

RAISE A READER: SHARING BOOKS WITH YOUNG CHILDREN TO DEVELOP A LOVE OF READING

培養愛閱讀的人：和您
年幼的子女分享書籍
以培養愛好閱讀
的習慣



Funding Partners / 注資合夥人

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Now is the time to *Raise a Reader!*

Parents often ask: when should I start reading to my children? The answer is that early literacy should begin at birth, just like any other parenting responsibility. Sharing books, stories, songs, and rhymes from an early age has enormous benefits.

Reading to your children:

- Stimulates their brains and helps them develop.
- Gives both of you quality time to bond and have fun together.
- Encourages them to speak and read by introducing them to the pleasure of stories, the sounds and rhythms of language, and the shapes of letters.
- Is virtually FREE!

The most important thing you can do to help your children become readers for life is to teach them to love books, and this booklet is full of useful tips and examples on how to do just that. The ideas here don't have to be used at a scheduled story time - a few minutes of reading activities in your daily routine each day can be beneficial. Read to your child at bath time or on the bus, play story or song tapes in the car, or just talk to them about daily events at any time! If you can, invite older children or relatives to read to your child. All of this helps to *Raise a Reader!*

Early Literacy in a two-language Household:

If you speak a language in your house other than English or French, you can still raise your children as readers by sharing stories, songs and rhymes in both languages. Try these activities:

- Use books in one language, but translate them as you go.
- Play “point and say” in both languages, perhaps having the child translate.
- Use dual-language books.
- Set aside certain times or family members to speak and read English, or your native language only.



現在是培養愛閱讀的人的好時機！

父母們經常這樣問：我應當在什麼時候開始為我的子女朗誦書本？答案是：和其他為人父母的職責一樣，啓蒙工作應當在嬰兒出世後便開始。在孩子稚齡時便開始和他們分享書本、故事、兒歌和詩歌，有莫大的益處。為您的子女朗誦書本，可以

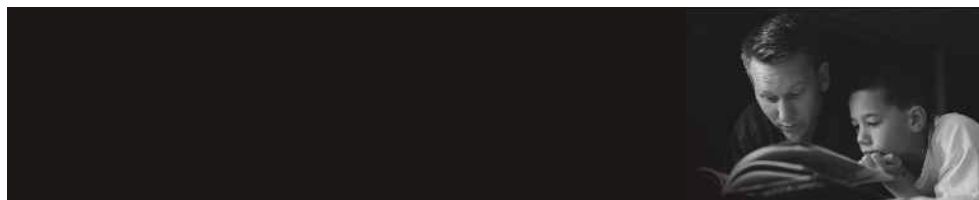
- ◆ 刺激他們的腦部，幫助它們發展。
- ◆ 給您們共享天倫的時間，培養親子間的聯繫和共享歡樂。
- ◆ 讓他們接觸到聽故事的樂趣、享受語文的音節和文字的形狀，藉以鼓勵他們講話和閱讀。
- ◆ 這一切可說是完全免費的！

您可以幫助您的孩子們成為終生愛好閱讀的人，而您可以做的最重要的事，便是教導他們愛上書籍：這本小冊子內有很多有用的貼士和範例，教您怎樣做到這件事。這裡提供的主意，不一定要在指定閱讀的時間內採用的---在您每天的日程中抽出幾分鐘時間給閱讀活動，已經大有裨益。在孩子沐浴時或在公共汽車中讀書給他們聽，在您的車子中播放講故事或唱歌的錄音帶，甚至祇是在任何時間和他們談談每天發生的事情！如果可以的話，邀請其他年齡較大的孩子或者您的親戚們向您的孩子朗誦。所有這些方法都有助於培養愛閱讀的人！

在雙語家庭中的幼兒啓蒙方法：

如果您的家庭說英語或法語以外的語言，您仍然可以用兩種語言去分享故事、歌曲和詩歌，從而把您的孩子們培養成為愛閱讀的人。試試以下的活動：

- ◆ 用一種語言的書本，但在誦讀時把它們翻譯。
- ◆ 用兩種語言玩“指著圖畫說出來”的遊戲，或者要孩子翻譯。
- ◆ 用雙語的書籍。
- ◆ 指定在某些時間或由某些家庭成員祇說英語和用英語誦讀，或祇說您的族裔語言和用它誦讀書本。





Active Book Sharing:

The best way to teach children to love books is by participating actively in stories, songs and rhymes. The more actively involved you are, the more involved they are and the more fun you will both have. Play point and say, imitate animal sounds, use actions, make it a guessing game, ask questions about the story, encourage the child to say the repeated parts and feel free to make it up as you go along.

Stories

Here's a great example of a story that can be shared actively, e.g. by pretending to pull on the potato. This is a “cumulative” tale - one that repeats the same pattern but adds something new each time. It's also a folktale - a story that has been handed down through the generations, like fairy tales; in this case, the story comes from Eastern Europe.



THE ENORMOUS POTATO

Once upon a time there was an old man who planted a potato. The potato grew....and it grew....and it grew, until it was a great big enormous potato! So the old man decided it was time to harvest it. He grabbed the potato and he pulled....and he pulled....and he pulled, but the potato was strong and it would not come out.

So he called the old lady. The old lady pulled on the old man, and the old man pulled on the potato, and they pulled....and they pulled....and they pulled, but the potato would not come out.

So they called the little girl. The little girl pulled on the old lady, the old lady pulled on the old man, the old man pulled on the potato, and they pulled....and they pulled....and they pulled, but the potato wouldn't come out.

So they called the dog. The dog said “woof, woof”. And the dog pulled on the little girl, the little girl pulled on the old lady, the old lady pulled on the old man, the old man pulled on the potato, and they pulled....and they pulled....and they pulled, but the potato wouldn't come out.

So they called the cat. The cat said “meow, meow”. And the cat pulled on the dog, the dog pulled on the little girl, the little girl pulled on the old lady, the old lady pulled on the old man, the old man pulled on the potato, and they pulled....and they pulled....and they pulled, but the potato wouldn't come out.

So they called the little mouse. The mouse? How could the mouse help them? But the little mouse came, and said “squeak, squeak”. And the little mouse pulled on the cat, the cat pulled on the dog, the dog pulled on the little girl, the little girl pulled on the old lady, the old lady pulled on the old man, the old man pulled on the potato, and they pulled....and they pulled....and they pulled, until POOF! The great big enormous potato came out!

So they cleaned it, and put it into a big pot, and they cooked it, and that night they had a great big enormous potato feast!



主動分享圖書：

教導兒童愛上圖書的最好方法，便是主動積極地參與說故事、唱歌和朗誦詩歌。您愈積極地參與，他們也更積極地參與，而您們也會一起得到更多樂趣。玩指著圖畫說出來、模仿動物叫聲、使用動作、採用猜謎遊戲、問有關故事內容的問題、鼓勵兒童說出重複的句語，不妨邊讀邊編故事。



故事

以下是一個可以積極地分享的故事的好例子，例如假裝要拔馬鈴薯。這是一個“堆疊”的故事——一個重複同樣模式而又每次都加入一點新東西的故事。它也是一個民間故事——一個代代相傳的故事，好像神仙故事一般；這個例子是來自東歐的。

巨大的馬鈴薯

從前有一位老伯伯種了一棵馬鈴薯。馬鈴薯不斷地生長．．．生長．．．生長，直至它變成一隻很巨大的馬鈴薯！於是，老伯伯決定是時候收割它了。他抓著那隻馬鈴薯用力地拔．．．他不斷地拔．．．不斷地拔，但那隻馬鈴薯長得實在太牢固了，總是不肯讓他拔出來。

於是他便叫老婆婆幫忙。這樣老婆婆便拉著老伯伯，而老伯伯便拉著那隻馬鈴薯，他們用力地拔．．．用力地拔．．．用力地拔，但那隻馬鈴薯還是不肯出來。

於是他們便叫小姑娘幫忙。這樣小姑娘便拉著老婆婆，老婆婆拉著老伯伯，而老伯伯便拉著那隻馬鈴薯，他們用力地拔．．．用力地拔．．．用力地拔，但那隻馬鈴薯還是不肯出來。

於是他們便叫小狗幫忙。小狗叫著“汪！汪！”。這樣小狗便拉著小姑娘，小姑娘拉著老婆婆，老婆婆拉著老伯伯，而老伯伯便拉著那隻馬鈴薯，他們用力地拔．．．用力地拔．．．用力地拔，但那隻馬鈴薯還是不肯出來。

於是他們便叫小貓幫忙。小貓叫著“喵！喵！”。這樣小貓便拉著小狗，小狗拉著小姑娘，小姑娘拉著老婆婆，老婆婆拉著老伯伯，而老伯伯便拉著那隻馬鈴薯，他們用力地拔．．．用力地拔．．．用力地拔，但那隻馬鈴薯還是不肯出來。

於是他們便叫小老鼠幫忙。小老鼠？小老鼠怎樣能幫他們呢？但小老鼠還是來了，牠叫著“吱！吱！”。這樣小老鼠便拉著小貓，小貓拉著小狗，小狗拉著小姑娘，小姑娘拉著老婆婆，老婆婆拉著老伯伯，而老伯伯便拉著那隻馬鈴薯，他們用力地拔．．．用力地拔．．．用力地拔，直至嘖！那隻巨大的馬鈴薯被他們拔出來了！

於是他們便把它洗淨，放進一個大鍋子裡，他們把它煮熟。那天晚上，他們吃了一頓豐富的馬鈴薯大餐！





Play Rhymes:

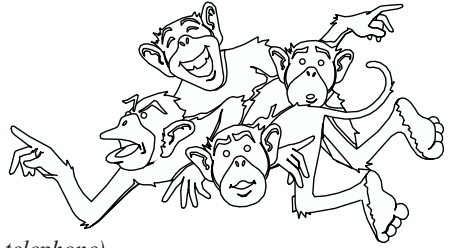
For very young children, play or action rhymes can be used as an alternative to books. Rhymes are fun, and a wonderful way to hold their attention and expose children to rhythmic forms of language.

Examples:



Five Little Monkeys

Five little monkeys *(Five fingers up)*
Jumping on the bed. *(Bouncing up and down)*
One fell out *(One finger down)*
And bumped his head *(Hold your head)*
Mommy called the doctor *(Pretend to use the telephone)*
And the doctor said,
“No more monkeys jumping on the bed!” *(Shake finger at monkeys)*



Hickory Dickory Dock

Hickory dickory dock *(Swing arms like a pendulum)*
The mouse ran up the clock *(Run two fingers up your arm)*
The clock struck one. *(Hold up one finger)*
The mouse ran down. *(Run two fingers back down your arm)*
Hickory, dickory, dock *(Swing arm like a pendulum again)*

Round and Round the Garden

Round and round the garden *(Have the child hold out their hand palm up and using your index finger)*
Like a teddy bear *(Trace circles in the palm of their hand)*
Up one step, *(Begin to walk your fingers up their arm)*
Up two steps, *(Continue walking fingers up their arm)*
To tickle you under there!! *(Tickle the child under their arm)*

Humpty Dumpty

Humpty Dumpty sat on a wall. *(Bounce child on knee)*
Humpty Dumpty had a great fall; *(Lean child to side)*
All the King's horses, and all the King's men, *(Bounce child faster)*
Couldn't put Humpty together again. *(Bounce child faster)*





詩歌唱遊：

對年齡很小的兒童來說，唱遊或配上動作的詩歌是可以代替書本的。詩歌是很有趣的，也是一種吸引他們的注意力的極好方法，也可以讓兒童接觸有韻律的語言體材。

例子：

Five Little Monkeys

Five little monkeys *(Five fingers up)*
 Jumping on the bed. *(Bouncing up and down)*
 One fell out *(One finger down)*
 And bumped his head *(Hold your head)*
 Mommy called the doctor *(Pretend to use the telephone)*
 And the doctor said,
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 Hickory, dickory, dock *(Swing arm like a pendulum again)*

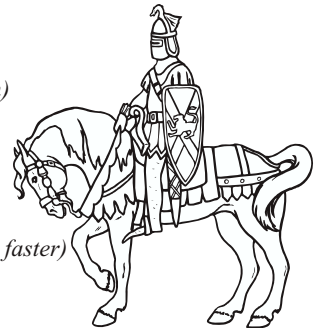


Round and Round the Garden

Round and round the garden *(Have the child hold out their hand palm up and using your index finger)*
 Like a teddy bear *(Trace circles in the palm of their hand)*
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 To tickle you under there!! *(Tickle the child under their arm)*

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Humpty Dumpty sat on a wall. *(Bounce child on knee)*
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 All the King's horses, and all the King's men, *(Bounce child faster)*
 Couldn't put Humpty together again. *(Bounce child faster)*





Fun with Music

Songs, lullabies and quiet ballads can be sung to infants from birth, especially during feeding, bathing and changing times. As your baby grows, bouncing and action songs are very stimulating. Clapping, shaking noisy toys, and banging a pot are fun for toddlers. Music can help children to learn pre-reading, rhythm, memory and singing skills. Sing and dance with your child!

Song suggestions:

Head and Shoulders

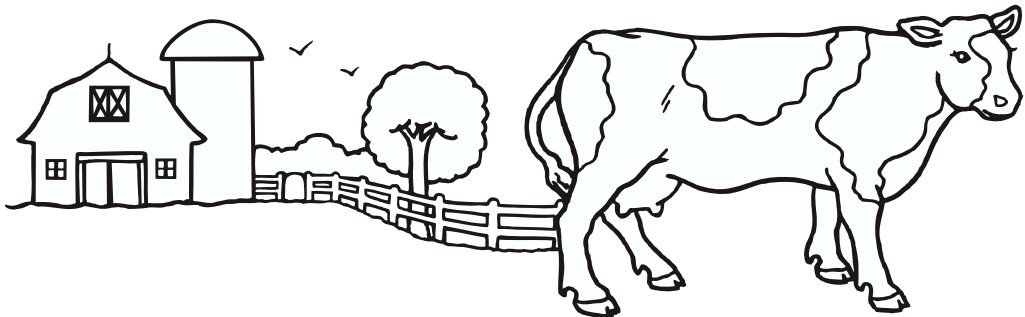
Head and shoulders (*Touch the part of the body suggested*)
Knees and toes, knees and toes, knees and toes
Head and shoulders, knees and toes,
Eyes, ears, mouth and nose (*Repeat twice, going faster each time*)

Twinkle, Twinkle

Twinkle, twinkle, little star (*Raise hands, opening and closing fingers*)
How I wonder what you are
Up above the world so high (*Join hands above head*)
Like a diamond in the sky (*Make a diamond shape with fingers*)
Twinkle, twinkle little star
How I wonder what you are.

Old Macdonald

Old Macdonald had a farm e-i-e-i-o
And on his farm he had a cow e-i-e-i-o
With a moo-moo here and a moo-moo there,
Here a moo, there a moo, everywhere a moo-moo
Old Macdonald had a farm, e-i-e-i-o
(*Repeat with as many farm animals as you can think of!*)



The page is decorated with faint, pink line-art illustrations of various farm animals. In the top left, there is a goat. To its right is a cow. Further right is a chicken. Below the goat is another cow. In the center, there is a pig. At the bottom left, there is a large cow. At the bottom right, there is a small pig. These illustrations are scattered across the page, providing a farm-themed background for the text.

音樂的樂趣

歌曲、催眠曲和柔和的民謠可以在嬰兒出生後便唱給他們聽，尤其是在餵奶、沐浴和換片的時。當嬰兒逐漸長大，具有跳躍旋律和充滿動作的歌曲最能令他們興奮。針拍作響、搖動時發聲的玩具和敲打鍋子，對學行的嬰兒也是好玩的事物。音樂可以幫助兒童學習閱讀前的技巧，以及節拍、記憶和唱歌的技巧。和您的孩子一起歌唱起舞吧！

提議採用的歌曲：

Head and Shoulders

Head and shoulders (*Touch the part of the body suggested*)
Knees and toes, knees and toes, knees and toes
Head and shoulders, knees and toes,
Eyes, ears, mouth and nose (*Repeat twice, going faster each time*)

Twinkle, Twinkle

Twinkle, twinkle, little star (*Raise hands, opening and closing fingers*)
How I wonder what you are
Up above the world so high (*Join hands above head*)
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And on his farm he had a cow e-i-e-i-o
With a moo-moo here and a moo-moo there,
Here a moo, there a moo, everywhere a moo-moo
Old Macdonald had a farm, e-i-e-i-o
(*Repeat with as many farm animals as you can think of!*)



Recommended Resources

Books:

The most important thing about choosing a book to read is to find something that both you and your child are excited about. Here are a few examples of books and recordings for various ages. There are many more. Ask at your local library.

Ages 0-18 months: The best books for this age are board, cloth and bath books. Books with rhymes, songs and simple words with clear pictures are most effective.

Collins, Heather	<i>Twinkle, Twinkle Little Star</i>
Fleming, Denise	<i>Barnyard Banter</i>
Fox, Mem	<i>Time for Bed</i>

Ages 18 months - 3 years: For this age, look for clear pictures and simple stories with one or two lines per page. Repetition and participation works well with this age group.

Brown, Margaret	<i>Goodnight Moon</i>
Williams, Sue	<i>I went Walking</i>
Davis, Aubrey	<i>The Enormous Potato</i>

Ages 3-5 years: Books for this age group contain lots of action, e.g. cars moving, animals playing, children climbing in the pictures. The concepts and stories are more complex and usually longer with an expanded vocabulary.

Carle, Eric	<i>The Very Hungry Caterpillar</i>
Lum, Kate	<i>What! Cried Granny</i>
Martin, Bill	<i>Chicka, Chicka, Boom, Boom</i>

Music Cassettes and CD's:

Diamond, Charlotte	<i>My Bear Gruff</i>
McGrath, Bob and Katherine Smithrim	<i>Songs and Games for Toddlers</i>
Penner, Fred	<i>The Cat Came Back</i>
Sharon, Lois and Bram	<i>Mainly Mother Goose</i>

Reading Resources for parents:

Chorao, Kay	<i>Baby's Lap Book</i>
Fox, Mem	<i>Reading Magic</i>
Raffi	<i>The Raffi Singable Songbook</i>





建議可用資源

書本：

選擇書本時最重要的事，便是要找到一些您和您的孩子都覺得刺激有趣的內容。以下是一些適合不同年齡的孩子的書本和影音資料的例子。還有許多其他的資料。請向您的圖書館查詢。

年齡在 **0-18** 個月之間：

適合這年齡的最佳書本是用紙板、布和可以浸水的沐浴用書。最有效的書本，是文字押韻、有歌曲、用簡單字句和有清晰圖畫的書。

Collins, Heather	<i>Twinkle, Twinkle Little Star</i>
Fleming, Denise	<i>Barnyard Banter</i>
Fox, Mem	<i>Time for Bed</i>

年齡在 **18** 個月 – **3** 歲：

在這個年齡而言，要找具有清晰圖畫、簡單的故事、和每頁有一或兩行字句的書。重複字句和有參與行動內容的書本，特別適宜這個年齡組別。

Brown, Margaret	<i>Goodnight Moon</i>
Williams, Sue	<i>I went Walking</i>
Davis, Aubrey	<i>The Enormous Potato</i>

年齡在 **3-5** 歲：這個年齡組別的書需要很多活動，例如：圖畫中有行駛中的車輛、動物在遊戲、和兒童在攀爬。書中的意念和故事都比較複雜，一般來說，故事也比較長，詞彙也擴大了。

Carle, Eric	<i>The Very Hungry Caterpillar</i>
Lum, Kate	<i>What! Cried Granny</i>
Martin, Bill	<i>Chicka, Chicka, Boom, Boom</i>

音樂盒帶和激光唱片：

Diamond, Charlotte	<i>My Bear Gruff</i>
McGrath, Bob and Katherine Smithrim	<i>Songs and Games for Toddlers</i>
Penner, Fred	<i>The Cat Came Back</i>
Sharon, Lois and Bram	<i>Mainly Mother Goose</i>

父母閱讀資料：

Chorao, Kay	<i>Baby's Lap Book</i>
Fox, Mem	<i>Reading Magic</i>
Raffi	<i>The Raffi Singable Songbook</i>



協同伙伴：

Brampton Public Library	(905) 793-4636	www.bramlib.on.ca
Caledon Public Library	(905) 857-1400	www.aledon.library.on.ca
Mississauga Public Library	(905) 615-3500	www.city.mississauga.on.ca/library

加入我們的行列！和您的本區圖書館聯絡，索取*培養愛閱讀*的人工作坊和為年幼兒童說故事節目的細節。

社區伙伴：

也可以透過以下社區機構取得*培養愛閱讀*的人服務：

Bolton Junior Y	Family Services of Peel
Bolton Welcome Wagon	India Rainbow Community Services of Peel
Brampton Multicultural Community Centre	Le Cercle de l'Amitié
Brampton Neighbourhood Resource Centre	Malton Neighbourhood Services
Brampton YMCA	Mississauga Parent Child Resource Centres
Caledon Parent Child Centre	Parents without Partners Inc, Peel Chapter 1054
Catholic Family Services of Peel Dufferin	Region of Peel Health Department - Healthy
Dixie Bloor Neighbourhood Centre	Babies, Healthy Children Programme
Family Education Centre	

