

# 通过故事来加强亲情

当孩子要求你讲故事时，你有没有直奔书架，或者看是否有DVD你可以播放？如果你确有这样做，你其实失去了一个黄金机会来做一些简单的沟通和教导。你已万事俱备而无需动一下手。停下来想一想并回忆一下，然后坐下来讲家庭故事给他们听。开始时可能有点不自然，但是很快你会发现你已经开发了一个有用的育儿技巧，对每个人来说都是一种乐趣。

## 家庭往事

挑选一件往事来讲述家庭故事，并且要讲得像在眼前发生的一样。以下是一些建议：

- 告诉他们关于他们自己的一些事情：他们名字的来历；他们出生那天的事；他们的（外）祖父母第一次看到他们的时间。
- 讲一下关于你自己以及你自己的往事：你和你的伴侣是怎样相识的，你收到的最好礼物，你小时候最害怕的一件事情。回忆你的家庭起源：试着回忆关于你自己的父母成长过程中的一些故事；如果你的家庭是从别的地方搬迁到这里的，向你的孩子讲述关于那个地方的故事，无论那个地方是否在500或5000公里之外。
- 从你周围的事物寻找启发：告诉他们架子上的花瓶是如何被搜集到家中来的；讲一下你去度假，回来时买了那个旅游纪念品汤匙。
- 讲一个关于季节的故事：如果当时是秋天，讲一个关于季节的故事：如果当时是秋天，讲一下万圣节的服装；如果是冬天，回忆一下以前溜冰和玩雪的故事。

你和孩子在一起时，在任何地方都可以讲故事。可以是你正在整理要洗的衣服、开车去食品店、前往公共汽车站... 或者忙完一天之后在没有亮灯的卧室里和孩子拥在一起。

## 讲故事，而不是背诵故事

讲故事是双向沟通，很像是聊天。你的孩子可能会打断你，问个问题或者纠正一些细节。你可以将故事改动一下以便适合他们。在他们准备好的时候开始讲故事，然后在他们不愿意听的时候停下来。

学着用动作和音调来使你的故事听起来有意思。经过练习，你将能够调节你的声音的高低快慢以及使用动作、姿势和停顿。把平时的讲话方式夸张一点将会使你的小听众全神贯注。和任何交谈一样，忘记一个细节不是个大问题。讲故事的人经常用这样的句子来绕个弯，“我有没有讲过....”或者“直到现在，她想起前面忘记了....”

故事和闲聊的区别是，故事要讲一个道理，值得记住的某些事。主要人物可能是诚实、吝啬、自信或者傲慢，然后造成了麻烦、矛盾升级或者幽默的场面。

## 迎合你的听众

你将会很快发现你的孩子喜欢什么样的故事。当孩子还很小的时候，他们喜欢一遍又一遍地听同一个故事。他们还喜欢听故事里重复的句子，好像歌曲中的重叠句。声音效果，比如哐哐叫的牛或者叮当响的铃都肯定会引起他们的注意。

年龄大一点的孩子喜欢动作、惊奇和戏剧性。少年喜欢个人经历方面的故事，尤其是关于你受窘，或者担忧，或者出错的故事。当他们知道你在他们的年纪也经受过同样困难的情绪后，他们会觉得安心一些。

## 有什么好处？

用你自己的话来给孩子讲故事有很多好处。

- 讲故事建立良好的家庭成员之间的关系。你和你的孩子分享乐趣和创造性的经验。同时，你的孩子了解更多关于你的生活、你的反应和你的出身。
- 孩子们学习集中注意力以及专心听讲。
- 你通过故事中的语言来描绘，充分发挥孩子的想象力。
- 当你讲述的故事涉及应对困难情绪时，你可以让孩子从他们自己的强烈情绪中解脱出来。例如，你可以在故事里面承认孩子的恐惧并且安抚他们的忧虑。即使不好的记忆也可以启发你讲一个关于经历和克服困难的故事。
- 有时候你可以通过故事为孩子提供指引而无需说教。如果孩子正面临困难的情况，你可以讲一个关于主人公解决相似问题的故事。通过这种方法，你帮助孩子退一步来面对目前的情况。经常地，从这个距离更容易考虑事情的结果。你可以在某个时刻停下来，问：“你认为现在会发生什么情况？”或者，“你认为这个人应该做什么？”

一旦你开始之后，你将成为习惯并开始积攒故事，以待和孩子一起安静下来时讲给他们听。行动吧，讲几个故事！

改编自Jane Waterston在1997年编写的原版FRP加拿大资源单张

# Connecting Through Stories

When your children ask for a story, do you head for the bookshelf, or look for a DVD you can play? If you do, you're missing a golden opportunity to do some easy connecting and coaching. You've got everything you need without moving an inch. Take a moment to think and remember, then sit down and tell them family tale. It may seem awkward at first, but soon you'll realize you've developed a useful parenting tool that's fun for all.

## Family memories

Telling a family story involves choosing a memory and giving it some life. Here are some ideas:

- Tell them something **about themselves**: where their names come from; the day they were born; the first time their grandparents saw them.
- Talk **about yourself** and your own memories: the way you and your partner met, the best gift you ever received, the time you were most scared when you were little.
- Look back to your **family's roots**: try to remember stories about when your own parents' were growing up; if your family came from elsewhere, tell your children stories about that place, whether it was 500 or 5000 kilometres away.
- Get inspiration from the **things around you**: tell them how that vase on the shelf came into your collection; talk about the holiday you went on when you bought that souvenir spoon.
- Tell a story about the **season**: if it's fall, tell about Hallowe'en costumes; if it's winter, remember back to skating and adventures in the snow.

Storytelling can happen anywhere you and your children are together. You can be sorting laundry, driving to the grocery store, walking to the bus stop... or cuddling together in a darkened bedroom at the end of the day.

## Stories are told, not recited

Telling a story is a **two-way communication**, very like having a chat. Expect your children to jump in to ask a question or correct a detail. You can tailor your story just to suit them. The story starts when they are ready and wraps up when they become restless.

Learn to use **gestures** and **tone** to enhance your story. With practice, you'll be able to pitch and pace your voice and use movements, gestures and pauses. A bit of exaggeration of usual mannerisms will captivate your young listeners. As in any conversation, forgetting a detail is not a big problem. Storytellers often make detours with phrases like, "Did I mention that..." or "What she'd forgotten until just this moment was that..."

The difference between stories and chatter is that stories have a **point to make**. Something happens that is worth knowing. Perhaps the main character is honest, stingy, confident or overbearing, and it caused a problem, a crisis or a humorous situation.

## Play to your audience

You'll soon learn what kind of story your children enjoy. When they're very young, children like to hear the same story over and over again. They also like repetition of phrases within the story, like the refrain in a song. Sound effects, like cows that moooo and bells that go ding dong, are also a sure bet to get their attention.

Older children go for action, surprises and drama. Teenagers like personal experience stories, especially ones about times when you were embarrassed or anxious or made mistakes. It's reassuring to know that the same difficult emotions plagued you when you were their age.

## What's the benefit?

There are all sorts of reasons to tell your children stories in your own words.

- Story time builds **family connections**. You and your children share a fun, creative experience. At the same time, your children are learning more about your life, your reactions and your roots.
- Children learn to **concentrate** and become active listeners.
- You stretch children's **imagination** with the word pictures you draw in your stories.
- When you tell stories that involve **dealing with difficult emotions**, you can give children relief from their own strong feelings. For instance, in a story, you can acknowledge children's fears and calm their worries. Even bad memories can inspire tales about difficulties lived through and overcome.
- Sometimes you can use stories **to provide children with guidance** without lecturing. If a child is facing a tough situation, you can tell a story where the main character is dealing with a similar problem. In this way, you help the child look at the situation one step removed. Often it's easier to consider consequences from this distance. You can stop at one point and ask, "What do you think might happen now?" or "What do you think this person should do?"

Once you get started, you'll catch the bug and start saving up stories for quiet moments together. Go ahead, tell a few tales!

*adapted from an original FRP Canada resource sheet written in 1997 by Jane Waterston*