

用故事來加強親情

當你的小童要求看故事時，你有沒有直接去到書架，或者檢查是否有DVD你可以播放？如果你真有這樣做，你其實失去了一個黃金機會來做些簡單的溝通同教導。你已萬事俱備，並無需要動一下。停落來想一想，並且回憶一下，之後坐低講家庭故事給他們聽。開始時可能好像有點不自然，但是很快你會發現你已經開發了一個有用的育兒技巧，每個人都感覺是一種樂趣。

家庭往事

講一個家庭故事需要選一個往事，並且要講得好似在眼前發生地一樣。以下是一些建議：

- 告訴他們關於他們自己的一些事情：他們的名字的來歷；他們出生的日期；他們的（外）祖父母第一次看到他們的時間。
- 講一下關於你自己同你自己的往事：你和你的伴侶是點認識的，你收到的最好的禮物，你細個時候最驚的一樣事情。
- 回憶你的家庭起源：試著回憶關於你自己的父母成長過程中的一些故事；如果你的家庭是從其他地方搬到這裏的，向你的小童講述關於那個地方的故事，是否那個地方是在500或5000公里之外。
- 從你周圍的事物找靈感：告訴他們架子上的花瓶是怎樣被收集到家中來的；講一下你去度假，買返那個旅遊紀念品湯匙的經過。
- 講一個關於季節的故事：倘若當時是秋天的話，講下關於萬聖節的服裝；倘若是冬天的話，回憶一下滑雪同玩雪的故事。

你和你的小童在一起時，你可以在任何地方講故事。你可以是正在整理換洗的衫服、駕車去食品店、前往巴士站... 或者忙完一天之後在沒亮燈的臥室和小童擁在一起。

講故事，並不是背誦故事

講故事是雙向溝通，好似是聊天。要給你的小童打斷你，問些問題或者糾正一些細節。你可以將故事改一下以便適合他們。在他們準備好的時候開始講故事，之後在他們不耐心聽的時候停下來。

學著用動作和音調來使你的故事聽起來有意思。經過練習，你會能夠調節你的聲音的高低快慢同使用動作、姿勢和停頓。平時的講話方式誇張點會使你的小聽眾全神貫注。同任何交談一樣，忘記一個細節不需要緊張。講故事的人經常用這樣的句子來轉個彎，“我有無講過....”或者“直到剛好現在，她忘記的是....”

故事同傾談的區別是，故事要講一個道理。發生過的某件事情值得記住。可能主要人物誠實、吝嗇、自信或者傲慢。之後造成問題、危機或者幽默的場面。

迎合你的聽眾

你將好快發現你的小童喜歡點樣的故事。當小童年幼的時候，他們喜歡重複聽同一個故事。他們還鐘意聽故事裏重複的句子，好似歌曲中的重複句。聲音效果，例如哞哞叫的牛或者叮噹響的鈴都一定會引起他們的注意。

年齡稍長的小童喜歡動作、驚奇和戲劇性。少年喜歡個人經歷方面的故事，尤其是關於你出醜或者擔心或者出錯時發生的故事。他們知道你在他們的年紀都經歷過同樣困難的情緒之後，他們會覺得心裏安穩些。

有什麼好處？

用你自己的話來給小童講故事有很多好處。

- 講故事的時間建立家庭紐帶。你同你的小童分享樂趣和創造性的經驗。同時，你的小童瞭解更多關於你的生活、你的反應同你的出身。
- 小童們學習集中注意力並且做主動的聆聽者。
- 你通過在故事中用語言描繪圖片來充分發揮小童的想像力。
- 當你講述涉及應對困難情緒的故事時，你可以讓小童從他們自己的強烈情緒中解脫出來。例如，你可以在故事裏面承認小童也會感到害怕並且幫他們從擔心中平靜下來。就算不好的記憶也可以啟發你講一個關於經歷和克服困難的故事。
- 有時你可以通過故事為小童提供指引並且無需說教。倘若小童正面臨困難的情況，你可以講一個關於主人公解決相似問題的故事。通過這種方法，你幫助小童退一步面對目前的情況。經常來講，從這個距離更加容易考慮事情的結果。你可以在某個時間停下來，問，“現在你認為會發生什麼情況？”或者“你認為這個人應該做什麼？”

一旦你開始之後，你將會發現其中的益處並開始積攢故事，以待和小童一起安靜下來時講給他們聽。開始行動，講幾個故事！

改編自Jane Waterston在1997年編寫的原版FRP加拿大資源單張

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!

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