

孩子是超级电视迷?

Does your child have SQUARE EYES?

If the TV is constantly on in your home, and children start showing withdrawal symptoms when you switch it off, you're not alone. Mothers respond to an article (Make the Media Work for You, YF Jan/Feb 2002) by child psychologist Carolyn Kee from the Child Guidance Unit, Institute of Mental Health.



你家的电视机是否从早到晚都开着?当你将它关掉,孩子便象犯了毒瘾一样,浑身不自在?这是当今许多妈妈所面对的问题。以下刊登一些读者对本刊1/2月号“让媒体成为好帮手”的读后感,同时让精神健康学院儿童心理学家 Carolyn Kee针对他们的问题提出意见。

LOST IN TV LAND Letters from harried mums Felicia Ong

I don't know if my two daughters, aged four and two are TV addicts. The first thing they do every morning is insist that I turn on the television for them. Although they might only watch TV for five minutes before running off to play with their toys, they'll stop whatever they are doing and cry if I don't turn it on again. They also want to watch the same VCDs again and again. My husband and I are bored and we can't watch the programmes of our choice.

Irene Goh Mui Keng

My eight-year-old daughter has been a TV addict since she was five years old. She needs to watch TV every morning before going to school. And when she gets home, she'll ask to watch a Chinese drama serial. She always promises to do her homework after that, but it will be two shows before she does homework. And when she's done with homework, she'll again ask if she can watch TV. During the school holidays, she watches TV the whole day. If I turn the TV off, she complains that I'm 'no good' and don't love her.

孩子迷失在电视天地里 让母亲们忧心忡忡 Felicia Ong

我不十分肯定我的4岁和2岁的女儿算不算是超级电视迷。她们一一起身便会坚持要我扭开电视,她们可能只是看上5分钟便跑开去玩,但是如果我把电视机关上,她们便会放下一切,又哭又闹,直到我再次把电视扭开为止。她们也喜欢不断重复的看同样的几个录象光碟,我和丈夫都闷透了,却又无法选看我们想看的节目。

Irene Goh Mui Keng

我8岁的女儿自5岁开始便是个标准的电视迷,她每天早上一定得先看电视,才肯去上学,一下课回家,也会要求看华语连续剧。她会答应看完后就作功课,但至少得看完两个节目才行动。而功课一作完,她又马上要求做在电视机前。在学校假期,她一整天都陶醉在电视节目里,如果我关掉,她便会生气地表示我不是好人,并且不爱她。

Shendy Tan

My eldest child who is in primary four knows the cartoon time schedule by heart. On schooldays I only allow him to watch an hour of TV programmes. But on the weekends, he wakes at 7.30am to catch his favourite show. He can go without breakfast and just sit in front of the TV for half a day. Sometimes he spends so much time watching TV that he neglects his schoolwork. How do I get him to manage his time between schoolwork and TV?

Chan Cheh Hoong

My 10-year-old daughter will watch everything – from cartoons to adult drama serials. Any free time she has is devoted to TV watching rather than anything else. Even when she has a lot of homework, she insists on watching TV first before clearing homework. When I force her to do her homework before allowing her to watch TV, she cannot concentrate and produces slipshod work. I'm really anxious because my four-year-old son is following in her footsteps.

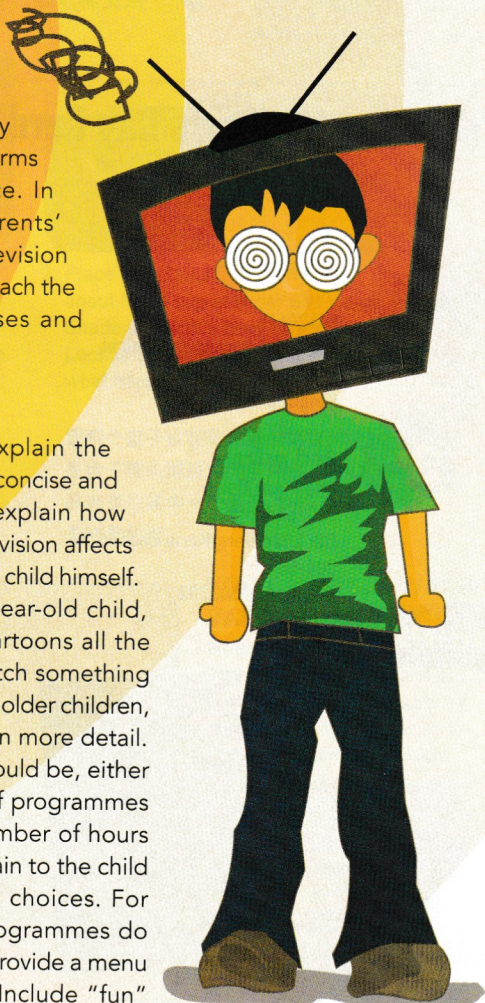
CAROLYN KEE ADVISES

It is normal for young children to watch the same programmes over and over again. This is because children enjoy and find comfort in repetition and familiar things. In fact, it is through repetition that children learn. Older children may watch television over an extended period because they enjoy the visual and auditory stimulation.

While it is understandable that children like and to some extent, need sensory stimulation, it is also important that a healthy balance is achieved. Watching television throughout the day leaves little time for other forms of learning and experience. In addition, it affects the parents' enjoyment of their own television programmes and does not teach the child to control his impulses and accept limits.

What parents can do

1. Sit with the child and explain the need for limits. In simple, concise and age-appropriate terms, explain how excessive watching of television affects other people as well as the child himself. For example, for a two-year-old child, saying "Cannot watch cartoons all the time. Daddy wants to watch something else," may be enough. For older children, you may want to explain in more detail.
2. Decide what the limits should be, either in terms of the number of programmes watched a day or the number of hours of watching per day. Explain to the child and give the child some choices. For example, "Which two programmes do you want to watch?" and provide a menu of pre-selected choices. Include "fun"



Shendy Tan

我家老大今年念小四，他老早已经把卡通片的播映时间表背熟。我只准许他在上课日看一个小时的电视，但一到了周末，他便会在早上7点半就起身看自己最爱的节目。他可以连早餐都不吃，就在电视机前花上半天时间。他有时甚至因为太沉迷，而荒废了课业。我该如何教导他在学业和电视之间取得适当的平衡呢？

Chan Cheh Hoong

我那10岁的女儿，不管是卡通片也好，大人看的连续剧也好，总之什么节目都爱看。她把所有的课余时间精力和时间都花在看电视就是了。即使她有很多功课，也会坚持先看电视。如果我不允许，她便无法集中精神，功课也会作得一团糟。我非常担心，因为我的4岁儿子也开始跟女儿一样了。

CAROLYN KEE的意见

年幼的孩子重复看同一个节目，是很正常的。他们喜欢在熟悉的事物里头，找到宽慰，而且也是孩子学习的途径。年龄较大的孩子，则喜欢声光刺激，所以便长时间待在电视机前面。

虽然如此，却必须让他们的生活取得平衡。终日待在电视机面前，会剥夺他们学习其他事物及体验生活的机会，同时，妨碍父母观赏其他节目，也无法学习克制自己的欲望，领悟适可而止的道理。

父母可以采取的步骤

1. 用浅白易懂的语言，向他们解释适可而止的重要性，同时向他们说明沉迷电视如何妨碍旁人，对自己的身心也不好。比如可以这么对2岁的孩子说：“不可以整天看卡通片，因为爸爸要看别的节目。”对较年长的孩子，则可以讲得多一些。
2. 定下观看电视的时间表，以及规定可观赏的节目类别，让他们从中选择。例如提供他一个预先已经筛选过的节目清单，问他：“你最想看那两个节目？”记得！清单里，除了教育性节目外，也要有‘娱乐’性的节目。
3. 规定看电视的时间，当孩子遵守约定时，记得夸奖他。

- programmes in the menu, not just educational shows.
- Structure the time for watching television and praise your child for sticking to allotted times.
 - Be firm about your decision and ignore tantrums, arguments and efforts to tug at your emotional heartstrings. Walk away if your child acts up. Remember, your child may say things that hurt you in order to get what they want. If you give in, they will learn to use that more often.
 - Find other fun activities to occupy your child. Play games, tell jokes or participate in physical activities with your child. Distract them from the television and help them to experience that spending time with you is just as fun. This will also help you forge a closer bond with your child.

NIGHTMARE ON YOUR STREET

Linda Ng

My two and five-year-old children have nightmares. The younger one wakes up at night, screaming and crying two or three times a week. The same thing happens to the older child, only not as often. Although they fight over toys in the daytime, they are not allowed to watch horror movies, so what causes their nightmares?

CAROLYN KEE SAYS

Crying and screaming at night could be due to a number of reasons and may not necessarily be due to watching scary movies on TV. While television content can affect children's sleep, other possible factors include quarrels, excitement, unexpressed feelings or discomfort. Parents need to monitor their children's behaviour. If you notice problem behaviour increasing after watching certain shows, you should limit viewing of such shows. ■*youngfamilies*

- 要坚守自己的立场, 不论孩子哭闹、耍赖或甚至撒娇都好, 都不要让步。孩子如果耍脾气的话, 就离开。千万要记住, 孩子们可能会因为想达到目的而说些伤害你的话, 这时候如果让步, 他以后更会常用这招来达到目的。
- 让孩子有其他打发时间的有趣活动, 你或许可以陪他们玩游戏、说笑话或者到户外走动。把他们从电视机前支开, 让他们感觉和你在一起其实一样可以很有趣, 这也是你和孩子建立良好关系的大好时机。

恶梦连连

Linda Ng

我的2岁和5岁的孩子常常作恶梦, 老么每星期总有两三个晚上会半夜惊醒过来哭闹一场, 老大也是一样, 只是次数没有那么频繁。他们白天里虽然会因为抢玩具等事而吵闹, 但是从没看恐怖片, 为什么还会作恶梦呢?

CAROLYN KEE的看法

在晚上哭闹的原因可能有好几个, 并不一定是恐怖电影所致。虽然电视节目的内容有可能会影响孩子的睡眠, 但是还有很多其他的可能性, 例如争吵、受到刺激或者没有说出口的感受等, 家长得仔细观察, 一旦发现原因出在某类影片, 就应该加以管制。

Winners of the young Families/Nespray Mother's Day Card Design Contest



1st



3rd

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9601545c
Blk 202c SengKang East Road
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Singapore 543202

3rd prize -

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Consolations Prizes:

Jeremy Kho Jun Jie
BC: 9702451J
Add: Blk 367A Tampines St 34
#04-107
Singapore 521367

Md Zulkarnaen
9635596C
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Darence Kwok Jun Rong
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Consolation Prizes



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