

## A09 《帶著開放的心迎接家長日》

今個星期六就是家長日，大家的心情如何？是平靜口、期待口、還是緊張口？

有時，即使我們帶著善意與子女交流，也未能如願。

家長可能會感到失望、氣餒，甚至煩躁，邀請各位先照顧自己的心情，接納此刻的不同感受；並嘗試給予對方選擇的空間，而不強逼他們跟從。



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## Parents' Day: Embrace the Unexpected

Good day parents, it is the annual Parents' Day this coming Saturday. How are you feeling? Excited? Nervous? Different emotions are totally understandable!

On that day, parents have a chance to genuinely hear children's feelings and thoughts. It might catch you off guard, leaving you amazed, surprised or even puzzled.

Let's try approaching this new experience with an open mind. Allow yourself to be vulnerable and receptive as your child opens up to you. In case you feel overwhelmed or unfamiliar, take a moment to process your feelings and give you and your child space to make choices without pressure.

Together, let's create a safe and understanding space where you and your children can genuinely express to each other.



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