



閱讀是探索世界的鑰匙，一個人的閱讀能力亦往往決定了他將來的成就。正因如此，大家也深明引領孩子進入閱讀世界是極為重要之事，但對於很多家長來說，這可是比登天更難的艱鉅工程，不知從何入手。

Reading is the key to explore the world while good reading ability is one of the attributes for future success. Introducing a child to the world of reading is imperative but it may sound a strenuous task to most parents.

編撰教育書籍《Reading Together: Everything You Need to Know to Raise a Child Who Loves to Read》的兒童文學專家 Diane Frankenstein，剛來港與家長及教師分享如何幫助孩子培養對閱讀的興趣，她認為培養孩子的閱讀興趣，並不單是為他們選擇適合他們年紀的書籍，「要孩子準備好學習如何閱讀，其實多跟他們說話才是最重要。」

Frankenstein 在接受《愛·遞》專訪時表示，她相信每個小朋友都能變成愛閱讀的孩子，而這便是驅使她編寫《Reading Together》這本書的動力。「我體會到閱讀與書本對孩子的影響。每當我置身在一所學校的時候，我很容易便能分辨出哪個小朋友沒有聽過多少故事，那是很可悲的事，亦是造成差異的原因。」

打好學習閱讀的基礎

雖然教導孩子閱讀技巧是老師在學校的職責，幫助孩子準備好學習閱讀這技能卻是父母的責任。Frankenstein 指出當孩子還未入學前，甚至在還未學懂說話前，父母與孩子的對話和溝通，是促使他們準備好學習如何閱讀的關鍵。

研究指出嬰兒的腦部在剛誕生的一刻，其實只發展了約百分之二十五，其餘的腦部成長便需要透過外界的接觸，如聆聽別人說話、聲線、語調、眼神接觸等，刺激腦部發展。「每當你跟孩子說話或講故事，就算他們還未懂得閱讀，你其實正在幫助他們建立及加強他們的詞彙庫。」所以，Frankenstein 亦提醒家長跟嬰兒或幼童說話時，應選用簡單的字眼及文法正確的句子，而應避免說「BB 語」。

另外，給孩子講故事亦能促進孩子對閱讀的興趣，「所有孩子都喜歡聽故事，我從沒有遇過不喜歡故事的孩子，但我卻遇見過很多不喜歡閱讀的孩子，因為他們覺得閱讀很困難。其實我們可避免令孩子感到學習閱讀是很複雜的事，當你給他們講故事，這過程亦無形中教導了他們如何掌握一個故事的發展。」

從書中獲取更多

Frankenstein 建議家長與學前小朋友一起閱讀字母、數字、或其他兒童圖書的時候，不須一開首便認書中的字母、句子，反而可先從書本裡的插圖開始，例如可先形容圖畫中的人物、物件、顏色等，這樣可賦予孩子更多詞彙。當孩子長大了點，開始能自己閱讀，

Children's literature specialist and author of *Reading Together: Everything You Need to Know to Raise a Child Who Loves to Read*, Diane Frankenstein, was in Hong Kong recently to share her insights on helping a child establish a love of reading. She thinks it is "more than reading the right book at the right time". "The most important thing that you can do to get your children ready to learn to read is simply talking to them," she says.

Frankenstein tells *Aphrodite* that she believes it is important to turn every children into a lover of reading and that motivated her to write *Reading Together*. "I saw the difference reading and books making to the life of a child. I can go to a school and spot the children who don't have a lot of stories inside of them. That's sad because it makes the different," says the education consultant.

The foundations of learning to read

While teachers in school are the professional ones who teach children the skills of how to read, it is the job of parents to get their children ready to learn to read. Frankenstein points out that the fundamental skills that children learn and need in order to get ready to read is through conversations.

Research has found that children's brains are only 25 per cent developed when they are born. Their brains are then stimulated to grow through exposure to the outside world, such as hearing people's talking and the intonation in voices, and making eye contacts. Whenever you talk to or read stories to your children



兒童文學專家 Diane Frankenstein 在港接受 Aphrodite 專訪，分享如何幫助孩子培養對閱讀的興趣。Children's literature specialist and author Diane Frankenstein was in Hong Kong sharing her insights on helping a child establish a love of reading with Aphrodite.

家長亦應繼續給孩子講故事，嘗試與孩子聊一些與曾閱讀的書籍有關的話題，提出一些故事情節以外的問題，以引發他們的想像力與興趣，加深小朋友對故事的理解，從中獲得更多。

「孩子需要這樣的互動，需要父母引導他們如何投入進故事當中，並尋找想看的書本。我常教導孩子在閱讀時尋找書籍的箇中意義，沒有人一生下來世上便懂得這技巧，你必須要給他們適當的指導，他們才能更理解他們所閱讀的書籍，才會享受他們所閱讀的書籍，成為一名良好的讀者。」

重點不在於看了多少書

Frankenstein 認為要培育孩子成為一個良好的讀者，重點並不在於他 / 她曾看過多少本書，而是在於從閱讀中與他們延伸出的對話。「Reading Together 的概念就是聆聽孩子和與他們對話。」身為專業教育工作者的 Frankenstein，曾設計過不少課程給家長、老師和幼兒護理工作者，指導他們如何透過文學加深與孩子的溝通與了解，「如果孩子能夠從他們所看的書當中獲得更多的話，他們自自然然便會喜歡上閱讀。我真的不希望見到有任何小孩對閱讀產生抗拒。」

家長應多鼓勵孩子分享和談及他們所看過的書籍。「孩子需要信心，所以跟他們聊天的最終目的，其實



「要孩子準備好學習如何閱讀，其實多跟他們說話才是最重要。」
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before they can read, you are actually helping them build up their word power. Frankenstein emphasises simple and grammatically correct words should be used when talking to toddler and no baby words should be used.

Also, children will develop their love to read from being read the story. “Children love stories. I really don’t meet children who don’t love stories, but I do meet lots of children who don’t like to read because reading is difficult,” she says. “We can avoid a youngster feeling that learning to read is a complicated skill. When you are reading to them, you are teaching them how to follow a story.”

Get more from the books

When reading alphabet, counting or concept books with pre-school toddlers, parents can first start with the pictures instead of just reading the words, Frankenstein suggests. For instance, parents can first talk about different objects and colours of the pictures, which give the young children the vocabularies.

When children grow older and begin to learn to read for themselves, parents should continue to read aloud stories to them. In the meantime, parents can start conversations with their children about the story they read by asking questions which are beyond the plot line to capture their imagination and interest. She says when you talk with children about the story, they can get more out of the story and understand it more.

“Children need the interactions. They need parents to show them how to get engaged in the story and be more involved with helping them find books they want to read,” she says. “I teach children how to find meanings of what they read. Nobody comes to the world knowing that. You have to teach them how to better understand what they read, then they will enjoy what they read and be a good reader.”

是給予他們信心，勇於去發表對讀過的書的看法與感受。孩子通常會認為自己不懂得怎樣表達，但只要我們給他們一點點引導，他們是可以表達得很好的。」

在編寫《Reading Together》的過程中，Frankenstein 除了以一名專業教育工作者的身份去寫之外，她更以為人家長的心情，分享培育一名愛閱讀的孩子的經驗與方法。Frankenstein 在她的兩名兒子年紀尚小時，亦時常陪伴兒子兩看書，並談論他們閱讀過的書籍、報紙、甚或雜誌，讓他們細想閱讀過的東西對他們的意義與關係。

兩兄弟現在均為喜愛閱讀的成年人，但原來現時二十八歲的大兒子在年幼時曾遇上閱讀困難，在學習閱讀的過程當中飽受挫折。「他很高興聽各種各樣的故事，可是他卻有閱讀困難，令他對於自己不能解讀想閱讀的東西而感到很懊惱，我們便一步步幫助他面對這個問題，引導他慢慢克服閱讀上的困難。他現在已經是一個很了不起的讀者了。」



透過故事灌輸價值觀

為人父母其中一個最重大的責任莫過於給孩子灌輸正確的價值觀，Frankenstein 認為說故事正正就是一個很好的途徑，幫助孩子確立不同的價值。「透過不同的故事，我們可教導孩子正確的價值觀，讓他們明白及掌握到什麼是值得他們珍惜及重視的東西。我們教的不單單是一個故事而已，而是做人處世的技巧，與他們分享什麼重要、怎樣才是一個好人，這可是全人教育呢！」

書本是一扇通往世界的窗口、一面反映自我的明鏡，能令人更認識自己及這個世界。這名富有經驗的媽媽及教育者最後強調：「說到底，閱讀是思考、構成及尋找意義、和溝通的媒介，所以它是一門甚為重要的技巧，而每個孩子都應能掌握好這種技巧、享受它所帶來的好處。」■

Quantity is not a matter

Frankenstein thinks to make a child a good reader is not about how many books he/she has read, but how many conversations he/she has had. “The idea of *Reading Together* come from talking and listening to children,” says the educator, who designs literature courses for parents, teachers and health care practitioners to better understand and communicate with children through literature. “If they could get more out of what they read, they’ll like what they read. I don’t want a youngster rejected by a book.”

Parents should encourage their children to talk about the story. “Children need confidence, so the talking is about giving them confidence, letting them know they have something to say about the story. They often think and say they don’t know how to talk about the story, but they do if we prompt them,” she says.

Frankenstein, a mother of two sons who are now at the age of 26 and 28, says she would talk about how a book, a newspaper or even a magazine they read was meaningful and why they matter to her sons when they were small.

In fact, her older son struggled with learning to read when he was a kid. She got him through his difficulties by giving him the confidence to say about what he read. “He loved stories. But learning to decode was hard, he didn’t understand why he just couldn’t read everything he wanted to read. We guided him through the difficulties,” she recalls, adding she wrote the book with her mom as well as educator’s hat on. “He is an unbelievable reader today.”

Instill values through stories

One of the major and significant jobs of parents is to instill values to their children, which can be well achieved through telling stories. “How we help children come to understand what they value and what’s important is by talking about it through stories. It’s much more about just imparting a good story, it’s life skills. You’re sharing with your children what’s important, what does it mean to be a good person. It’s a way of educating the whole child, it’s not just a story,” she says.

Also, books are windows into the world and mirrors into ourselves, which helps you understand yourself and the world better. “At the end of the day, reading is thinking, is making and finding meanings, and being able to make connections. That’s why it’s such an important skills that every youngster deserve the advantages of being a reader they deserve and need to be,” says Frankenstein. ■



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