



< 博域視野 > 2020 – 1
(家庭學院友活動)

新手媽咪難過 Baby 關! 母親的試煉與成長

Bowen Vision - Embracing Motherhood

14/3/2020 (Sat) 3:00 pm – 5:30 pm



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Baby 的一哭、一笑、一個眼神都會令新手媽咪心弦牽動，往往急 Baby 所急、樂 baby 所樂、悲 baby 所悲！新手媽咪對可愛的 baby 之情緒萬分投入、二人情緒融合在一起。對彼此的情緒依附(emotional attachment) 正好是上天賜給新手媽咪的天賦，增強新手媽咪對 baby 的體貼入微，使 baby 能得到適切的照顧。(試想，若新手媽咪沒有這種對 baby 的熱切情緒投入，baby 是很難得到適時的照顧的。)

然而，博域家庭系統理論 (Bowen family systems theory) 指出，父母親需與孩子一同走出這「共生」 (symbiotic) 的境界，按步就班地協助孩子在情緒和心智上獨立自主，不再與父母親的情緒扣連在一起而失卻自我。孩子的每一階段都是建立下一個階段的根基。若能從幼兒期開始培養孩子的情緒功能，孩子的成長定必會較為健康和順暢。

我們很高興邀請到一位新手媽咪與我們分享她在此關鍵階段的心路歷程與試煉，互相切磋如何從幼兒階段做起，為孩子的情緒心智建立良好的基礎，盡量減少被父母本身的情緒包袱所影響。

歡迎各位家長、幼兒教育者、助人行業人士、有興趣幼兒情緒發展之人士參加。

Learning to be a new mother can be a time of excitement or stress. Parenthood can help a person to become more mature or it can bring out the immaturities of the mother and her unresolved emotional attachment from her family of origin. Bowen theory talks about the family projection process where a parent projects his/her immaturities onto a child. Perhaps learning Bowen theory can help one to be more aware of this process to allow the child to grow with a higher level of differentiation while the parent continues to practice differentiation of self in being a parent.

In this meeting, we have Kimmy who has been learning Bowen theory for a number of years and has embraced the challenge of motherhood with a new born baby this past year. She will share with us her reflections and insights of her role and anxieties of being a mother and how she manages her relationship with her child, as she works towards better differentiation of self.

講者: 李影瑤女士

Speaker: Ms. Kimmy Li



日期與時間: Date & Time:	2020 年 3 月 14 日 (星期六) 下午 3:00 – 5:30 March 14, 2020 (Sat) 3:00 pm – 5:30 pm
語言: Language:	廣東話 Cantonese
對象: Target:	家長、幼兒教育者、助人行業人士、有興趣幼兒情緒發展之人士參加。 Parents, child care workers, helping professionals, and anyone interested in early child development.
費用: Fee:	\$75 會員 (COF) : 免費
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報名: Application:	https://docs.google.com/forms/d/e/1FAIpQLScGu-sK_5djJyHva8l2NrrnppXGHIQODw43vImZrO5naFwTmQ/viewform