

Getting Kids to Do Chores

让小孩做家务

Jan Faull, MEd, answers a parent's question about getting kids to help out around the house.

简·佛尔，回答了一个家长提出的有关让孩子帮忙做家务的问题。

Q. I can't get my kids, 8 and 14, to do anything to help me around the house. I have to nag, nag, nag, then when they do it, they do it badly and I have to do it over. Like loading the dishwasher in such a way that half the dishes don't fit in. I work a full time job and I need them to help. How can I get them to do a good job, preferably without being asked ten times?

问：我没法让我的两个小孩，一个8岁，另一个14岁，来帮我做家务。我必须唠叨很多遍他们才肯做，干起家务来又做得很糟糕，所以我又得重做一遍。例如，我让他们把碗放进洗碟机里，结果他们连一半的碟都放不进去。我做的是全职的工作，所以需要他们来帮点忙。但我怎样才能让他们干得好，也不要让我叫上十次才肯做？

A. Employ what is known as in the world of parenting as "Grandma's rule" which is "when kids complete certain tasks, then they receive certain privileges."

答：可以采用在家教领域有名的“祖母的规则”：即当孩子们完成了一定的任务是，允许他们获得一些特权

Tell your children that they each are expected to complete three chores daily. The tasks can include loading the dishwasher, emptying the dishwasher, feeding the animals, emptying the garbage, putting their laundry away and setting the table for dinner. Then tell them for these tasks, they earn their weekly allowance plus the use of the TV, computer, telephone, your chauffeur service, and the freedom to invite friends into your home. Needless to say, if they don't complete these tasks on time as you require, you'll begin to withdraw these privileges.

告诉你的孩子他们每个人每天都应该完成三件家务。这些家务包括：把碗放进洗碗机里，把碗从洗碗机里取出来，喂动物，清扫车库，把洗干净的衣服收起来，摆桌子。然后告诉他们做完后他们每周会获得零花钱，而且还可以看电视、玩电脑、打电话、做你的车以及邀请朋友到家里来。不用说，如果他们没有按时完成任务，你将马上收回这些特权。

Keep in mind that your children may choose to lose the privileges. They may retreat to their bedrooms, not completing the tasks and not using these services you provide. You're really offering them a choice, so be sure you can live with the possibility that they won't complete the tasks and will forgo receiving these benefits.

记住：孩子可能会选择放弃这些特权。他们可能会退回到他们的卧室，不做家务也不使用你提供的这些好处。你确实给他们提供了一个机会，这样你就一定能接受他们不会完成任务并会放弃接受奖励的事实。

In time, they'll most likely come around and do the tasks you expect. Until they do, you must hold your position with a kind but firm attitude.

但很快他们很有可能会回心转意，开始干起家务来。在他们真正行动之前，你一定要怀着友好而坚定的态度坚持你的立场，。

Also realize that you must offer friendly reminders. Offer them in one word statements such as "dishwasher," "garbage," or "laundry". Give three reminders for each task and then start withdrawing privileges. Don't expect perfection, just a reasonable completion of each task.

当然你也一定要友好地提醒他们。可以说一个词来提醒比如：“洗碗机”、“车库”或“洗好的衣服”。每项任务提醒三次，过后便收回特权。别期望他们做得很出色，能适当地完成任务就行。

Each day your children have the opportunity to begin anew, completing their chores and earning certain privileges. As time goes by you may need to make adjustment to this plan; just keep in mind that your goal is for your children to complete these chores daily but that reminders are necessary.

你的孩子每天都有机会重新开始，完成他们的任务然后获得一定的特权。随着时间变化你应该对计划作出一些调整；请记住你的目的是让孩子们每天完成各自的家务，但是偶尔的提醒还是有必要的。

Lastly, brace yourself for a barrage of complaints. Your kids might say: "It's no fair." "You're just a dictator." "You're a control freak." "What am I, your servant?" These comments you can't control. But you can control the TV, computer, telephone, money you provide, and the friends you welcome into your house.

最后，请接受孩子们的怨声载道。你的孩子可能会说：“这不公平。”“你是个独裁者。”“你是个喜欢控制别人的怪人。”“那我是什么，你的仆人？”那些抱怨是你无法掌控的，但是你却能控制他们看电视、玩电脑、打电话、有零花钱以及带朋友来家里的权利。

If they turn angry simply say, "You can be as mad as you like for as long as you like, but I can't allow you to talk on the phone until you've emptied the garbage, put your laundry away and fed the dog." A little household misery in the short run will pay off for the long run. You must brace yourself for the challenge.

如果他们生气了，你只要说：“只要你喜欢，你可以想怎么疯就怎么疯，但是我是不会允许你打电话的，除非你清扫了车库，把洗好的衣服叠起来放好，并且还喂了狗。”这种家庭不愉快只是短暂的，时间长了，自然会有好的效果。你一定要敢于接受这样的挑战。

Try your hardest to not cave in and whatever you do, don't throw your hands up in exasperation, turning emotional yourself. You must remain clearheaded and matter-of-fact as you hold your parenting ground with respect to these chores; the rest of the time do your utmost to exude a cheery and nurturing attitude toward your children.

千万不要心软，无论他们做什么，都不要大发雷霆，情绪失控。你一定要保持头脑清醒，在对待家务方面一定要实事求是地站在家长的立场上；其他时间你应该尽力抱着愉快和耐心教导的态度对待孩子们。