

A03 《不完美的父母？學習欣賞自己》

「我係咪都要好似人咁媽咪咁？」 「阿仔大個咗會唔會埋怨我？」

不論你多努力，卻總有比自己「做得更好」的父母，也有更令人稱羨的家庭。

然而，每個家庭都是獨一無二的，天下間沒有完美的親子關係。

每一點用心都值得被自己看見——學習欣賞自己，調節對自己的標準與期望，專注於自己與孩子的連結上，創造屬於你們的珍貴回憶。



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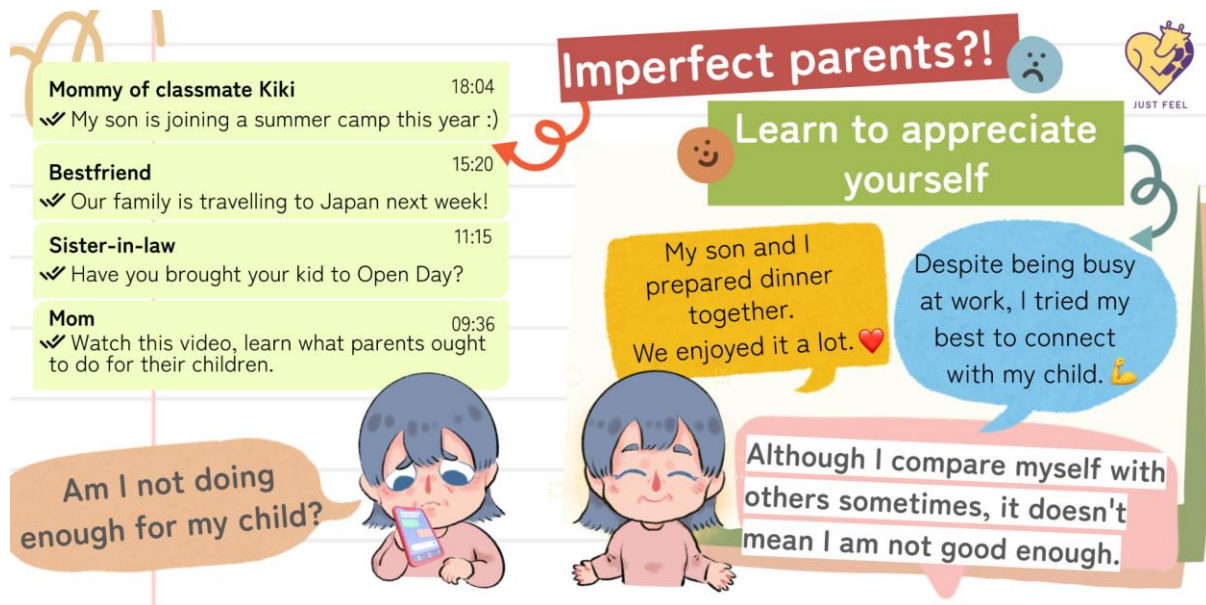
Imperfect Parents? Learn to Appreciate Yourself!

"Do I have to be like other moms?" "Will my son resent me when he grows up?"

No matter how hard you try, there will always be parents who seem to "do better" and families that appear more desirable.

However, every family is unique, and there is no such thing as a perfect parent-child relationship in the world.

Every bit of effort is worth recognizing: learn to appreciate yourself. Learn to adjust your standards and expectations, focus on the bond with your child, and create precious memories that belong to you both.



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