

家长发言稿怎么讲「陪孩子学游泳」：三个素材的分工

家长会发言和学生演讲是两种文体。学生讲自己的成长，家长讲孩子的成长，但真正打动其他家长的，是你在旁边看见的那些细节。提纲给的三个素材——第一次下水、一次想放弃、最终学会——不是三段流水账，而是各有各的任务，分工清楚了，六百元左右的稿子自然真诚不空泛。

第一次下水这个素材，任务是立画面。家长站的位置最好写清楚：岸上、池边还是浅水区，因为视角决定你能看见什么。孩子脚趾扣住池沿、教练伸手他往后缩，这些只有岸上的家长看得见。这一段别写你的紧张超过孩子的紧张，主角是孩子，家长是镜头。

想放弃这个素材，任务是立冲突，也是整篇最见家长功力的地方。多数家长会写成「我鼓励了他很多」，一句话把冲突抹平了。真实的做法是写你当时的犹豫：你想过算了吧，反正不是必修课；或者说错了话，孩子当天没哭但第二天不肯出门。家长在冲突里不完美，其他家长才觉得你讲的是真话。

最终学会这个素材，任务最反直觉：不要写庆祝，要写平常。学会的那天往往没有戏剧性，可能是某次练习他多游了半趟，回家路上才说「我今天会了」。把学会写成悄悄发生的，比写成掌声雷动的可信一百倍，也得体一百倍——家长会不是表彰台。

三个素材之间用时间词缝合：第一周、第八天、七月末。家长发言最怕倒叙插叙，听众手里没有稿子，时间线一乱就走神。语气上记住两条：不比较别人家的孩子，不暗示在座家长应该怎么做，只讲你家这一件事。结尾致谢一句收住，不加教育建议，建议留给老师。

写完后出声读两遍。家长发言的听众是成年人，语速可以比学生演讲慢，但句子同样要短。哪一句读起来像在念教育文章，那一句就是空泛，删掉换成那天你实际做的一件小事。

How a Parent Speech Should Tell the Swimming Story: Dividing Three Materials

A parents meeting speech and a student speech are two different genres. A student tells his own growth; a parent tells the child's growth. But what really moves other parents is the details you saw from the sideline. The three materials the outline gives - the first time entering the water, one moment of wanting to quit, and finally learning - are not a running account in three parts. Each has its own job, and once the division of labor is clear, a speech of about six hundred characters will sound sincere without being empty.

The first-time-in-water material has one job: build the picture. State clearly where the parent stood - on the deck, at the edge, or in the shallow end - because position decides what you could see. Toes gripping the pool edge, the child shrinking back when the coach reaches out: only a parent on the deck sees these. Do not write

that your nervousness outweighed the child's; the child is the subject, the parent is the camera.

The wanting-to-quit material carries the conflict, and it is where a parent's speech shows real skill. Most parents write I encouraged him a lot, one sentence that flattens the conflict. The honest move is to write your own hesitation: you thought about giving up, since swimming is not a required subject anyway; or you said the wrong thing, the child did not cry that day but refused to go out the next. A parent who is imperfect inside the conflict is what makes the other parents believe you are telling the truth.

The finally-learned material has the most counterintuitive job: do not write celebration, write ordinariness. The day it clicked is usually undramatic – maybe during one practice he swam half a lane further, and only mentioned on the way home, I got it today. Writing learning as something that happened quietly is a hundred times more believable than thunderous applause, and a hundred times more appropriate – a parent's meeting is not an awards stage.

Stitch the three materials with time words: the first week, the eighth day, late July. A parent's speech fears flashbacks most, because the audience holds no script and drifts off the moment the timeline tangles. On tone, remember two rules: never compare with other families' children, never hint at what the parents in the room should do; tell only your one story. Close with one sentence of thanks and add no parenting advice – leave advice to the teachers.

Then read the draft aloud twice. The audience of a parent's meeting is adults, so the pace can be slower than a student's speech, but sentences must still be short. Any sentence that reads like an education article is the empty one: delete it and replace it with one small thing you actually did that day.

示例与点评：一篇完整的「陪孩子学会游泳的那个暑假」发言稿

下面是一篇按提纲写成的家长发言稿示例，约七百字，逐段点评每段干的活。各位家长可以参考它的位置安排，替换成自己家的事。

「各位老师、各位家长：晚上好。张老师让我讲讲陪孩子学游泳的事，我不敢谈经验，就讲我们家的一个暑假。」点评：称呼齐全；第二句先退一步，不敢谈经验，只讲自己家的事，这个姿态在家长会最安全，也不谦得假。

「第一周第一天，我们站在浅水区池边。教练让他把脸放进水里，他不动，脚趾死死扣着池沿，整个人往后坠。我在岸上攥着毛巾，手心全是汗。后来教练没逼，牵着他的手，让他先用下

巴沾水。那天他只在池边坐了二十分钟，回家他说，池水没有想象中凉。」点评：这一段是第一次下水。家长的位置写明了在岸上，所以攥毛巾、手心出汗这些是家长自己的镜头，孩子扣池沿、往后坠是看见的。二十分钟和下巴沾水两个细节，把教练的方法也带出来了，没有评价教练对错。

「第八天，他坐在更衣室长凳上说不去了。我当时的第一反应是真的想算了，一个暑假游泳课花了不少钱，但他不哭也不闹，就一句我不去，我反而没法替他决定。晚上我跟他妈商量，改成每周三次，去不去当天早上他自己说。第二天早上他自己背上了泳包。这件事我一直没跟别人讲过，因为我不确定那天我做对了没有。」点评：这一段是想放弃。家长的犹豫写得很实：想过算了、心疼钱、不确定自己做对没有。正是这三句让全场家长站到你这边，完美家长在家长会是不受欢迎的。

「七月末的一次课，教练在池中间接他，他一个人游了完整一趟。放学我去接他，路上他说了句，我今天会了。我问什么会了，他说游泳啊。就这两句，没有欢呼，我们回家吃了碗面。」点评：这一段是最终学会。学会发生在课上，确认发生在回家路上，而且用一碗面收尾，平常到近乎草率——这正是提纲要求的真诚得体，不表彰、不煽情。

「我的发言完了，谢谢大家。」点评：一句收住，不给建议。排练提示：在我不去之后停一秒，在我今天会了之后也停一秒，这两处是全场家长最有共鸣的地方，停顿比加重音有效。

A Complete Sample Parent Speech Annotated: The Summer I Watched My Child Learn to Swim

Below is a complete parent speech written to the outline, about seven hundred characters, annotated paragraph by paragraph on what each paragraph does. Parents may borrow its arrangement of positions and replace the events with your own family story.

Teachers, parents, good evening. Teacher Zhang asked me to talk about accompanying my child to learn swimming. I dare not speak of experience; I will only tell about one summer in our family. Note: the greeting is complete; the second sentence steps back first - no experience, just our own story. This posture is the safest in a parents meeting, and the humility does not ring false.

First day of the first week, we stood at the edge of the shallow end. The coach asked him to put his face in the water; he would not move, toes gripping the pool edge hard, his whole body leaning back. On the deck I clutched the towel, palms sweating. The coach did not force him; he held his hand and let him wet his chin first. That day he sat at the pool edge for only twenty minutes, and on the way home he said the pool water was not as cold as he had imagined. Note: this is the first-time-in-water paragraph. The parent position on the deck is stated, so clutching the towel and sweating palms are the parent own camera, while gripping the edge and

leaning back are what was seen. The twenty minutes and the chin detail also carry the coach method without judging it.

On the eighth day he sat on the changing-room bench and said he would not go. My first reaction was genuinely to give up - a summer of swimming lessons cost real money, and he neither cried nor fussed, just one sentence, I am not going, which left me unable to decide for him. That night his mother and I changed the schedule to three times a week, and each morning he would say himself whether to go. The next morning he shouldered the swim bag himself. I have never told anyone this part, because I am still not sure I got that day right. Note: this is the wanting-to-quit paragraph. The parent hesitation is concrete: thought of giving up, winced at the cost, unsure of being right. These three admissions are exactly what pull the whole room of parents to your side; the perfect parent is not welcome at a parents meeting.

In a class in late July, the coach met him at the middle of the pool and he swam one full lane alone. I picked him up after school, and on the way home he said, I got it today. I asked, got what? He said, swimming. Just those two lines, no cheering, and we went home and ate a bowl of noodles. Note: this is the finally-learned paragraph. Learning happened in class and was confirmed on the way home, closed by a bowl of noodles - ordinary to the edge of casual, which is exactly the sincerity and propriety the outline asks for: no award ceremony, no sentiment.

My speech is over, thank you all. Note: one sentence, no advice. Rehearsal tips: pause one second after I am not going, and one second after I got it today. These two spots carry the strongest resonance with the parents present; a pause works better than emphasis.

家长发言稿自查清单：陪孩子学游泳最容易写偏的七个地方

这份清单针对家长会发言的场合特点整理。家长发言的听众是同龄人，不是老师布置作文，所以毛病往往不在文笔，在姿态。七个偏差按稿子从头到尾的顺序排，每条给自查办法和改法。

偏差一：家长抢主角。全篇写我陪得辛苦、我查了多少攻略，孩子反倒没戏。自查方法：数一数全篇我字和孩子字出现的次数，我字多出一倍以上就偏了。改法：把写家长的句子改成我看见、我在场，动作留给孩子。

偏差二：报喜不报忧。第一次下水写孩子勇敢，想放弃写孩子坚强，全程没有一处犹豫。听众的家长身份会本能怀疑这种稿子，谁家孩子全程顺利。自查方法：通读全篇，找一处你自己拿不准、说错话或心疼钱的记录，找不到就是报喜不报忧。改法：把想放弃那段里你当时的第一反应如实写出来，写犹豫不等于示弱。

偏差三：比较别人家孩子。「听说有的孩子三天就学会了」这类句子在家长会杀伤力最大，在座家长脸色当场就变。自查方法：全文搜索别人、听说、人家三个词，出现即删。改法：需要参照时只跟自己比，第一周二十分钟和七月末一整趟，自己家的前后对照就够用。

偏差四：结尾塞教育建议。「建议各位家长暑假都给孩子报游泳班」这种话一出，发言立刻变推销。自查方法：看最后三段有没有应该、建议、务必字样。改法：结尾只留致谢，感悟停在自家孩子身上，别推给听众。

偏差五：学会写成表彰。孩子学会那天写成全家欢呼、爷爷鼓掌，夸张一档，可信度掉一档。自查方法：回看学会那段有没有欢呼、掌声、眼泪三个词。改法：写学会那天最平常的一件小事，一碗面、一句顺嘴的话，都比掌声重。

偏差六：时间线混乱。一会儿讲现在，一会儿插叙去年，家长会听众没有稿子，跟丢就放弃了。自查方法：圈出全篇时间词，第一周、第八天、七月末这类词必须一路向前不回头。改法：删掉所有插叙，按日历顺序重排三段素材。

偏差七：语气官腔。「感谢学校搭建平台，感谢教练辛勤付出」排比工整但没人味，其他家长之间说话不是这个腔。自查方法：出声读，哪段像会议新闻稿就改哪段。改法：把感谢拆成具体事，教练让孩子先用下巴沾水，比辛勤付出具体十倍。具体事本身就是在感谢，不用喊出来。

A Parent Speech Checklist: Seven Places the Swimming Story Goes Wrong

This list targets the specific setting of a parents meeting. The audience is your peers, not a teacher grading an essay, so the faults are usually about posture rather than writing. The seven deviations follow the order of the draft from top to bottom, each with a self-check and a fix.

Deviation one: the parent steals the lead. The whole speech is about how hard you accompanied and how many guides you read, while the child barely appears. Self-check: count the times I appears versus child; if I outnumbers child by more than double, it is off. Fix: turn sentences about the parent into I saw and I was there, and leave the actions to the child.

Deviation two: only good news. The first entry into water shows a brave child, the moment of quitting shows a strong child, and not one hesitation appears. Parents in the room instinctively distrust such drafts – whose child had a perfectly smooth ride? Self-check: read through and hunt for one record of your own uncertainty, a wrong word you said, or a wince at the cost; if you cannot find one, it is only-good-news. Fix: write your actual first reaction in the quitting paragraph honestly; admitting hesitation is not weakness.

Deviation three: comparing with other families. Lines like I heard some children learned in three days do the most damage in a parents meeting; faces in the room change on the spot. Self-check: search the draft for other people, I heard, someone elses; delete on sight. Fix: when you need a contrast, compare only with your own family – twenty minutes in week one against a full lane in late July is contrast enough.

Deviation four: stuffing advice into the ending. A line like I suggest all parents sign their children up for swimming lessons turns the speech into a sales pitch instantly. Self-check: scan the last three paragraphs for should, suggest, must. Fix: keep only the thanks at the end; let the realization stop at your own child instead of pushing it onto the audience.

Deviation five: writing the success as an award ceremony. The day it clicks becomes family cheers and grandfather applauding; one notch of exaggeration costs a notch of credibility. Self-check: look through the learned paragraph for cheers, applause, tears. Fix: write the most ordinary small thing of that day – a bowl of noodles, one casual sentence – both weigh more than applause.

Deviation six: a tangled timeline. The speech jumps between now and last year; the audience holds no script, and once lost they stop following. Self-check: circle every time word – first week, eighth day, late July – and they must run forward without turning back. Fix: delete all flashbacks and reorder the three materials in calendar order.

Deviation seven: officialese in tone. Thanks to the school for building the platform, thanks to the coach for tireless dedication – neat parallelism, no human voice; parents do not talk to each other like that. Self-check: read aloud; any paragraph that sounds like a meeting news report gets rewritten. Fix: break thanks into concrete events – the coach letting the child wet his chin first is ten times more concrete than tireless dedication. The concrete event itself is the thanks; it does not need to be shouted.