

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.