

终极育儿策略

妹如

给你 99 条 “救命稻草”



蜜雪儿·肯尼迪 著
浙江科学技术出版社

当你的孩子在成长过程中遇到困惑的时候，就请翻开《终极育儿策略》丛书。每个分册，都围绕着一个主题，帮你解决相关的一连串问题。本书中提供的99个主意，也许会成为你最后的“救命稻草”，其中蕴藏着许多父母、祖父母和朋友们的智慧和能量，并且已经有了实际成功的经验。它暗示着：当你在用其他方法都失败的时候，不妨试着找找这些“稻草”——山穷水尽疑无路，柳暗花明又一春！

蜜雪儿·肯尼迪 (Michelle
Kennedy)，四个孩子的母亲，
一名记者，来自格林海湾威斯康
辛州幽默的育儿专栏作家。

姨妈如

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蜜雪儿·肯尼迪 著

陈晓琦 译



P+W

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原著 蜜雪儿·肯尼迪

翻译 陈晓琦

策划 P+W

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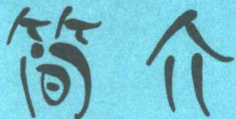
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注：本书以下内文附上原著英文，以资读者。

《嫉妒》



看着孩子甜甜的小脸因嫉妒而充满愠色，会让父母的背脊骨凉个半截——所有嫉妒的怒气真是赶也赶不走。大多数人对此感到烦心的原因之一是我们自己也有着这种经历，只不过是成年人善于将“嫉妒的怪兽”锁藏在心里面罢了。

当你在解决孩子嫉妒这一坏习惯时，你要从孩子的立场上出发，只有当你知道为什么他们感到不开心时才能帮助他们。还有一点就是时间和成长，在起初的两年他们是“自我主义者”，也就是说他们以自己的世界为中心。他们很难有与别人一起分享某一事物或是感受的概念。比如说，当你想要把他的玩具给其他小孩玩时，他会高声尖叫，举着玩具来抗议。当你的孩子慢慢长大时，你可以帮助他去理解什么是与人分享，爸爸也可以抱妈妈等等。在适当的时机用适当的方式，如：想像力、同情心或是安慰的话语，你会发现你很快就能一扫孩子心里的阴霾，让他回复平静与快乐！嫉妒有时会很强烈，有时甚至会隐藏不见。这里有99条针对生活中常见情况的对策，希望能对您有所帮助。

jealousy introduction The sight of your sweet-faced toddler in a jealous rage is guaranteed to send a shiver down the parental spine – all that fury with nowhere to go. One of the reasons that most of us find it so disturbing is because the emotion is uncomfortably close to what we experience ourselves, only we adults keep the green-eyed monster locked away inside.

When you are trying to deal with jealousy-fuelled bad behaviour, you need to put yourself in your little monster's shoes, because if you understand why they feel bad, you can help them out of their black hole. The other thing to remember is timing and development: for the first two years your child is 'egocentric', that is, the centre of their own world, and is unable to understand the concept of sharing and the feelings of others. For example, the child will

'hang on' to toys and howl with rage if you try to give these to another child or another child tries to grab them. As your child grows, you can help them to understand concepts such as sharing, and that daddy can cuddle mum, and vice versa, every now and then. By focussing on the situation, using imagination, sympathy and a good helping of reassurance, you can clear the storm clouds away and restore calm to your loving child remarkably quickly. Jealousy can be tough and is sometimes disguised, so here are 99 strategies that have been proven to work in the majority of situations.



鼓励爸爸

1-4岁

对于妈妈来说，既要照顾孩子，又要做家务是非常辛苦的，因此，即使爸爸平时都不怎么做家务，此时也应该担当起来，并且可以让大一些的孩子充当助手。在我喂孩子时，我的老公和我其他的孩子就是这样的。当他们干完家务后会在一起聊很多，比如，天为什么是蓝的，怎样来做个巧克力蛋糕当晚饭等。他们的合作在小宝宝刚降临时是很重要的。



encourage dad Even if dad is the kind of dad who does fun outings at the weekends, but leaves the daily, well, let's face it, drudgery, to mum, get him to pitch in and enlist the older child as his able assistant. My husband and the kids helped with household chores while I fed the baby – the chores got done and they could talk about all sorts of things (why the sky is blue, how to get chocolate cake for dinner . . .). Their bond will be important when the new baby arrives.

怀孕期

1-4岁



如果可以，当你怀孕时可带着你的大孩子一起去医院做定期检查。在那里，他可以通过B超看到他的小弟弟或小妹妹，还可以通过超声波听到婴儿的心跳声哦。你还可以让他看你怀他时做的B超扫描片，并且告诉他，你现在的感觉就跟那时候他在你肚子里时一样。

during pregnancy If possible, while you're pregnant, take your toddler to hospital appointments with you so that he can see his sibling on scans and hear the heartbeat on the

ultrasound. You could also show him the picture of his own scan and

explain what it felt like to have him in your tummy. many hospitals have "older brother and sister" programs in which the child can tour the hospital take a baby care class, and make presents for the baby.

伤害

2-4岁

如果你的孩子对于小宝宝的降临特别嫉妒，甚至是愤怒，那麻烦就大了。当他去咬或做出其他危害宝宝的举动时，你必须立即采取行动。首先，马上把他带开，不去理会他，但也不要打骂他，让他明白你是决不允许他伤害宝宝的。你可能会发现他没有报复心，但他还是会对宝宝做出一些如抓头发之类的举动。这时你要教育他，对小宝宝什么该做，什么不该做。在之后的几周内，确保你的孩子不跟宝宝单独呆在一块儿，当然也不要表现得很刻意。要记住，你的大孩子同样需要关注，需要更多的和你在一起的时间。如果他还有伤害宝宝的想法，那最好去请教儿童专家。

aggression If your toddler is extremely jealous of the new baby – perhaps even violently so – then you have a bigger problem on your hands. If your toddler bites or otherwise harms the baby, you need to act quickly. First, immediately remove your toddler from the baby. Place him in your 'time out' spot and let him know, without yelling or smacking, that you will not allow him to harm the new baby. You might find that the toddler was not being vengeful, but just reacting to the baby grabbing a fistful of hair (a common new baby action). Hold a little class on the 'only way we touch the baby'. For the next few weeks, make sure your toddler is never alone with the baby, but don't be obvious about it. Bear in mind that your child could be looking for attention and might need some more one-to-one time. If further 'attacks' occur, consult a professional.

看宝宝

2-5岁

当孩子第一次到医院来看你和小宝宝时，你要先和他亲昵一下，然后给他看他的弟弟（妹妹）。在谈论时也用“你的弟弟（妹妹）”来称呼。如果他只是好奇想看仔细，那就让他看个够吧，因为在这之后他通常就会去玩他自己的了。如果他想摸摸宝宝的手脚，甚至想抱抱也没有问题，但这时你要帮着托住宝宝的头，让他慢慢来。



the first visit On his first visit to the hospital (check the hospital visiting rules beforehand), make a fuss of your firstborn when you see him, then show him his new baby brother or sister. Again, talk about 'your baby sister' rather than 'the new baby'. Let him do as much as he feels comfortable with – if he just wants to look briefly, then play with a toy, fine. If he wants to stroke the baby's hands or feet (gently), or even sit with the baby on his lap with you supporting the baby's head, fine. Let him set the pace.

帮助照顾宝宝

2-5岁

让孩子帮你一起照顾小宝宝是一个让他觉得自己也是这个过程的一个重要环节（如果他不愿意也不要勉强）。他可以帮着做一些简单的事情，比如，在洗澡时帮着洗宝宝的肚子，拿一下尿布或是帮着找宝宝的玩具等。如果他真想全方位地照顾好宝宝，你会惊讶地发现几星期后他会跟你说很多“这个这样才对，那个应该是那样的”之类的话。

helping out Let your child help you with the baby. It's important that she feels a part of the process (although also bear in mind that some kids will want no part of it – so don't force). Washing the baby's tummy at bathtime, going to fetch a nappy, finding the baby's new toy – all of these simple actions are helpful. Don't be surprised, in fact, if she wants to take over care of the baby entirely and in a few weeks is giving you instructions on how to 'do it right'.

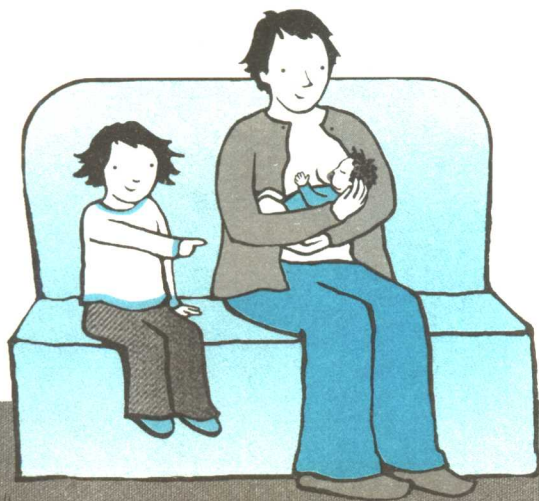


喂奶时

2-5岁

当你给宝宝喂奶时，大一些的孩子会对这一如此亲密的身体接触很嫉妒。你可以让他坐在你身边，一边给他讲故事，一边让他蹭着宝宝的腿。如果那样有一点不平衡的话，你可以和他一边看他喜欢的电视节目，一边问他一些有关节目的问题，让他觉得自己跟妈妈怀中的宝宝一样重要。

when breastfeeding If you're breastfeeding your new baby, your toddler might be jealous of this close physical contact. Invite the firstborn to sit next to you. Let her rub the baby's leg while you read her a story – or if that's a bit too much juggling, just let her put on her favourite TV programme and really watch it with her. Ask her questions about it and generally make her feel just as important as the baby in your arms.



母乳

2-5岁

一些孩子看到妈妈在喂奶时会又想再尝尝。我通常会马上弄一杯给那个想尝试的孩子，但是他只是抵一下就跑去喝果汁，从此以后再也不要喝了。如果你不喜欢这样，或是这样做了没什么效果，那就明确告诉他，妈妈的奶只是给宝宝喝的，就像他刚出世时一样。现在他长大了，可以喝其他不同的东西了。母乳应该不算是饮料吧！让他明白，宝宝也不会永远喝这个，他长大了也就不需要了。

baby milk Some children start to want to feed again and might even ask for the option. I actually expressed a bit of milk into a cup for one of my children who wanted to try it. He sipped it and immediately asked for juice – he also never asked to feed again! If you are uncomfortable doing this, or it doesn't work, simply make it clear that the milk inside mummy's breasts is just for babies. Let him know that he had it once and then he got bigger and got to drink lots of different things. Make sure he understands that the baby won't be feeding forever, and that he is too big to do it anymore.