

小朋友長大反而要餵食？家長可以如何拆解？



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資料來源：心理治療師李偉堂

由寶寶出世，家長開始餵奶，到慢慢餵糊仔。然後小朋友開始可以自己拿著餐具，一口一口自己進食，一步一步看著小朋友長大。但當小朋友到了6至7歲，會突然要求父母餵食，這是為甚麼呢？可以如何解決？

每當小朋友長大，父母都開心，尤其是小朋友吃飯，以前要父母餵食，後來小朋友學會用餐具，便會自己吃飯，本來是一件很開心的事情。但許多家長不明白當小朋友會自己吃飯，反而開始要求父母餵食。這是因為父母餵食的親密感覺很好，可能令小朋友希望被餵食。



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小朋友年紀小的時候，父母餵食也是一種樂趣，但當小朋友長大的時候，可吃飯到一半時仍要父母餵食的話，對父母是一個頭痛的問題。我們都不想為了餵食的問題而令整頓飯的氣氛增添火花，所以我們需要學習當小朋友吃飯途中要求餵食，可以用以下方法解決。

父母可以跟小朋友說「你再多吃兩口飯，爸爸媽媽便會開始餵食」下次同樣情況就說「你再多吃三口，爸爸媽媽便會開始餵食」，逐步縮短父母餵食的時間，同時逐步延長小朋友自己吃飯的時間。到後來有機會最後只是餵他一口，保持親子關係的親密，又能令吃飯氣份更有趣。

## Children grow up to be fed instead? How can parents break it down?



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Source: Psychotherapist, Lee Wai Tong

The parents begin feeding the baby milk and gradually introduce paste from the time the baby is born. Then children can start to hold their own utensils and eat on their own, one bite at a time while watching them grow up. But when the children reach the age of 6 to 7, they will suddenly ask their parents to feed them. What is the reason for this? How can this be resolved?

Whenever children grow up, their parents are happy, especially when their children eat. In the past, they had to be fed by their parents, but later they learned to use utensils and eat by themselves, which was originally a very happy thing. However, many parents do not understand that when children can eat on their own, they begin to ask their parents to feed them. This is because the intimacy of parental feeding feels good and may make children want to be fed.



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When children are young, it is fun for parents to feed them, but when children grow up, it is a headache for parents if they still want to be fed halfway through a meal. We don't want to spoil the atmosphere of the meal because of the feeding problem, so we need to learn that when children ask to be fed in the middle of a meal, we can solve the problem in the following ways:

Parents can say to their children, "If you take two more bites of rice, mommy and daddy will start feeding." The next time the same thing happens, say, "If you eat three more bites, mommy and daddy will start feeding," gradually shorten the time of parental feeding, and gradually extend the time of children eating on their own. Later on, there is a chance to finally just feed him a bite to maintain the intimacy of the parent-child relationship but also to make the eating atmosphere more interesting.