

终极育儿策略

发脾气

给你 99 条 “救命稻草”



蜜雪儿·肯尼迪 著
浙江科学技术出版社

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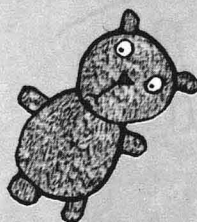
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注：本书以下内文附上原著英文，以飨读者。

《发脾气》

简介

这是非常美好的一天，我和我可爱的孩子们在商场里闲逛。我非常耐心地告诉孩子们他们所感兴趣的物品，区别菠萝和苹果，做着最好的母亲该做的事情。突然，暴风雨来了。首先是“我可以要这个么？”“那个可以给我么？”当我说出“不”的时候，孩子们哇哇大哭，暴风雨开始后，他们还可能拳打脚踢，乱扔东西，在地上打滚。这几年中，我的孩子发脾气的方式各种各样。

没有其他行为会比孩子发怒更让人尴尬，但有些时候又会觉得他们发脾气时非常好笑。接下去我们会从九个方面帮助你避免这种情况，同时更加幽默地对待孩子。因为对于一个红着脸尖叫着的孩子，家长对付他们的惟一好方法是幽默。

tantrums introduction It's a beautiful day in the neighborhood, and with one of my cherubic children, I am dawdling through the market. I am at my most patient, pointing out interesting things, explaining the difference between a pineapple and a regular apple . . . generally at my parenting best. Then, like a storm that appears out of nowhere, it hits. Lightly at first. The question, "Can I have that?" is the beginning of the storm, the wind picking up. "And that?" is the rustling in the trees. But I haven't brought my umbrella, because this is a perfect day, and I refuse to let anything ruin it. So, cheerfully and in my most singsongy

voice, I reply, "No." But it no longer matters; my cheeriness won't help. The storm rears its ugly head. "Waaahhhh!!\$#@& . . ." and on it goes. The screaming and crying may be accompanied by any amount of kicking, biting, throwing, banging fists, or laying on the floor. Over the years my children have laid out a veritable smorgasbord of tantrums, from the traditional to the unusual.

No other behavior can be as infuriating, embarrassing, and sometimes downright comical as the temper tantrum. Hopefully, the tips in the following nine sections will help you survive them, avoid them, and maintain your sense of humor, because when we're faced with a screaming, red-faced child, humor is just about the only thing we parents have left.



你有 责任

没有比拖着哭闹的孩子走出商店更糟糕的事情了。没有别的，当时会有很多人冷冷地看着你，在旁边嘀嘀咕咕，但同样也会有人告诉你，当他们小的时候父母是怎么教育他们的。所以，如果可以的话，就应该耐心地听他们说小时候的故事。这些故事可以让你顺利地把孩子带离商场，当然你必须记得家长的责任。我怀孕的时候所读过的书中就提到过家长的责任。当孩子不断地踢你打你不愿进车的时候，你应该反复地说：“这是我的责任，这是我的责任。”

you're in charge There is nothing worse than dragging a screaming child through a grocery store. Nothing. And the number of people who will look at you disdainfully, clucking their tongues, will equal the number of people who will come up to you and tell you what their parents did to them when they were little. So, if you can, try and have the patience to listen to the “In my day . . .” stories as you craftily drag your limp noodle child through the aisle to the door. Also don't forget—the parents are in charge. If I remember anything about all those parenting books I had time to read when I was pregnant, it was that they told me I was in charge. Repeat it to yourself as a mantra while dragging said child (now kicking and biting your arm) out to the car. “I'm in charge, I'm in charge.”

坚持

2-4岁

相信你的孩子有能力养成好的行为习惯，他们会听你的话。这个建议我听过好多年了，但我并不是很相信。在我慢慢积累了对孩子的信任后，我发现这是非常正确的。家长对小孩讨厌的行为不能不管不问，如果你坚持你对孩子的原则，在困难时不放弃，那孩子就会慢慢接近你的期望了。这看起来很难，但不要在你试之前就放弃，要坚持下去。

feel the force Believe your child is capable of behaving, and that she will listen to you. For years I got this advice and it didn't seem to be enough, but as I gained more confidence I realized how true it is. Ever notice how some mothers can stop unwanted behavior with just a glance? Once you are consistent enough to enforce your rules every time, not ever "giving in" when it seems easier, then your child will live up to your expectations. This may sound easier said than done, but don't dismiss it until you have tried it. And stick to it.

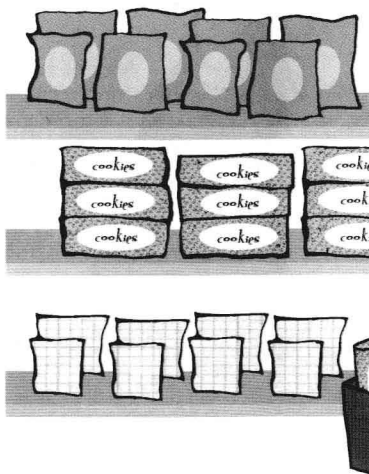


2-4岁

强硬的爱

你不是他们的朋友，虽然我知道你想成为他们的朋友。很难让自己成为“认真的妈妈”，所以就把这个忘记吧。没有比看着一个妈妈为了拖着孩子不给他买一罐苏打水更令人感到厌烦的了，这个妈妈会说：“这对你不好。”孩子会说：“我要喝。”妈妈又会说：“我们今天不买了，我没有带够钱。”但孩子还是会叫：“我要喝，我要喝。”你会怎么解决，把那罐饮料从孩子手里拿走放回架子上，然后拖着孩子走出商店？所有的顾客都会对你的技巧而鼓掌！有些道理该和孩子讲清，但并不是任何时候。

tough love You are not their friend. I know you want to be. It's hard to think of ourselves as the "mean Mommy," but get over it, quick. There is nothing more annoying than witnessing a previously intelligent adult actually trying to reason a three-year-old out



of a can of soda in the grocery store. "But it's not good for you," says mom, pleadingly. "I want drink," Cory the Defiant says. "But we can't today, I don't have enough money," mother tries again. "I want drink! I want drink!" You can tell where this is going. Solution? Take can of drink from screaming child, place back on shelf, then place screaming child under arm and march out of store. Customers throughout will applaud both your superior parenting skills and your leaving! There are times when reasoning with your child may be appropriate, but this is not one of them.



告诉孩子后果

2-4岁

这对我的孩子非常有效。在商店外我就会对孩子严肃地说：“我们只买牛奶、鸡蛋、面包和鸡肉，我们不买小饼干、糖果、玩具或其他的东西。如果有人要求买其他的东西，他就会被关禁闭，明白了没有？”孩子们都点头同意，知道了后果他们就不会犯错了。

explain the mission This works great for me. I assemble all four of my children outside the grocery store. "We are only buying milk, eggs, bread, and chicken," I say to them sternly. "We are not buying cookies, candy, toys, or anything else. Anyone who asks for anything is grounded. Period. Got it?" They nod in agreement. And after they ask and I follow through with a grounding, they don't do it again.



让你的警告清晰有力

2-4岁

如果你没有清楚自己所要求的，那就不要去要求孩子。我非常清楚地记得在我小时候父亲所做的，他会非常清楚地说：“如果我从椅子上站起来……”非常明显，他只需要这样说，只要他准备从椅子上站起来时，我们这些吵闹的孩子就会立刻安静下来，即使在屋子的另一角。父亲从来不从椅子上站起来，我们知道如果他从椅子上走过来就会发生很多事。但是这样的警告已经够了，我们不希望知道将会发生什么。所以你要有良好的警告方式。不要顾虑说“我们不买这个”，或者把所有的东西留在购物车里，然后回家。

mean what you say Don't threaten it, if you don't really mean it. I have a crystal-clear image in my head of my father when I was a child. And his voice saying, "If I get up out of this chair . . ." is just as clear. He only needed to say that, and start to get up out of the chair, for us rowdy kids either to be quiet or immediately scatter off to another part of the house. He never did get up out of that chair, and I doubt that much would have happened if he did. But the threat was good enough. We didn't want to find out what would happen next. Make good on your threats, too. Don't be afraid to "turn this car around," or "leave everything in the shopping cart and go home."

尽量不要生气

2-4岁

这太简单了。有时候你就想对你所看到的一切大喊大叫。在你看到孩子胡闹而要用刷子刷遍整个浴缸时，让他坐在那里不要动，然后走开一分钟去考虑怎么样有创意地去警示他们。如果你的孩子年龄稍大或者他们只想着玩，你可以用平静缓和的语气训诫他们。

try not to lose it... It is so easy. Sometimes you might just want to yell at everything in sight. Before you sentence your child to a lifetime of scrubbing the tub with a toothbrush, make her sit somewhere and not move while you take a walk around the yard for a minute. Take the time to devise a really creative punishment, if the child is older, or just think happy thoughts. Come back to her able to speak in calm, level tones.



如果你生气了

2-4岁

我们都不可避免地会暴跳如雷。如果有一天你很生气，尖叫甚至打你的孩子，他就会用无辜的眼神看着你，在想为什么自己会有这么可怕的父母，或者他会因此对所有的事物都感到害怕。退一步，深呼吸一下，对你所做的一切道歉，告诉孩子你对他们发火是错的，同时也解释你为什么会生气，千万别说：“你打了妹妹，难道我不应该打你？”这只会让孩子备受压力。我们应该有一个“集中精力，放松，不要生气”的观念，你的孩子会知道只是你的行为不正确，而不是你原谅了他。

...but if you do We all do—it's inevitable. One day you're going to blow up. You're going to scream, or maybe even spank (it's not right, but it happens) your child. And when it does happen, your child is going to look up at you with those little puppy dog eyes wondering where on earth he got such an awful parent—or he might be too shocked to wonder anything at all! Step back. Take a deep breath (or three). Apologize for the way you yelled at (or spanked) him. Tell him what you did was wrong, but at the same time explain why you were so angry. Don't say, "Well, if you hadn't hit your sister, I wouldn't have hit you." That's just putting the blame on your child. Approach it from a "we both have to concentrate on calming down when something makes us angry" point of view. Your child needs to know that just because your behavior wasn't right, it doesn't mean you condone what he did.

2-4岁

让孩子听到鼓励

不要只让孩子知道他们老做错事，同时也要让他们知道他们有时做得很棒。让他们清楚你所期望的，或者在你没有要求他们做时他们已经完成了鼓励他们：“我非常喜欢你们能自己收拾东西，这太好了。”我的孩子非常喜欢听我表扬他们，我经常会听到他们说：“妈妈，你忙么？”如果我真的很忙，他们会主动帮忙，这时他们不会让我为他们的坏习惯而烦恼。

let's hear it for the good stuff Don't just let your children know when they are doing something wrong. Let them know when they are doing something right, too. Make your expectations clear and then when they are met, praise your

