

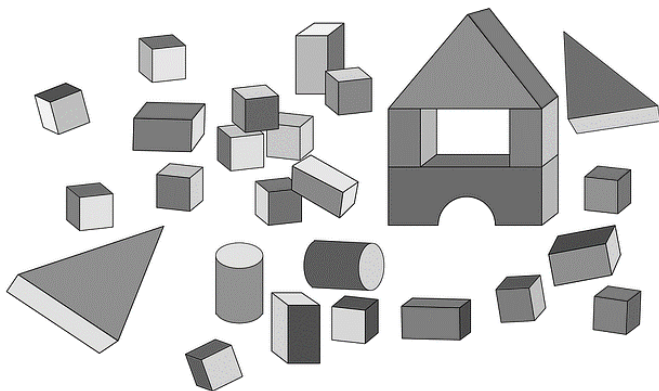


**“为人父母的挑战
在于找到两方面的平衡，
一方面是养育、保护和引导，
另一方面是让孩子探索、尝试，
并成为一个人独立、独特的人。”**

—— 简·尼尔森

“The challenge of parenting lies in finding the balance between nurturing, protecting, and guiding, on one hand, and allowing your child to explore, experiment, and become an independent, unique person, on the other.”

—Jane Nelsen

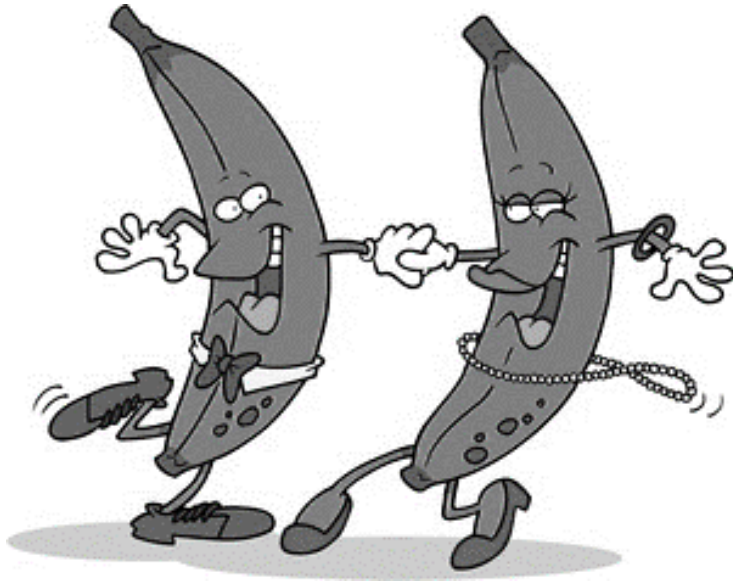


**“当我们
总是关注孩子的错误时，
我们会让孩子泄气。
我们不能着眼于缺点，
只能着眼于优势。”**

——鲁道夫·德雷克斯

“When we pay constant attention to mistakes, we discourage our children. We cannot build on weakness – only on strength.”

—Rudolph Dreikurs



**“唯一正常的人，
是那些你不太了解的人。”**

——阿德勒

**“The only normal people are the ones you
don’ t know very well.”**

– Alfred Adler

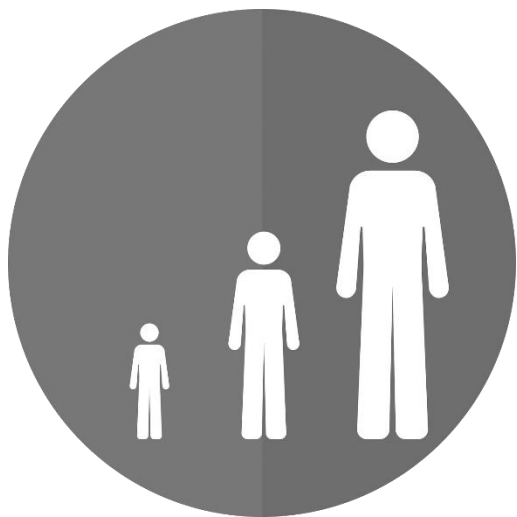


“没有什么比和你的孩子建立牢固的关系更重要的了。”

——简·尼尔森

“There is nothing more important you can give your little one than a strong relationship with you.”

— Jane Nelsen



**“了解儿童发展和年龄适宜性。
这是必要的，这样父母就不会期望孩子们
的行为超出其能力和理解范围。”**

——简·尼尔森

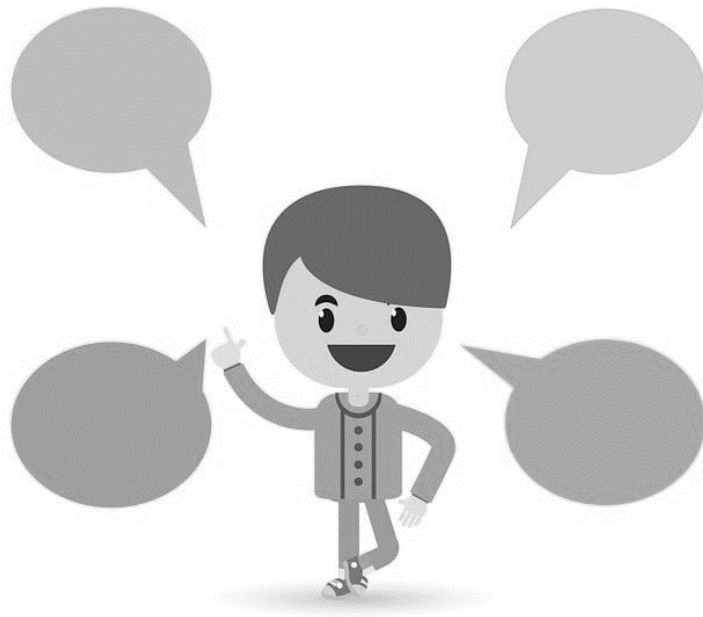
“Understanding child development and age-appropriateness. This is necessary so that parents don't expect behavior of children that is beyond their ability and comprehension.”

—Jane Nelsen



“我们做什么远远没有我们怎么做更重要。” ——简·尼尔森

“What we do is never as important as how we do it.” -- Jane Nelsen



**“如果你说了，
就要当真，
如果当真，
就要坚持到底。”**

——琳·洛特

**“If you say it, mean it,
and if you mean it,
follow through.”**

– Lynn Lott



**“孩子们通过做决定来学习如何做出好的决定，
而不是通过听从指令。”**

——阿尔菲·科恩

“Children learn how to make good decisions by making decisions, not by following directions.”

—Alfie Kohn



**“惩罚和奖励是同一枚硬币的两面，
这枚硬币并不能让你买到很多东西。”**

——阿尔菲·科恩

**“Punishments and rewards are two sides of the same coin and
that coin doesn't buy you much.”**

– Alfie Kohn

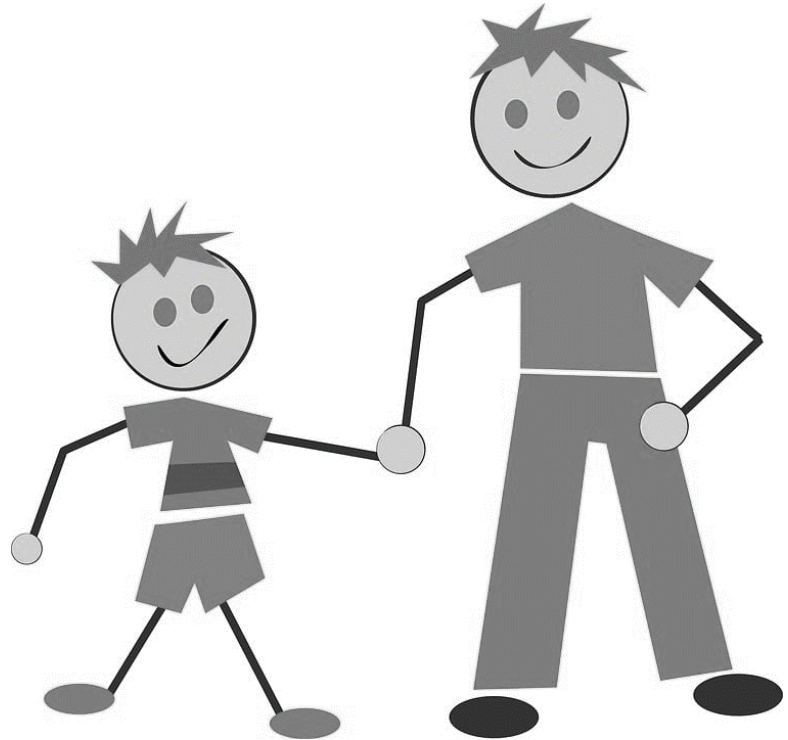


**“教育孩子的正确方法
与对待普通人的正确方法
是一样的。”**

——鲁道夫·德雷克斯

**“The proper way of training children is
identical with the proper way of treating fellow
human beings.”**

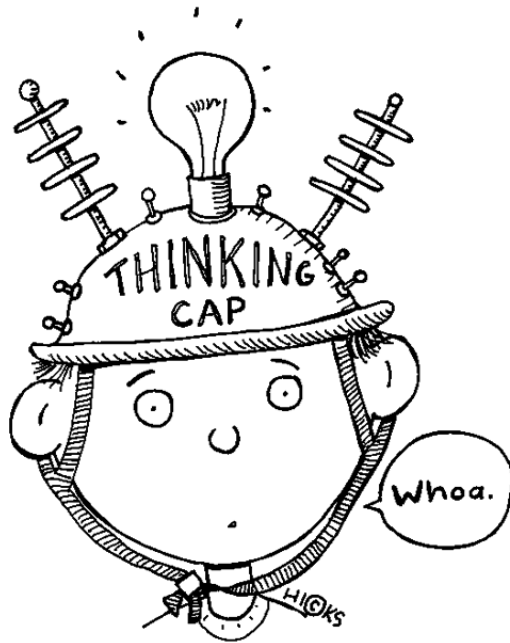
—Rudolf Dreikurs





**意义不是被情形所决定的，
但是，
我们会按照自己赋予情形的意义
来确定我们自己。**
——阿尔弗雷德·阿德勒

**“Meanings are not determined by situations, but we determine
ourselves
by the meanings we give to situations.”
—Alfred Adler**



**“如果我们替孩子思考所有的事情
并将现成的答案给他们，
他们就永远学不会自己思考。”**

——鲁道夫·德雷克斯

**“Children never learn to think for themselves if we do it all for them
and hand it down ready-made.”**

—Rudolph Dreikurs



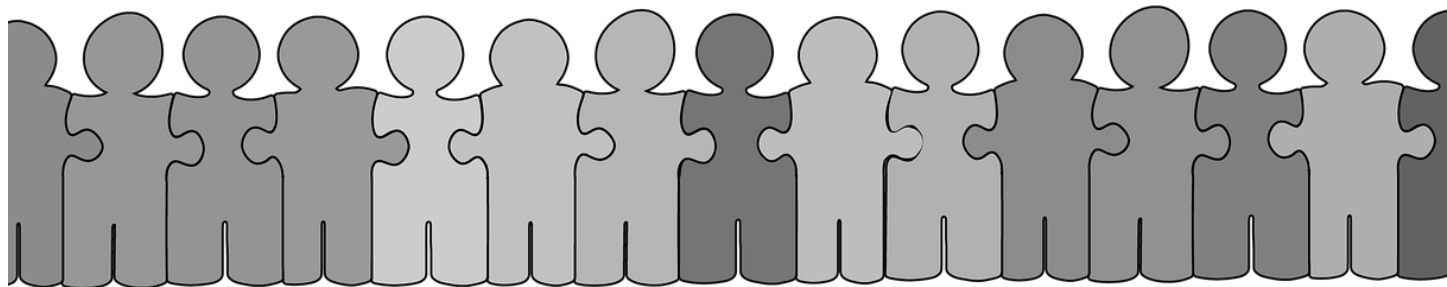
**“为原则而战，
要比按照这些原则生活更容易。”**
——阿尔弗雷德·阿德勒

“It is easier to fight for one’ s principles than to live up to them.”

—*Alfred Adler*

“我们发挥作用的能力，取决于我们的归属感。”
——鲁道夫·德雷克斯

“Our ability to function depends on Our feeling of belonging.”
—Rudolf Dreikurs





我们究竟从哪里得到这样一个疯狂的想法, 认为如果要让人们做得更好, 就必须先让他们感到更糟?

——简·尼尔森

“Where did we ever get the crazy idea that in order to make people DO better, first we have to make them FEEL worse?”

— Jane Nelsen



**人都是相互依赖的；
我们每个人都会影响别人
并被别人影响。”**

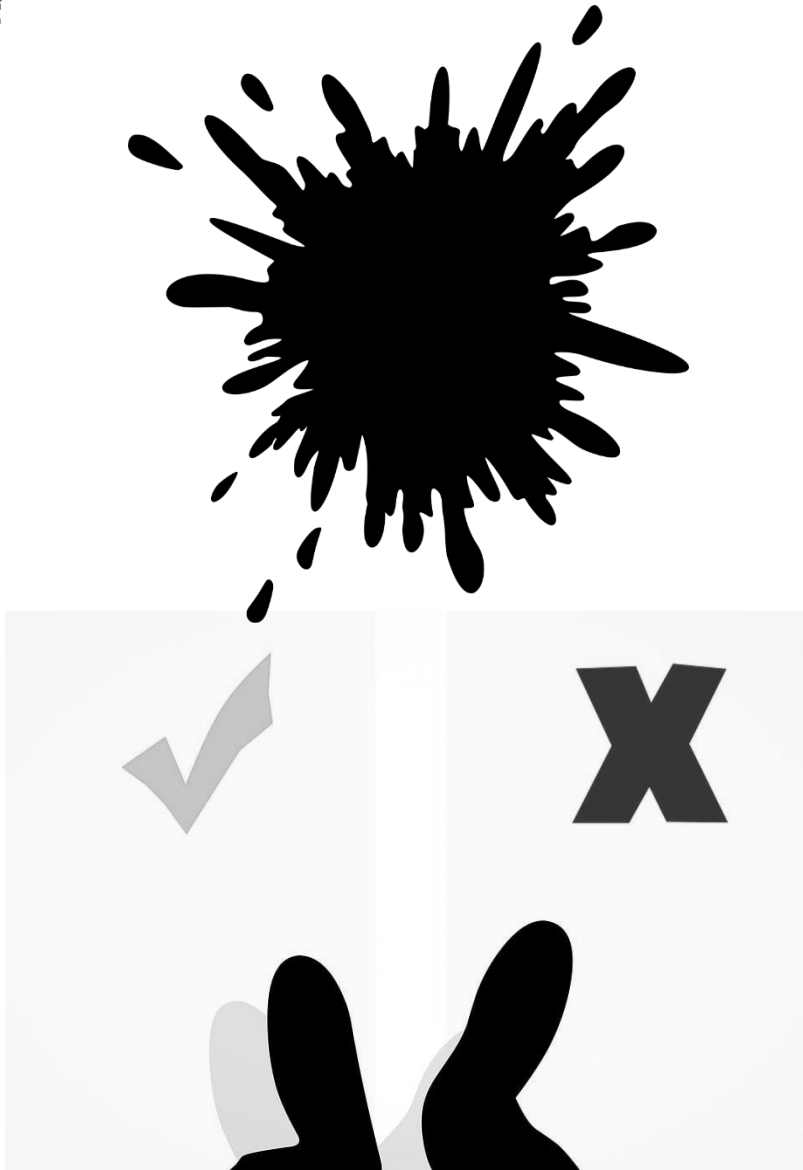
——鲁道夫·德雷克斯

**“People are interdependent;
each of us influences and is influenced.”**

–Rudolf Dreikurs



照亮正面管教行动之路
Light the Way to Positive Discipline Action



**“只有当我们不怕犯
错，
才能从错误中学习。”**
——鲁道夫·德雷克斯

**“We learn from our mistakes only
if we are not afraid to make mistakes.”**
—Rudolf Dreikurs



“用另一个人的眼睛去看，用另一个人的耳朵去听，用另一个人的心去感受。目前，在我看来这就是我们所说的社会情怀。”

—— 阿尔弗雷德·阿德勒

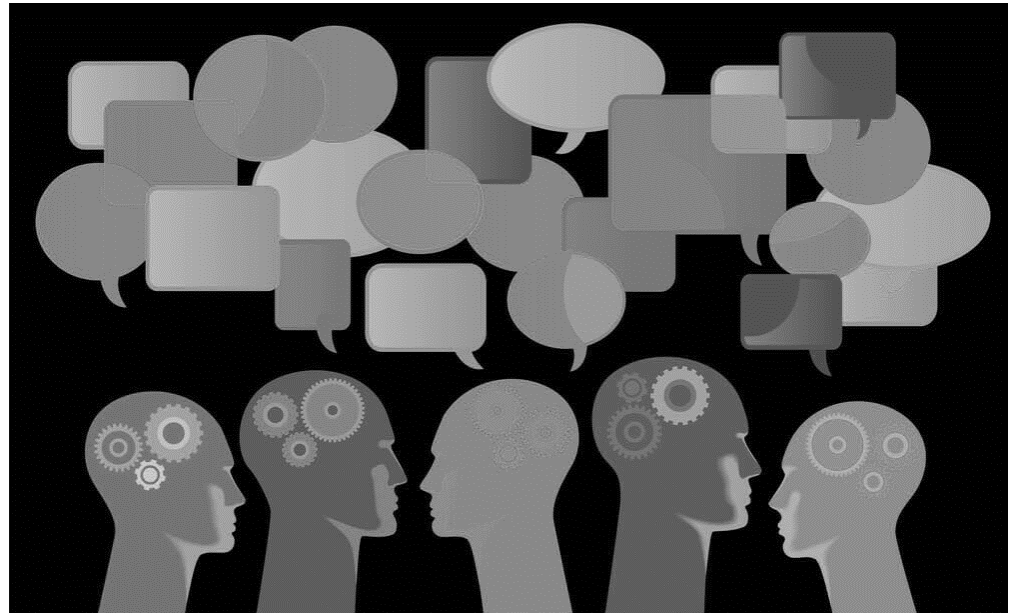
“To see with the eyes of another, to hear with the ears of another, to feel with the heart of another. For the time being, this seems to me an admissible definition of what we call social feeling.”

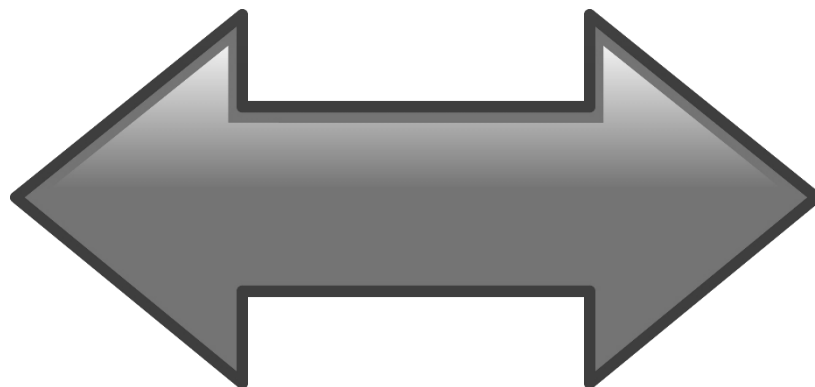
— Alfred Adler



**“在观察者看来，
他的所有观点都是正确的。”**
——鲁道夫·德雷克斯

**“All opinions are correct from the point of
view of the observer.”**
—*Rudolf Dreikurs*





正是“并行”把和善和坚定结合在一起，以避免走极端。

——简·尼尔森

“It is the AND that brings kind and firm together to avoid extremes.”

– Jane Nelsen