

Source: <https://allabout.co.jp/gm/gc/412918/>

子育てが上手になるには？子育てが上手い人の特徴「3つの法則」

How to Become a Better Parent: The “Three Rules” of Good Parenting

子育てが上手い人の特徴 1.日常生活と勉強をリンク

Rule #1: Connecting Daily Life to Learning

意識的に、日常生活に学校で学んだことを応用することによって、学習内容をより定着させることができ、また将来社会に出た時に必要な「思考力や応用力」を鍛えることが出来ます

Intentionally putting what your child learns in school to use in daily life can not only make what they've learned stick better but also train their reasoning skills and adaptability for when they go out into the world as adults.

例えば、足し算引き算を勉強したら、子供に買い物をお願いするのが良いでしょう。

As an example, it might be useful to ask your child for help shopping once they've learned addition and subtraction.

予め予算を決めておけば、予算を超えないよう足し算を使って計算するでしょうし、会計時になるべくお釣りのコインが少なくなるように考えさせれば、思考力を鍛えることが出来ます。

If you make a budget beforehand, they can use addition to calculate the costs so that they don't exceed the budget. Then, when it's time to pay, having them try their best to reduce the number of coins they'll get back in change can train their reasoning skills.

まだ計算は習っていないなくても、実際にお金を使う機会が与えられると、数の認識が自然と身に付くので、小さいうちから、会計に挑戦させてあげましょう。

Even if they haven't yet learned arithmetic, giving them real-life opportunities to use money can allow them to naturally develop a number sense. So, while they're young, have them take on the challenge of paying.

また、苦手とする子が多い「時刻と時間」の分野なども日常で活かしやすい分野でしょう。ポイントはスケジュール管理を本人にさせること。朝一で1日のスケジュールを手帳に書かせ、また、実際に行ったことも合わせて書かせることで、時計を見て行動する習慣が付きますし、何分後や何分前などの時間の

On top of this, even telling the time – a topic with which many children struggle – is easily applicable to daily life. The key is to have your child manage their own schedule. Have them write the day's schedule in a notebook first thing in the morning. Then, have them write what really happened later. In this way, you can get them accustomed to watching the clock during

理解も自然と身に付きます。

their activities and foster a natural understanding of concepts like minutes “later” and minutes “prior”.

このように、子育て上手なママは、日常生活と勉強をリンクさせ、楽しみながら、子供の基礎学力や応用力を高めています。

In this way, good parents can make drawing connections between learning and real-life fun for their child, all while boosting their child’s fundamental academic skills and adaptability.

子育てが上手い人の特徴 2.ほめ上手

Rule #2: Giving Praise

2つ目の法則は、「ほめ上手」であることです。みなさんは、1日の中で子供をほめる回数と叱る回数どちらが多いでしょうか？子育て上手なママは、ほめる回数の方が圧倒的に多いです。叱る回数の方が多いと思われた方は、是非意識的にほめるポイントを探してみてください。

The second rule is to be skilled at giving praise. Which do you do more in a day, praise your child or scold them? For good parents, it’s overwhelmingly praise. For those that thought *scold*, certainly take care to look out for points to praise.

また、ほめる時は、ほめることだけに徹してください。「よく頑張ったね！もっと頑張ればもっと良い点がとれるよ！」とほめてはいるものの、更なる努力を要求するような言い方は避けましょう。

In addition, when you do give praise, be sure to *only* praise. Saying “Nice job! If you try harder, you’ll get a better score!” is an example of praise, but try to avoid wording that seems like a demand for more effort.