



家有家規

My rules to follow

家風 家訓 家規

陸遊《放翁家訓》南宋文學家、史學家、愛國詩人

後生
為喜
令與
之事
貽後



可以
勿慮
毋

司馬光《家範》北宋政治家、史學家、文學家

為人母者，不患不慈，患於知愛而不知教也。古人有言曰：“慈母敗子”。愛而不教，使淪於不肖，陷於大惡，入於刑辟，歸於亂亡，非他人敗也，母敗之也，自古及今，若是者多矣，不可悉數。

神家中的家規

“諸天述說神的榮耀；穹蒼傳揚他的手段。這日到那日發出言語；這夜到那夜傳出知識。詩篇 19:1-2

“耶和華的律法全備，能甦醒人心；耶和華的法度確定，能使愚人有智慧。詩篇 19:7

“誰能知道自己的錯失呢？願你赦免我隱而未現的過錯。詩篇 19:12

虎媽家規

No

- 在外面过夜
- 参加玩伴聚会
- 在学校里卖弄琴艺
- 抱怨不能在学校里演奏
- 经常看电视或玩电脑游戏
- 选择自己喜欢的课外活动
- 任何一门功课的学习成绩低于“A”
- 在体育和文艺方面拔尖，其他科目平平
- 演奏其他乐器而不是钢琴或小提琴



In This Family We

Work Hard

Colossians 3:23

Keep our Promises

Romans 4:21

Tell the Truth

Proverbs 12:22

Count our Blessings

Psalms 34:1-3

Love One Another

1 Peter 1:22

Have Fun!

Proverbs 15:13

1 – “No whining, arguing or annoying teasing,”

2 – Make the bed. “Doesn’t have to look good-just throw the sheet over it,”

3 – Set your own alarm clock. “They get themselves up, get their own clothes,”

4 – Keep playroom toy closet clean.

5 – Allowance from dad for doing chores: \$1 per week.

6 – No birthday or Christmas presents from mom and dad, who spend “hundreds” on birthday slumber parties

7 – Lights out at 8:30. “They got an extra half hour when they were ready to read on their own,”

- The girls must write reports about what they've seen on their trips, even if it's not required by their school.
- Malia may use her cellphone only on the weekends, and she and her sister cannot watch television or use a computer for a week.
- Malia and Sasha may choose any activity they want to do.
- Malia must save up money for college.
- The girls have to eat healthy food. They say that they are not allowed to eat candy or chips later.



“They’re not little princesses. It’s just basic rules, boundaries, and expectations that we would have normally.”

為什麼需要家規？

- 孩子了解父母親的界線
- 父母親的管教有原則
- 孩子得到安全感
- 訓練孩子有規範的人生觀
- 促進家庭的合協



- 誰來參與制定家規？
- 需要那些方面的家規？
- 有那些不同類型的家規？
- 如何來制定家規？
- 孩子多大的時候可以開始定家規？
- 青少年和家規
- 如何修改家規
- 違反家規的後果

LOVE JESUS
ENCOURAGE YOUR SIBLINGS ... SHARE IN THEIR JOY
ALWAYS TELL THE TRUTH
OBEY YOUR PARENTS
USE KIND WORDS
HAVE FUN
SING SILLY. DANCE CRAZY
ASK FIRST. BE A GIVER
SHARE EVERYTHING ... EXCEPT BAD IDEAS
SAY WHAT YOU'RE SORRY FOR
FORGIVENESS IS MANDATORY
HANDS ARE FOR HUGGING NOT HITTING
NO FUSSING. NO WHINING. NO BAD ATTITUDES.
NEVER STAY ANGRY
BE CONSIDERATE
RESPECTFUL
GRATEFUL

分組討論

零用錢	做家事
做功課	學樂器
看電視	上網/玩遊戲
學中文	整理玩具/房間
上教會	使用電話/IM
吃零食/糖果/正餐	買玩具/衣物
做人禮貌	睡眠時間

家規不是

- 愛你孩子的條件
- 社會的法律

詩篇85：15

主阿、你是有憐憫有恩典的神、不輕易發怒、並有豐盛的慈愛和誠實。