

# 让阅读成为家庭的温暖底色

在我看来，一个真正的书香家庭，往往不是从给孩子买了多少本书开始，而是从家里愿不愿意把阅读当成一种生活方式开始。当家里经常出现翻书声、交流书中故事的谈笑声，孩子自然会把阅读当成一种舒服的习惯，而不是任务。这个氛围的营造，对于孩子的阅读兴趣有着潜移默化的影响。

我家在孩子幼儿园阶段就开始尝试把阅读变成全家的日常。我们没有制定特别正式的规则，而是尽量让家里保持一种“随手就能读”的状态。客厅的角落放着几个收纳筐，里面总有图画书、童话故事、百科绘本。孩子一坐下来，随手拿起书翻一翻的概率就大得多。

不过，仅仅把书放在家里是不够的。父母的榜样力量，在阅读这件事上格外重要。如果父母整天抱着手机，却要求孩子坐在桌前看书，这样的“言行不一”往往会让孩子产生抵触情绪。因此我们给自己定了一个小目标：每天至少有十五分钟是全家安静阅读的时间，我们自己也要放下手机，拿起一本真正感兴趣的书。

随着孩子逐渐长大，我们开始制定简单的亲子共读计划。不是严格到必须读到多少页，而是围绕孩子当前的兴趣，例如恐龙、太空、冒险故事等，挑选几本适龄书目，再在睡前或周末抽出时间一起看、一起讲。有时我们会轮流读，有时孩子边看边提问，阅读的过程变得非常自然。

为了让阅读形成持续动力，我们尝试了“阅读记录”的方法。孩子每读完一本书，可以画一幅小画、小贴纸，或在一个自制的阅读树上贴上一片叶子。慢慢地，孩子的阅读树变得枝繁叶茂，他看到自己的努力被“看见”，也产生了成就感。

当然，过程中也难免遇到困难，比如孩子突然对阅读失去兴趣，或者被动画片、游戏吸引而不愿意坐下来读书。我们没有强迫，而是尝试通过阅读与孩子感兴趣的事物建立联系。例如孩子迷上恐龙，我们就找关于恐龙的故事、百科，还一起做恐龙模型。让阅读成为他兴趣的延伸，而不是与兴趣对立。

经历几年坚持后，我明显感受到阅读对孩子的影响。他的语言表达比同龄孩子更丰富，能用自己的方式讲故事；写作时也更能构建完整的情节；与我们交流感受时也更愿意表达。不只是能力的提升，更重要的是亲子关系变得更紧密，在共读的那段时间里，我们是真正陪伴在一起的。

书香家庭并不需要多么宏大的目标，也不需要昂贵的书柜，它更像是一种气息，缓慢地、温柔地渗透在日常生活中。只要愿意从一点点小变化开始，让阅读成为家庭的底色，孩子的成长一定会因此悄悄改变。

## Let Reading Become the Warm Tone of the Family

In my view, a true reading-friendly family does not begin with how many books you buy for your child, but with whether reading is treated as a natural part of life. When the house is filled with the sound of turning pages and conversations about

stories, children naturally regard reading as something enjoyable rather than an obligation. This atmosphere has a subtle but powerful influence on their interest in books.

When my child was in kindergarten, we started incorporating reading into our daily routine. There were no strict rules, only an effort to make books easily accessible. We kept baskets of picture books, stories, and illustrated encyclopedias in the living room. This simple arrangement greatly increased the chances of our child picking up a book whenever he sat down.

But having books at home is only part of the solution. The example parents set is crucial. If we hold our phones all day while asking our child to read, the inconsistency creates resistance. So we set a small family goal: at least fifteen minutes a day dedicated to quiet reading, with all devices put aside. We read our own books while our child read his.

As he grew older, we created simple parent-child reading plans. They were not strict or tied to page counts. Instead, they followed his interests—dinosaurs, space, adventure tales. We selected age-appropriate books and read together before bed or on weekends. Sometimes we took turns reading aloud; sometimes he asked questions while reading. It all felt very natural.

To encourage consistency, we introduced reading logs. Whenever he finished a book, he could draw a picture or add a sticker to a “reading tree” we made. Over time, the tree grew lush, and seeing his progress made him proud and motivated.

Difficult moments still appeared—days when he preferred cartoons over books or showed no interest in reading at all. Instead of forcing him, we connected reading to his current passions. When he was fascinated by dinosaurs, we found dinosaur stories, encyclopedias, and even built models together. Reading became an extension of his interests, not a competitor.

Years of persistence have brought visible changes. His language skills are richer, and he can tell stories in his own way. His writing is more coherent, and he communicates his feelings more clearly. More importantly, our parent-child relationship has grown deeper through those quiet moments of reading together.

A reading family does not need ambitious goals or an expensive library. It is more like a scent that gradually fills the home. With small, consistent steps, reading becomes a steady presence, and children grow beautifully in its warmth.

# 从共读到共成长：我们家的阅读实践

在养育孩子的过程中，我越来越意识到，阅读不是一项额外的教育任务，而是一种影响深远的生活方式。尤其是当父母与孩子一起读书时，那种陪伴感会在无形中成为孩子成长的力量。因此，我们家逐渐形成了一套属于自己的共读节奏，从简单陪读，发展到真正意义上的“共成长”。

最初我们只是希望孩子能多接触书本，可真正开始后才发现，家庭氛围是第一位的。如果家里总是充斥着电视声、手机声音，再怎么强调读书的重要性也不太能奏效。所以我们通过每天固定一段“安静时间”来改善环境。那半小时里，电视关闭、手机静音，我们各自拿起书坐在同一张桌子旁，孩子看到的是我们也在阅读，而不是监督他。

父母的榜样力量不只是行为层面的模仿，更多的是一种精神的传递。孩子会好奇你在读什么，你为什么喜欢这本书。他会模仿你翻书、思考、记笔记的样子。久而久之，阅读在他眼里不再是任务，而是能带来愉悦的一件事。

为了让阅读更有方向，我们开始制定简单的亲子共读计划。这个计划并不繁琐，每周选两到三本适龄书籍，其中包含故事书、百科书、绘本以及带有操作类的书。我们会提前了解孩子当下的兴趣，比如对昆虫着迷、迷恋火箭或喜欢侦探故事，然后再挑选书籍，让他愿意主动翻开阅读。

共读的过程也很重要。有时孩子读不懂，我们会用自己的话重新讲一遍，有时他想反复听一个故事，我们也愿意耐心陪着他。更令人惊喜的是，有些时候孩子会提出非常有想法的问题，比如“恐龙为什么会灭绝”“为什么星星不会掉下来”，这些讨论让我们意识到阅读带来的不仅是知识，更是思考能力的萌芽。

我们还坚持记录每一次阅读的小成果。孩子会把喜欢的故事画下来，也会给刚读完的书贴上小标记，记录阅读的数量和主题。当他看到整整一页的贴纸或满满一面墙的画作时，会意识到自己已经坚持了很久，兴趣也随之增强。

当然，我们也遇到不少挑战。例如孩子有时候会因为疲惫或心情不好而不愿意阅读，或者被动画片吸引得不愿坐下来。面对这种情况，我们不再强迫，而是尝试调整时间，让阅读在轻松愉快的状态下进行。有时一起做阅读延伸活动，比如画故事、做手工，也能重新唤起兴趣。

随着时间积累，我能真实感受到孩子的变化。他更愿意表达自己的意见，也更能够理解别人的想法；他的语言越来越丰富，写作也比以前更有结构。最让我感动的是，我们之间的沟通变得更顺畅，因为共读让我们有了更多真正“对话”的机会。

我越来越相信，共读不仅是陪伴孩子阅读，更是在陪伴孩子成长。而作为父母，我们也在这个过程中重新找回了阅读的美好。这，或许就是共读最珍贵的意义。

## From Reading Together to Growing Together: Our Family's

# Reading Practice

Throughout my parenting journey, I realized that reading is not an additional educational requirement but a lifestyle that leaves a long-lasting influence. Especially when parents read together with their children, the sense of companionship becomes a quiet force supporting their growth. Over time, our family developed a rhythm of shared reading that gradually transformed into shared growth.

At first, we simply wanted our child to read more. But soon we saw that the home environment matters most. If the house is filled with TV noise or phone notifications, no amount of encouragement will be effective. So we set a daily “quiet time” to create a better atmosphere. For half an hour, the TV is off, the phones are muted, and we all read together at the same table. Our child sees us reading, not supervising.

The power of parental example goes beyond actions—it conveys values. Children wonder what you are reading and why you enjoy it. They imitate the way you hold a book, pause to think, or take notes. Slowly, reading becomes something pleasant in their eyes rather than a task.

To make reading more meaningful, we designed a simple weekly reading plan. It included two or three age-appropriate books: stories, encyclopedias, picture books, or interactive books. We chose topics aligned with our child’s interests—bugs, rockets, detective tales—so he would willingly open the books.

The reading process itself matters greatly. When he didn’t understand something, we explained in simpler language. When he wanted to hear a story again, we patiently repeated it. Sometimes he asked surprisingly deep questions—why dinosaurs became extinct or why stars don’t fall. These conversations reminded us that reading nurtures thinking, not just knowledge.

We also recorded his reading achievements. He drew pictures of his favorite stories and placed small stickers on completed books. Seeing the accumulation of drawings and stickers made him proud and motivated to continue.

Challenges appeared as well. Sometimes he was too tired to read, or cartoons seemed more appealing. Instead of forcing him, we adjusted the schedule and made reading more relaxed. Occasionally we extended stories into crafts or drawings to spark renewed interest.

Over time, the benefits became obvious. His ability to express himself improved, and he began to understand others better. His vocabulary expanded, and his writing gained structure. Most importantly, our communication deepened. Shared reading created opportunities for real conversations.

I now firmly believe that reading together means growing together. And as parents, we rediscovered the joy of reading along the way. That, perhaps, is the most precious gift shared reading can offer.

## 一本书的力量：阅读如何改变孩子的成长轨迹

当我们说“阅读能改变孩子的一生”时，听起来似乎有些夸张，但如果真正坚持家庭阅读，你会在不经意间发现，孩子的成长轨迹确实会悄悄改变。只需要一本书、一次亲子共读、一次深入的交流，孩子的语言、思维甚至情绪都会受到积极影响。

我第一次深刻感受到阅读带来的变化，是孩子开始主动讲故事的那一天。那时他不过四岁，却能用自己的话复述书中的情节，还会加上自己想象的部分。虽然语言有些跳跃，但我能听到他在尝试组织逻辑，也能看到他在表达自我。阅读带来的语言输入，使他的表达能力得到快速提升。

阅读同样拓展了孩子的思维边界。孩子天生好奇，却往往苦于没有获取知识的途径，而书籍恰好成为打开世界的一扇窗。从恐龙到宇宙，从身体构造到自然现象，孩子通过阅读不断提出问题，也不断寻找答案。我们陪伴他讨论，有时甚至需要自己先去学习，再回来解释。这种共同探索的过程，让我们和孩子都获得了成长。

选书在这个过程中显得尤为重要。我们遵循两个原则：兴趣优先，能力其次。只有孩子对主题感兴趣，阅读才会成为主动行为。此外，书目也要适龄，难度过高会打击信心，内容过浅又无法引起思考。因此，我们会在每个阶段挑选不同的书，如低幼时期侧重图画书，识字后增加故事书、百科知识，逐渐引入章节书和更复杂的内容。

为了增强阅读的持续性，我们坚持记录阅读成果。不是为了攀比，而是为了让孩子看到“坚持”的样子。孩子通过画读后感、制作小书签、在阅读记录表上贴小贴纸，形成可视化的成就感。每当他看到自己读过的书越来越多，脸上会出现发自内心的满足。

家庭阅读另一个重要价值，是提升亲子关系。我们每一次共读，都像是一场小小的心灵交流。孩子会在故事的情绪中投射自己，有时会在某个角色的遭遇中讲出自己的困惑。例如他曾因为书中小狐狸害怕黑夜而说出自己对黑暗的恐惧，这让我们得以温柔地帮助他面对情绪，而不是在日常生活里因为哭泣而误解他。

当然，构建书香家庭并不总是顺利。有时孩子会拒绝阅读，有时学习压力或外界诱惑会让阅读中断。我们尝试以灵活的方式面对挑战，如缩短阅读时间、挑选轻松的绘本、让孩子选择想读的书，或把阅读与游戏结合。只要不放弃，总能重新找回阅读节奏。

当阅读成为生活的一部分，它带给孩子的不只是知识，更是看待世界的方式，是心灵的力量，也是成长过程中最稳定的陪伴。我始终相信，一本书的力量远超我们的想象，而坚持阅读的家庭，也终会在未来收获最美好的回馈。

# The Power of a Book: How Reading Shapes a Child's Growth

When people say "reading can change a child's life," it may sound exaggerated. But once a family consistently practices reading together, the changes become undeniable. A single book, a shared reading moment, or a thoughtful conversation can shape a child's language, thinking, and emotional development.

I first witnessed this transformation when my four-year-old began retelling stories in his own words. He added imaginative details, organized events, and expressed emotions. Though his language was not yet mature, the progress in expression and logical thinking was obvious. Reading had become the fuel for his growing ability to communicate.

Reading also expands a child's mental world. Children are naturally curious, but books provide the pathways to answers. Dinosaurs, space, human anatomy, weather—they explore everything through books. We discuss topics together, sometimes even studying ourselves before explaining things to him. This shared curiosity helps both parent and child grow.

Book selection plays a crucial role. We follow two principles: interest first, ability second. Children read willingly only when they enjoy the topic. At the same time, books must be age-appropriate—too difficult and they get discouraged, too simple and they lose interest. So at different stages, we choose different types of books: picture books for young children, storybooks and simple encyclopedias once they know characters, and later chapter books.

To maintain long-term motivation, we keep reading records—not for comparison but for visualization of persistence. Our child draws after reading, makes small bookmarks, or adds stickers to a reading chart. Seeing his progress brings genuine pride and reinforces the habit.

Another invaluable benefit of family reading is the deepening of parent-child relationships. Every shared reading session feels like a gentle emotional exchange. Children often project their own feelings onto characters, and through stories reveal their inner world. When a character was afraid of the dark, my child admitted his own fear—something he had never expressed in daily life. Reading created a safe space for communication.

Of course, building a reading family comes with challenges. Children sometimes resist reading, or external temptations disrupt routines. We respond flexibly—shorter reading sessions, lighter books, letting the child choose what to read, or combining reading with play. As long as we do not give up, the rhythm always

returns.

When reading becomes part of life, it offers more than knowledge. It shapes how children see the world, strengthens their inner selves, and becomes a steady source of companionship. The power of a book is far greater than we imagine, and families who persist will eventually receive the most rewarding returns.

## 让阅读扎根家庭：实践中的挑战与收获

许多父母都希望孩子爱上阅读，但真正把阅读“扎根”到家庭生活里，需要时间、耐心和方法。我家从孩子两岁开始尝试打造阅读氛围，到现在已经走了好几年。这一路有过坚持，也有过挫败，更有很多意想不到的收获。

家庭氛围是整个阅读习惯的基础。刚开始我们犯了一个错误：把孩子的阅读时间安排得很“固定”，但家里其他人却在这段时间里做自己的事，比如看手机、看电视。孩子自然会觉得阅读是他独自完成的任务，兴趣也很难持续。

后来我们调整方式，开始实行“家庭静读时间”。每天固定二十分钟，全家一起读各自喜欢的书。孩子看到我们投入阅读，主动性比以前提高了很多。家庭阅读不再是一项要求，而是一种共同完成的仪式。

作为父母，我们也开始反思：想让孩子爱上阅读，自己必须先做读书人。所以我们减少了娱乐时间，恢复了被工作挤掉的阅读习惯。慢慢地，孩子喜欢依偎在我们身边，看我们翻书、做读书笔记。他会模仿我们认真的样子，这种榜样的力量远比说教有效。

书目的选择也是一个关键点。我们会观察孩子近期的兴趣，然后在这个主题上扩展阅读内容。例如有一次孩子对建筑工地着迷，我们就找来工程车绘本、桥梁建造故事、甚至简单的结构工程书籍。孩子读得津津有味，也愿意进一步探索相关知识。

为了让阅读变得有成就感，我们坚持做阅读记录。不是为了数量，而是为了让孩子看到自己的进步。他可以用画画记录故事，用贴纸标记完成的书。有时我们会一起用彩纸做一本小“阅读杂志”，把近期的读书体验都记录下来。每当翻开这些记录，我们都能感受到阅读为生活带来的温度。

不过，实践中也遇到不少挑战。最典型的是孩子突然不想读书了。可能是因为疲惫、分心、兴趣转移，也可能只是那天心情不好。对此我们尽量不强求，而是换种方式接近阅读，比如把读书改成讲故事、把故事延伸为画画或角色扮演，或干脆暂停一天，下一天再重新开始。

此外，随着孩子年龄增长，学习任务变多，阅读的时间会被压缩。这时我们会把阅读融入日常生活，比如在吃早餐前读一页，在睡前读几分钟，在外出时带上轻便的小书。阅读不一定要长时间，关键在于每天都能接触。

这些年来，阅读带来的收获一点点显现。孩子表达能力变强，对世界充满好奇，遇到问题喜欢先“查一查”，而不是等待答案。他在阅读中学会了耐心、专注，也在共读中学会倾听与交流。

现在回头看，阅读习惯从来不是一天养成的，而是家庭持续努力的结果。只要愿意坚持，愿意调整方法，愿意与孩子一起走进书的世界，阅读终将成为家庭生活中最美的底色。

## Rooting Reading in the Family: Challenges and Rewards

Many parents hope their children will love reading, but making reading truly take root in family life requires time, patience, and strategy. We began building a reading environment when our child was two, and after several years, we've experienced challenges, adjustments, and many unexpected rewards.

At first, we made the mistake of setting a fixed reading time only for our child, while the adults continued their usual activities—watching TV or checking phones. Naturally, our child felt that reading was a solitary task meant only for him, and his interest faded quickly.

Later we changed our approach and introduced “family quiet reading time.” For twenty minutes every day, we all read our own books together. Seeing us read helped boost his motivation, and reading became a shared ritual instead of a responsibility.

We also realized that to raise a child who loves reading, we needed to be readers ourselves. We reduced entertainment time and revived our own reading habits. Our child liked to sit beside us, watching us turn pages or write notes. He imitated our focused expressions, proving that imitation is more effective than lecturing.

Choosing the right books was another key step. We observed his interests and expanded book choices accordingly. When he became fascinated with construction sites, we explored picture books on engineering vehicles, stories about bridges, and simple books on structural design. He read with enthusiasm and grew curious about related topics.

To strengthen his sense of accomplishment, we documented reading progress—not for quantity, but for self-recognition. He drew scenes from stories and used stickers to mark finished books. Sometimes we created a small “reading magazine” with drawings and notes about recent books. These records remind us how much warmth reading has brought to our family.

Challenges remained. Sometimes he simply didn't want to read. He might be tired, distracted, or uninterested. We avoided forcing him and instead shifted our method—telling stories, drawing scenes, role-playing characters, or simply taking a break. The next day, we tried again.



As he got older and schoolwork increased, reading time became limited. So we integrated reading into daily routines—one page before breakfast, a few minutes before bed, or a small book during outings. Reading doesn' t need long stretches of time; consistency matters more.

Over the years, the benefits have become clear. His expression is stronger, his curiosity deeper, and he prefers “checking a book” before asking for answers. Reading has taught him patience, focus, and communication through shared moments.

Looking back, reading habits were never built overnight. They grew through continuous family effort. With patience, flexibility, and companionship, reading can become one of the warmest foundations of family life.