

# 家长也要玩

有了孩子以后的生活就像是一长串的任务，父母们常常感叹与家人在一起的时间本该是充满乐趣的，现在却变成了又一项需要完成的任务。其实家长在玩的过程中可以重新找回乐趣，而孩子就掌握着打开这个神奇世界的钥匙。和孩子一起进入玩的世界，会让你有新的发现并且会让家人的关系更加亲密。

## 重新认识时间

当大人们在担忧过去，计划未来的时候，而在玩耍的孩子却是沉浸在此时此刻。与按时间到达某个地方相比，孩子对观察地上积水表面的浮油所形成的彩虹更感兴趣。这可能让大人觉得很沮丧，但是事实上和孩子一样放慢生活节奏是有好处的。将注意力集中在此时此刻，可以帮你从日常生活中的压力中解放出来，这是很多减缓压力技巧的基本原则。很多事情都需要完成，但不是所有的事都要马上做。如果你可以将要做的事情稍微推迟一点，你就可以把和孩子一起玩当作是你个人的减压服务。

## 建立亲密关系

在玩的过程中，家长和孩子会从不同的角度来了解对方，并且建立起非常宝贵的亲密关系。生活里有很多其它因素会拉大家人之间的距离，分享欢声笑语会为家庭关系奠定坚实的基础。

## 简单的乐趣

很多时候，往往是一些简单普通的玩耍拉近了孩子和父母的关系。和孩子在一起的时候，你可以回想起你自己小时候的快乐瞬间…或者你可以做一些你小时候没机会做的事情。大人和孩子一起玩的时候，可以做一些大人自己单独做就会显得很怪的事情（例如在街上蹦蹦跳跳地大声唱歌）。下面是一些建议，可以帮你把自己调整到你孩子的年龄。

- 和小宝宝玩躲猫猫 (Peek-a-boo)
- 用积木搭一个高塔，当积木倒下时大声笑出来
- 在雨里走路，溅起地上的积水

- 在桌子上盖个毯子，看看它会变成什么（一个黑熊住的洞穴，一个秘密的城堡…）
- 用纸做些套在手指上的玩偶，编个玩偶剧
- 在厨房的地上铺张毯子，来一个冬天的野餐
- 收集漂亮的石头
- 在湖水和河水上用石头打水漂
- 坐在公园里看小鸟和松鼠
- 在天黑以后，出去散步

## 音乐和舞蹈

如果你脑子里总是在想“你有很多比玩更重要的事情要做”，试着用音乐和舞蹈来阻断这个想法。音乐和运动涉及我们大脑的不同部分，而且使大人和小孩子都感到非常放松。

- 给你的孩子唱你小时候的歌（催眠曲，露营歌，家人最喜欢的歌等等）
- 如果什么歌你都记不起来了，那么从图书馆里借一些书和磁带来学几首歌
- 磁带无法代替你的声音，如果你不好意思自己唱歌，那么至少随着音乐。当孩子作你的听众时，你可能就会找到唱歌的自信了。
- 放上任何你喜欢的音乐— 从巴洛克音乐到街舞音乐— 和你的小孩一起在客厅跳舞。（大一点的孩子也会喜欢这样做）

## 欢笑

如果玩耍让你觉得你有点傻傻的，那就尽情地笑吧！欢笑可以让人放松，还能释放情绪；一些治疗师建议将每天笑三十分钟作为缓解压力的方法。幽默，用不同的视角看问题，可以缓解矛盾并且缓和紧张的状态。

## 爱玩的态度

经过一些实践，你可以玩着就把要做的事情完成了。叠衣服可以变成游戏；唱歌可以使出去办事的时间显得短一点。在玩耍的世界里，生活的负担会显得轻松一些，孩子和父母的关系也会被拉近。

由Betsy Mann著

# Parents at Play

Sometimes life with children seems to be one long string of tasks, and parents lament that family times that were supposed to be fun are reduced to one more thing to do. But the fun is there to be rediscovered in the magical world of play to which young children hold the key. Entering that world with them brings opportunities to discover a new point of view and to strengthen family ties.

## Another view of time

While adults are worrying about the past and planning the future, children at play are absorbed in the present. They are more interested in looking at the rainbows in the oil slick on a puddle than in getting somewhere on time. This can be frustrating, but in fact there are benefits to slowing down to child speed. Many stress reduction techniques are based on the principle of focussing in the moment in order to relax from the constant pressures of daily life. Of course, some things do need to get done, but not always right away. If you can put aside your list of things to do for even a short time, you can think of your children's invitation to spontaneous play as your private, in-home stress-reduction program.

## Building intimacy

In the world of play, parents and children get to know each other in a different way, building a precious intimacy. Shared smiles and laughter create a strong basis for relationships when many other forces seem to be pulling families apart.

## Simple joys

It is often moments of very simple play that help children feel close to their parents. With your children, you can relive good times you remember from your own childhood ... or do things you never had a chance to do when you were young. When adults play with children, they can do things (like skip down the street singing a song out loud) that would look *weird* if they were alone. Here are a few suggestions you can adapt to the age of your own children.

- play peek-a-boo with a baby
- build a tower of blocks and laugh when they fall down
- walk in the rain and splash in puddles

- put a blanket over a table and see what it turns into (a bear's cave, a secret castle, ...)
- make paper finger puppets together and invent a puppet show
- have a winter picnic on a blanket in the kitchen
- collect pretty rocks
- skip stones on a lake or river
- sit in the park and watch the birds and the squirrels
- go for a walk after dark

## Music and dance

If you have trouble turning off the message in your head that says "You really have more important things to do than play," try short-circuiting it with music or dance. Music and movement involve different parts of our brain and are especially relaxing, for both parents and children.

- Sing your children songs you remember from when you were young (lullabies, camp songs, family favourites).
- If you can't remember any songs, borrow books and tapes from the library and learn a few.
- Tapes are no substitute for your own voice; if you're too shy to sing alone, at least sing along. With children for an audience, you may find your voice.
- Put on whatever music you like—baroque to hip-hop—and dance your little one around the living room. (Bigger ones like this too.)

## Laughter

If playing makes you feel kind of silly, laugh! Laughter is relaxing and releases emotions; some therapists recommend thirty minutes of laughter a day as a remedy for stress. Humour, by putting things into another perspective, can smooth out moments of conflict and defuse tense situations.

## A playful attitude

With practice, you may be able to play your way right through some of those tasks on your list of things to do. Sorting laundry can turn into a game; singing funny songs will make the time spent doing errands seem shorter. In the world of play, the load seems lighter, and children and parents can draw closer together.

by Betsy Mann