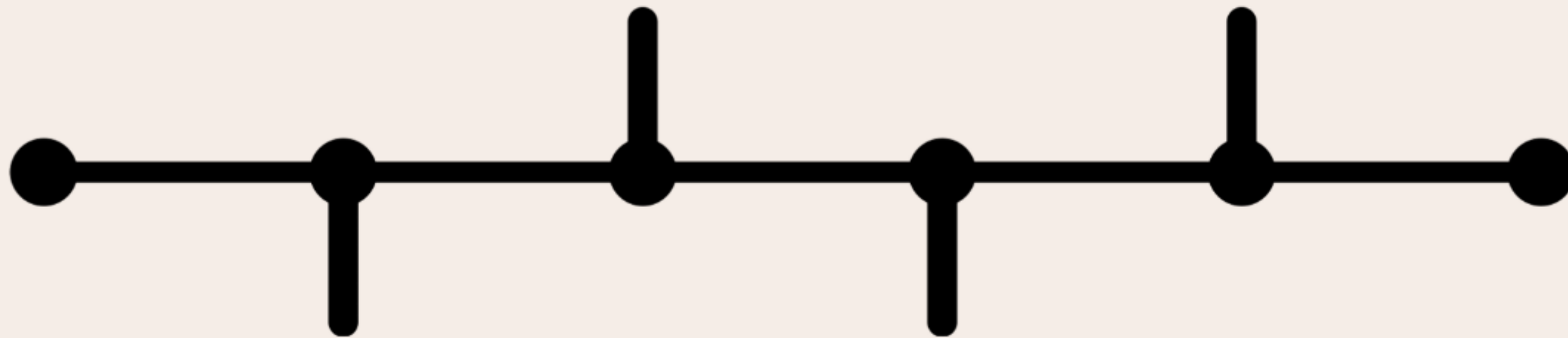
# Digital Drug Addiction

## 8 - 12 Years Old

- Computer video games
- Mobile video games
- Social Media
- Switch, Xbox, Playstation

## 17+ Years Old

- More video games
- More porn
- More Social Media
- More substance abuse



## 3 - 7 Years Old

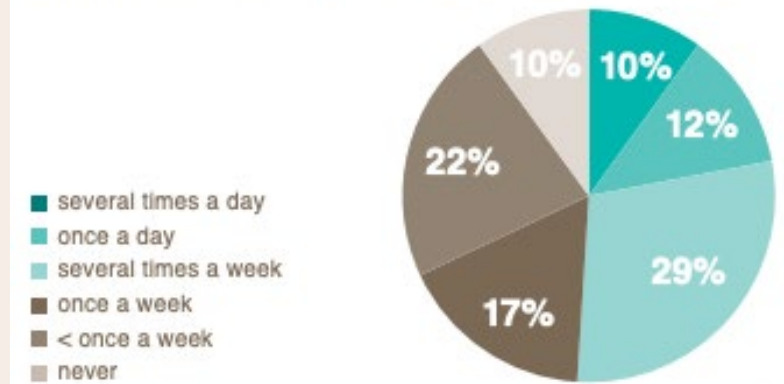
- Educational games
- Kids games
- Nintendo Switch

## 13- 16 Years Old

- Mature video games
- Porn
- Social Media
- Computer, Xbox, Playstation
- Possible substance abuse

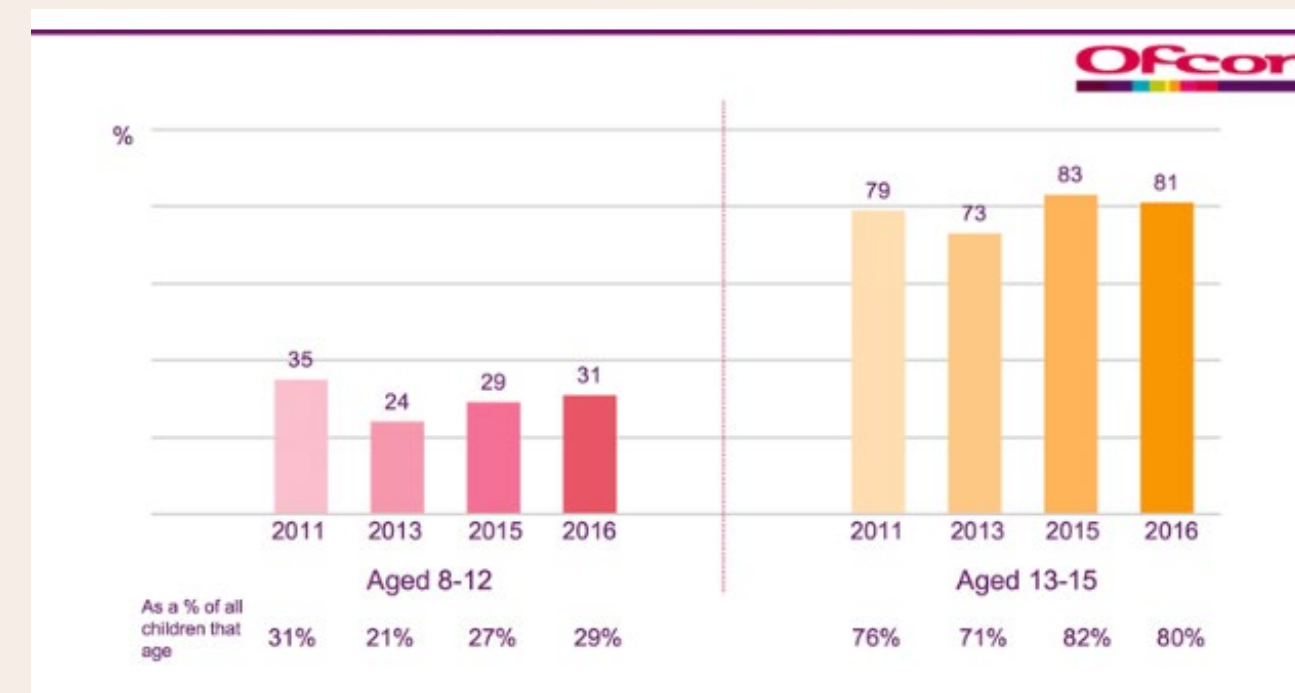
### Computer Use Among 5-8 Year-Olds

Among 5-8 year-olds, percent who use a computer:



### Mobile Media Use

Percent of children who have ever used a smartphone, video iPod, iPad, or similar device to play games, watch videos, or use other apps:



# Neuroadaption

## Boys

- Suicide rate for male teens increased 31% from 2007 - 2015
- Excessive video games increases aggression, depression, disrupted sleep

## Girls

- Suicide rate for female teens hit 40 -year high in 2015
- 17% of teen girls said that eating disorders worsened after using Instagram.
- 32% of teen girls said that they felt bad about their bodies after using Instagram.



# What to do?

- **2 - 5 - Minimize ( 少少少 )**
  - 2 hours of TV per week
  - Videos, movies
  - No youtube, minimize games, minimize educational games, best to have none
- **6 - 12 - Innoculate ( 打疫苗 )**
  - 2 hours of screen time per week
  - Friends' screen time
  - teach, instruct, train self -regulation
  - Micah two stories
- **13 - 18 - Self -Regulate ( 自我調節 )**
  - Let go
  - Closely monitor
  - Intervene if needed
  - Caleb story





# STAGE 2 (6-12)

## 第二阶段（6-12岁）



# 聖經教育子女

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Methods (方法)	Break the will (打破意志)	Moment by moment parenting (時時刻刻教導) Motivate heart and mind (激勵心與頭腦-道理)	Letting go (放) Child comes to you (孩子找你, 問你)
Relationship (關係)	Parents with Authority (權威父母)	Coach (教練)	Friend (朋友)
Relational Foundation (關係基礎)	Positive emotional bank account (情感銀行)	Positive emotional bank account (情感銀行)	Positive emotional bank account (情感銀行)

# Influence

- Questions – Assuming a good relationship with your children, they are going to ask you lots of questions. Do not to reject them. Do your best to answer all questions. Your children will be super excited to share what they learn, what they are interested in, pretend, fake excitement, interest, do not reject them.
- Fake calmness, never accuse, ask questions – Your children are going to come home and ask you / tell you shocking things. For example, what is a bitch? Internally, you may be screaming, alarm bells are going off, externally, act like there is no big deal, dig, ask questions.
  - Take a deep breath before you talk, this is a great way to give yourself time to not let emotions take over.
- Less is more. If you detect your child is losing interest, tame your tongue, stop. You want the child to drive the conversation via questions, not dictate what you want to teach.



# 影响

- 孩子的提问——假设你和孩子关系良好，他们会问你很多问题。不要拒绝他们。尽力回答所有问题。你的孩子会非常兴奋地分享他们学到的东西，他们感兴趣的东西，假装兴奋，假装感兴趣，不要拒绝他们。
- 假装冷静，不要指责，多问问题——你的孩子回家后会问你/告诉你一些令你震惊的事情。比如，什么是“婊子”（一种脏话）？你的内心可能在尖叫，警钟长鸣；而你的外表，则装作若无其事，挖掘真相，多问问题。
  - 说话之前深呼吸一下，这是让自己有时间不让情绪占据上风的好方法。
- 少即是多。如果你发现孩子失去和你沟通的兴趣，就管住你的舌头，停下来。你应该让孩子通过提问来引导对话，而不是直接告诉你你想教什么。

# Moment by Moment Parenting

- So much of parenting in this stage is in the moment. You can be in the car, driving them to school, to an event, it can be breakfast, dinner, bedtime routine, then your children ask you a question, raise a topic.
- Importance of abiding, praying unceasingly, not be willful with God so that in these moments, you are not blind, disconnected from the Holy Spirit, so that you can sanctify all these moments with the power of the Holy Spirit and the mind of Christ.
- Willie's own practice, not for everyone. No formal scheduled Biblical content. Biblical content is taught via conversations, or if kids ask to read the Bible together. Not force fed.



# 时刻育儿

- 在这个阶段，育儿的重心在于把握当下。你可能正开车送孩子去学校、参加活动，也可能正在吃早餐、吃晚餐、睡前例行活动，这时你的孩子可能会问你一个问题，或者提出一个话题。
- 坚持不懈地祈祷的重要性，不要对上帝任性，以便在这些时刻，你不会有盲点，不会与圣灵脱节，这样你就可以借助圣灵的力量和基督的思想来祝福这些时刻。
- 威利的个人做法，并非适合所有人。没有正式安排查考圣经内容。圣经内容是通过对话或孩子们主动要求一起读圣经来教授的。不强制灌输。

# Preparation

- Form a solid biblical foundation. Spent as much time as you have when kids are not awake to build that foundation.
  - John 14:26 - But the Helper, the Holy Spirit, whom the Father will send in My name, He will teach you all things, and bring to your remembrance all that I said to you.
  - The Holy Spirit can't bring to your remembrance all that (Jesus) said to you if you don't have anything in you to begin with.
  - You can't give (spiritually) to your wife and children if you don't have anything.
  - Parenting can't be "caught" if there is nothing to catch.



# 准备

- 建立坚实的圣经基础。趁孩子还没睡醒的时候，花尽可能多的时间学习圣经来建立这个基础。
  - 约翰福音 14:26 - 但保惠师，就是父因我的名所要差来的圣灵，他要将一切的事指教你们，并且要叫你们想起我对你们所说的一切话。
  - 如果你内心没有任何内容，那么圣灵就无法让你记起耶稣对你说过的一切。
  - 如果你没有什么属灵的学习，你就无法（在属灵上）给予你的妻子和孩子。
  - 如果家长没有被哪些属灵东西抓住（吸引），那么养育子女也抓不到什么。

# Preparation

- Are you spent?
  - Do you have gas in the tank when you get home? For your spouse, for your children. Or, are you spent physically, emotionally, spiritually?
  - Areas that sucks everything you have.
    - Work – idolatry.
    - Spouse – relationship with spouse. If this is not right, huge energy suck.
  - Family – parents, siblings.
  - Sin.
- Pray and make adjustments in your life.
  - Physical – you need stamina. Work on endurance, stamina, looking good is not the goal.
  - Emotional – Grow in this area. Adjust your stress level (perhaps work and other areas)



# 准备

## ◦你累了吗？

- 你回家的时候油箱里还有油吗？有精力给你的配偶、你的孩子。还是说，你的身体、情感和精神都已经精疲力竭了？
- 吸收你所有一切精力的区域。
  - 工作——偶像崇拜。
  - 配偶——与配偶的关系。如果关系不好，就会耗费大量精力（心力）。
- 原生家庭——父母、兄弟姐妹。
- 罪。

## ◦祈祷并调整你的生活。

- 身体——你需要耐力。锻炼耐力、体力、好看不是目标。
- 情感——在这个方面有所成长。调整你的压力水平（可能是工作或其他方面）

# Routines

- Morning routine
  - Not stressed first thing in the morning (yelling, frustrated).
  - Potential for conversations, during the meal or ride to school.
- Meal times – Dinner
  - Potential for great conversations.
  - Enjoying a meal together, laugh and share.
- Evening (bedtime) routine
  - Doing something fun together.
  - Potential for great conversations.
  - Proper sleep.
  - Time for self.



# 例行事务

## ◦ 早晨例行事务

- 一早上起来没有带来压力（大喊大叫、沮丧）。
- 在吃饭或上学途中，可能会有交流。

## ◦ 用餐时间——晚餐


- 具有进行精彩对话的可能性。
- 一起享用美食、欢笑、交流。

## ◦ 晚上（睡前）的例行活动

- 一起做一些有趣的事情。
- 具有进行精彩对话的可能性。
- 适当的睡眠。
- 属于自己的时间。



# Motivate Your Children

- **Challenge**
    - Goals
    - Uncertain outcomes with different levels of difficulties
    - Various points of feedback,
    - Ability to gain self        -esteem and self        -efficacy
  - **Curiosity**
    - Interactivity between learner and environment
    - Environment should intrigue and interest learner
  - **Control**
    - Reactive learning environment
    - Choice
    - Power
  - **Fantasy**
    - Appeal to emotional need
    - Relationship to material that was learned
- 



# 激励你的孩子

## ◦挑战

- 目标
- 难度各异时，成果就无法确定
- 各种反馈时刻
- 获得自尊和自我效能/自我胜任感的能力

## ◦好奇心

- 学习者与环境之间的互动
- 环境应该学习者的的好奇心和兴趣

## ◦控制

- 反射式学习环境
- 选择
- 力量

## ◦幻想

- 诉诸情感需求
- 与所学材料的关系



# Motivate Your Children

- **Cooperation**
  - Increase activity appeal by encouraging work with one another while also allowing for individual work time
- **Competition**
  - Appeal could increase if competition with peers is increased
- **Recognition**
  - Appeal of activity could increase if the activity efforts received social recognition



# 激励你的孩子

## ◦合作

- 通过鼓励彼此合作来增加活动吸引力，并允许个人独自工作时间

## ◦竞赛


- 如果增加与同辈的比赛，吸引力可能会增强

## ◦认可

- 如果活动的努力得到社会认可，吸引力就会增加



# Motivate Your Children

- **Caleb Wang**
    - challenge and competition.
    - Share Caleb's Rubik's cube story.
  - **Noah Wang**
    - Curiosity
    - Coding and engineering projects.
  - **Micah Wang**
    - cooperation and recognition.
    - Baseball.
- 



# 激励你的孩子

## ◦王凯勒

- 挑战和比赛。
- 分享 Caleb 的魔方故事。

## ◦王诺亚

- 好奇心
- 编码和工程项目。

## ◦王迈卡

- 合作与认可。
- 棒球。

# Motivate Your Children

- Boredom - helpful tool to find out what motivates your child
  - Screen time is a hindrance
  - Too many activities is a hindrance
- Motivation is a plus, but also has depravity
  - Caleb – hates losing. winning becomes an obsession, idol. He would get real emotional and cry when he loses a tournament.
  - Noah – has insatiable curiosity in computers, software, engineering, essentially objects. He is introverted, less people oriented. Pray that he will experience God at an emotional / spiritual level that breaks through his logic oriented mind.
  - Micah - Easily influenced by people (Share Micah influenced by peers).



# 激励你的孩子

- 无聊——这是找出孩子学习动机的有用工具
  - 屏幕时间（使用电子设备）是个障碍
  - 活动太多反而会造成阻碍
- 有动力是优点，但也有诱惑
  - 凯勒——讨厌失败。胜利成了他的一种执念，一种偶像。输掉比赛时，他会非常激动，甚至哭泣。
  - 诺亚——对计算机、软件、工程以及物件（本质上非人的）有着永不满足的好奇心。他性格内向，不太以人为本。祈祷他能在情感/灵性层面上体验上帝，突破他以逻辑为导向的思维。
  - 迈卡——容易受人影响（分享受同龄人影响的 Micah）。

# Know (知), Be (是), Do (做)

	Know	Be	Do
What	Knowledge, knowing facts. What a person knows. What to do.	Convictions, motivations. What a person is. Why we do.	Actions. What a person does. Do it.
Can it be forced	Yes.	No. Works of the Holy Spirit (only the Holy Spirit can change, renew a person's heart).	Yes.

	Know (Stage 1)	Be (Stage 2)	Do (Stage 3)
Parent	Establish authority. Set rules. Make deposits to emotional bank account.	Pray for Holy Spirit to mold the heart of the child. Influence the child - moment by moment parenting. Help the child to be self-motivated, self-disciplined. Help the child to understand his own depravity.	Letting go, let the child do. Let the child make mistakes. Be a friend and a guide.
Child	Authority of the parent Rules.	Self-motivated, self-disciplined.	Greater and greater autonomy.



# Discipline

	Video Games ( <u>電子遊戲</u> )	Video Games ( <u>電子遊戲</u> )
Method ( <u>方法</u> )	Authority ( <u>權威</u> )	Come to his senses ( <u>醒悟過來</u> )
Objective ( <u>目標</u> )	Behavior – Stop playing video games. <u>行為 – 停止玩電子遊戲。</u>	Depravity – Help your child realize he has an addiction problem, to understand his own depravity. <u>罪 – 幫助您的孩子認識到他有成癮問題，並理解他自己的罪。</u>
Problem Diagnosis ( <u>問題診斷</u> )	Child thinks parents are the problem. They are stopping me having fun. <u>孩子認為父母是問題所在。</u>	Child understands the he, himself, his own depravity is the problem. <u>孩子明白他自己、他自己的罪才是問題所在。</u>
Consequences ( <u>結果</u> )	Parent decides consequences. For example, you cannot play video games for 2 weeks. <u>父母決定後果。</u>	Child decides consequences with help from the parent. Questions to ask: what consequences do you (child) think will be helpful to help you overcome this addiction. <u>孩子在父母的幫助下決定後果。</u>
Relationship to parent ( <u>父母關係</u> )	Parents are enemies. <u>父母是敵人。</u>	Parents are allies. <u>父母是盟友。</u>
Action ( <u>行動</u> )	Parents disciplines children. <u>父母管教孩子。</u>	Parent help children overcome depravity. <u>父母幫助孩子克服罪。</u>
Relationship Impact ( <u>關係影響</u> )	The parent is making withdrawal in the emotional bank account. <u>父母從情感銀行帳戶提款。</u>	Less withdrawal in the emotional bank account. <u>情感銀行帳戶的提款減少</u>

# Discipline

- Negative - Physical discipline loses its effectiveness (8+ years)
- Use natural consequences as much as possible
  - If forget to bring lunch to school repeatedly, let the child be without lunch, make sure you explain why
  - If the child lose things repeatedly, have them pay for it, make sure you explain why
  - If the child sleep late, oversleep, forget to use an alarm repeatedly, let them miss very important events
- Use non-physical negative consequences
  - Lose screen time, 15 minutes increment
  - Understand your child, leverage their motivation as consequences, find areas that will cause pain:
    - Micah - stuffed animals, friends, Baseball
    - Noah - taking away laptop, programming time



# 纪律

- 消极的纪律——体罚失去效力（8岁以上）
- 尽可能利用自然后果
  - 如果多次忘记带午餐上学，让孩子没有午餐，记得一定要解释你为何这样做
  - 如果孩子反复丢失东西，让他们赔偿，记得一定解释原因
  - 如果孩子睡得晚、睡过头、反复忘记使用闹钟，让他们错过非常重要的事件
- 使用非物质的负面后果
  - 减少屏幕时间（使用电子设备），增量为 15 分钟
  - 了解你的孩子，利用他們的動力當作後果, 找到会引起疼痛的部位：
    - 迈卡——毛绒玩具、朋友、棒球
    - 诺亚——拿走笔记本电脑，编程时间

# Discipline

## DO's

- Pray
- Let them fail and face consequences
- Explain that you love them

## DON'Ts

- Criticize
- Compare
- Yell
- Nag
- Micro -manage

Luke 15:11 -32 - He came to his sense, knows father loves him



# 纪律

## 应该做的

- 祈祷
- 让他们失败并承担后果
- 解释你这样做是爱他们

## 注意事项

- 批评
- 比较
- 叫喊
- 唠叨
- 微观管理

路加福音 15:11-32 - 他醒悟过来，知道父亲爱他

# Discipline

## DO you love me

- Can you help me?
- I forgot my baseball cleats? I forgot my lunch?
- I don't want to go to school?

## Power struggle / Manipulation

- Can you help me?
  - Getting milk example (Caleb)
- Yes, I will do it
  - takes a long time to do it or forgets
  - Do the minimum



# Discipline

## 你爱我吗

- 你能帮助我吗？
- 我忘了带棒球鞋？我忘了带午餐？
- 我不想去上学？

## 权力斗争/操纵

- 你能帮助我吗？
  - 获取牛奶的例子（Caleb）
- 是的，我会这么做
  - 需要很长时间才能完成，或被忘记
  - 只做满足最低要求的事情

# Discipline

- Examples of manufactured natural consequences
  - Have your child pay for everything they lose (iPad, water bottles, clothes)
  - Disrespectful, bad attitude - Explain withdrawal of emotional bank account, stop doing important activities with your child (Micah Baseball practice example)
- 故意制造的自然后果例子
  - 让你的孩子全额赔偿他们丢失的东西 (iPad、水瓶、衣服)
  - 不尊重，态度恶劣——解释这是提取情感银行账户的行为，停止与孩子一起进行重要活动 (Micah 棒球练习示例)



# Examples

- 1.Noah in touch with Depravity
- 2.Micah screen time inoculation training 1
- 3.Micah's screen time inoculation training 2
4. Micah's Holy Spirit conscience
- 5.Micah came to his senses

- 1.诺亚接触到自己的黑暗堕落
- 2.Micah 的电子设备免疫力训练 1
- 3.Micah 的电子设备免疫力训练 2
- 4.Micah圣灵与良知的帮助
- 5.Micah醒悟过来





# STAGE 3 (12+)

## 第三阶段 ( 12+ )



# 聖經教育子女

Age (年齡)	2-5	6-12	13-18
Stage (階段)	At Home (家)	Elementary (小學)	Middle and High School (中學)
Objective (目標)	Establish Authority (建立權威)	Influence (影響)	Relationship (關係)
Action (行動)	Discipline (訓練)	Teach, Coach (教導),	Guide (指導)
Target (目標)	Will (意志)	Heart and Mind (心與頭腦)	Heart and Mind (心與頭腦)
Tool (工具)	Fear (害怕)	Rewards (獎勵) Hope (希望)	Natural consequences (自然後果)
Methods (方法)	Break the will (打破意志)	Moment by moment parenting (時時刻刻教導) Motivate heart and mind (激勵心與頭腦-道理)	Letting go (放) Child comes to you (孩子找你, 問你)
Relationship (關係)	Parents with Authority (權威父母)	Coach (教練)	Friend (朋友)
Relational Foundation (關係基礎)	Positive emotional bank account (情感銀行)	Positive emotional bank account (情感銀行)	Positive emotional bank account (情感銀行)

# Signs

**Novelty seeking** emerges from an increased drive for rewards in the circuits of the adolescent brain that creates the inner motivation to try something new and feel life more fully, creating more engagement in life. Downside: Sensation seeking and risk taking that overemphasize the thrill and downplay the risk result in dangerous behaviors and injury. Impulsivity can turn an idea into an action without a pause to reflect on the consequences. Upside: Being open to change and living passionately emerge, as the exploration of novelty is honed into a fascination for life and a drive to design new ways of doing things and living with a sense of adventure.

From - Brainstorm: The Power and Purpose of the Teenage Brain  
Daniel J. Siegel



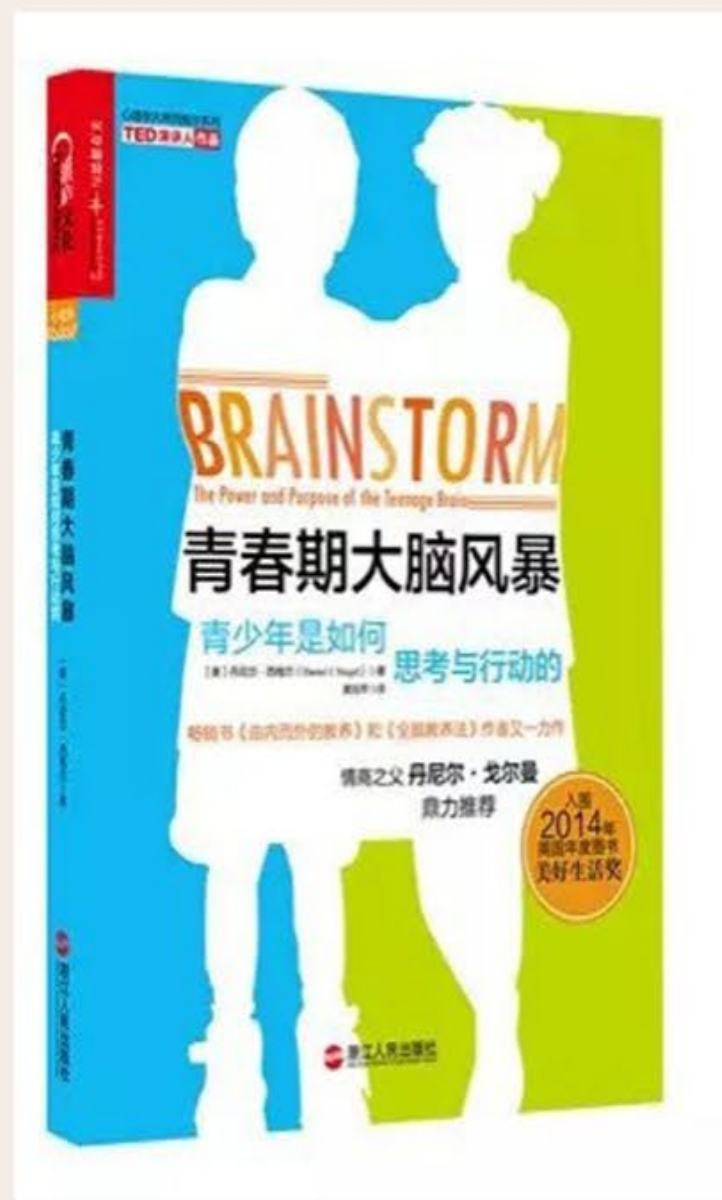
# 症状

寻求新鲜感源于青少年大脑回路中对奖励的渴望，这种渴望创造了尝试新事物、更充分地感受生活的内在动力，从而提升了对生活的投入。

缺点：追求刺激和冒险过分强调刺激，轻视风险，会导致危险行为和伤害。冲动会将想法转化为行动，而没有停下来思考后果。

优点：随着对新鲜感的探索逐渐转化为对生活的热爱，以及设计新的做事方式、和充满冒险精神的生活方式的动力，青少年会变得乐于接受变化，并充满热情地生活。

摘自《青春期大脑风暴》丹尼尔·西格尔，浙江人民出版社





# Signs 症状

**Social engagement** - enhances peer connectedness and creates new friendships. Downside: Teens isolated from adults and surrounded only by other teens have increased -risk behavior, and the total rejection of adults and adult knowledge and reasoning increases those risks. Upside: The drive for social connection leads to the creation of supportive relationships that are the research -proven best predictors of well -being, longevity, and happiness throughout the life span.

**社会参与/社交互动**——增强与同龄人之间的联系，建立新的友谊。缺点：青少年与成年人隔离、周围只有其他青少年更容易出现危险行为。完全拒绝成年人，与成年人的知识和思维方式也会增加这些风险。优点：对社交联系的渴望会促成支持性关系的建立，而研究证明，这种关系是预测终身幸福感、长寿和快乐的最佳指标



# Signs 症状

## Increased emotional intensity

- gives an enhanced vitality to life.

Downside: Intense emotion may rule the day, leading to impulsivity, moodiness, and extreme, sometimes unhelpful, reactivity. Upside: Life lived with emotional intensity can be filled with energy and a sense of vital drive that give an exuberance and zest for being alive on the planet.

情绪强度增强/情绪变得强烈——赋予生命活力。

缺点：强烈的情绪可能主宰你的生活，导致冲动、喜怒无常，以及极端的、有时甚至无益的反应。

优点：充满强度情绪的生活可以充满活力和生机，带来活力和热情，让你对在这个星球上生存充满热情。

# Signs

**Creative exploration** - with an expanded sense of consciousness. An adolescent's new conceptual thinking and abstract reasoning allow questioning of the status quo, approaching problems with "out of the box" strategies, the creation of new ideas, and the emergence of innovation. Downside: Searching for the meaning of life during the teen years can lead to a crisis of identity, vulnerability to peer pressure, and a lack of direction and purpose. Upside: If the mind can hold on to thinking and imagining and perceiving the world in new ways within consciousness, of creatively exploring the spectrum of experiences that are possible, the sense of being in a rut that can sometimes pervade adult life can be minimized and instead an experience of the "ordinary being extraordinary" can be cultivated. Not a bad strategy for living a full life!



# 症状

**创造性探索——拓展意识。**青少年全新的概念思维**和抽象推理能力使他们能够质疑现状，用“打破常规”的策略解决问题，产生新的想法，并催生创新。**

**缺点：**在青少年**时期寻找生命的意义可能会导致身份认同危机，容易受到同龄人压力的影响，以及缺乏方向和目标。**

**优点：**如果心智能够**坚持有意识中以新的方式思考、想象和感知世界，创造性地探索各种可能的体验，那么成年人生活中有时会出现的墨守成规的感觉就会被最大程度地减少，取而代之的是培养一种“平凡中蕴含非凡”的体验。这不失为一个充实生活的好策略！**



# Examples

- 1.Caleb preteen rebellion
- 2.Micah flipped
- 3.Micah RC Car
4. Caleb Brawl stars
- 5.Caleb first dating experience


1. 迦勒青春期前的叛逆
2. 米迦情绪爆发
3. 米迦遥控车
4. 迦勒的手游“荒野乱斗”
- 5.Caleb 的初次约会经历





# Most Difficult to Discern

Is it an obedience issue?

- I know what I want, I know what is best for me.
  - Teens have their own opinions and desired outcomes that may differ drastically from parents. At this age, they can see, detect, and articulate your hypocrisy.
  - Is it a power struggle?
  - Do your kids have an heart of obedience.
    - Micah's solution to discipline (example)
- 

# 最难辨别

这是服从问题吗？

- 我知道我想要什么，我知道什么对我来说是最好的。
- 青少年有自己的观点和期望，可能与父母截然不同。在这个年龄段，他们能够看到、察觉并表达出你的虚伪。
- 这是权力斗争吗？
- 你的孩子有一颗顺从的心吗？
  - 弥迦对管教的解决方法（例子）



# Discipline

- The older they get, only natural consequences
  - The principle here is to let natural consequences happen without destroying the relationship. Another guard rail is to be aware and careful not to let the natural consequence to destroy the child, hurt the child severely. This requires the Holy Spirit for wisdom.
  - Examples:
    - Caleb rides natural consequence
    - Caleb first dating experience

# 纪律

- 随着年龄的增长，只用自然的结果来纪律孩子
  - 这里的原则是让自然后果发生，但不要破坏关系。要注意另一个护栏是要警惕并小心，不要让自然后果摧毁孩子，给孩子造成严重伤害。这需要圣灵的智慧。
  - 例子：
    - Caleb迟到上车的自然后果
    - Caleb的初次约会经历



# Tough Teenage Questions

- What is the worst sin you've committed?
- How often do you and mom have sex?
- How long do you (father / man) last when you have sex?
- When did you have sex the first time? Did you have premarital sex?
- Did mom have premarital sex?
- Why is premarital sex a sin?
- When Is the last time you did porn?
- When you were my age, did you watch porn?
- Why is porn bad? Is it a sin?
- Is masturbation a sin?
- Did you masturbate when you were my age?
- How do you decide who to vote for president as a Christian?

# 青少年的难题

- 你犯过的最严重的罪过是什么？
- 你和妈妈多久做爱一次？
- 您（父亲/男人）做爱时能持续多长时间？
- 你们第一次发生性关系是什么时候？你们有过婚前性行为吗？
- 妈妈有婚前性行为吗？
- 为什么婚前性行为是一种罪孽？
- 您上次看色情片是什么时候？
- 当你像我这么大的时候，你看过色情片吗？
- 为什么色情片不好？它是一种罪吗？
- 手淫是罪吗？
- 你像我这么大的时候自慰过吗？
- 作为一名基督徒，您如何决定投票给谁当总统？