

## A10 《孤軍作戰？你需要建立安全網！》

在陪伴孩子成長的路上，當疲倦、煩躁、無力等感受反覆出現，可能正提醒你需要建立安全網——找到可以安全地表達感受和需要的對象，並得到支持和陪伴。

嘗試以下方法，讓自己能以更好的狀態陪伴孩子：

- 與另一半分擔：讓對方知道自己的身心狀態，一同調整照顧孩子的時間。
- 向親友求援：請家人短暫照顧孩子，及適時與朋友傾訴，提升安全感。
- 尋找同路人：與其他家長交換經驗和心聲，互相理解和支持。
- 專業諮詢：定期尋求親子教育工作者或心理諮詢的專業建議，學習調適壓力的技巧。



[↑ 回到內容目錄](#)

## Fighting Alone? Build Your Safety Net!

Parenting is rewarding but can sometimes feel overwhelming. If you're feeling exhausted, irritable, or helpless, it might be a sign that you need a **safety net**—a support system where you can share your feelings and regain your strength.

Here are some steps to help build your safety net and better support yourself and your children:

- Talk to your partner: Share how you're feeling and work together to adapt childcare responsibilities.
- Ask loved ones for help: Let family or friends step in to ease your load.
- Connect with other parents: Exchange experiences for mutual understanding and encouragement.
- Seek professional guidance: Consult parenting educators or counsellors to learn effective stress management techniques.



[↑ Back to Table of Contents](#)