

# 跟着绘本慢下来：亲子阅读让家庭关系更柔软的秘密

《好饿的毛毛虫》这本看似简单的绘本，陪伴了我们家整整一个月。刚开始我只是想着用它帮孩子认识星期和食物，没想到它却像一首慢慢展开的小诗，让我们一家在阅读中逐渐找到了一种温柔的节奏。

每天晚上，孩子都会自己把绘本搬到沙发上，拍一拍位置示意我坐过去。我们会从毛毛虫的出生开始，一页一页地念。孩子特别喜欢模仿毛毛虫吃东西的样子，每念到“它吃了一片苹果”时，他就会假装咬一口空气。后来我们甚至把这一页“发展”成了家庭小话剧，我负责当解说，他负责表演，读书变成了游戏。

在这个过程中，我发现孩子的语言表达明显变得更主动。他会尝试自己说出故事的顺序，不再只是默默听着。有一次，他突然说：“毛毛虫吃很多是不是因为它长大需要力量？”这句话让我惊喜，因为这已经是一种简单的因果推理。我顺势问：“那你觉得你什么时候也需要力量？”他想了想，说是早上起床的时候。这个小对话让我意识到，共读并不是要教会孩子“故事内容”，而是让他在讲述和思考中慢慢长大。

情绪层面的变化更加温柔。有一天，孩子因为积木推倒而大哭，我抱着他问：“是不是像毛毛虫在肚子痛的时候一样难受？”他点点头，情绪缓和下来。原来绘本给了孩子一个更容易理解的参照物，让他知道“难受”不是不能说出口的事情。

我们夫妻之间也因为共读的固定时间而更愿意停下来。以前下班回家常常只想赶紧处理杂事，但现在家里出现了一个共同的“小停顿”：无论多晚，我们都会一起和孩子读至少五分钟。这短短五分钟像一个家庭呼吸的节奏，让我们都重新注意到彼此的存在，而不是像以前那样被工作牵着走。

为了让这种温柔的阅读习惯能够持续，我们做了三个小调整：第一，让孩子主导选择绘本，让他觉得阅读是“属于他”的事情；第二，用提问推动讨论，而不是重复故事本身；第三，让阅读成为每日生活的“背景音乐”，不一定要很隆重，但一定要一致。这些做法让共读不再是固定任务，而是一种不断渗入生活的陪伴方式。

没想到，一只“好饿的毛毛虫”不仅带给孩子知识，也让我们这个家慢慢学会了放慢脚步。共读的力量，也许就在于让大人和孩子都能以同样的速度看世界，再重新靠近彼此。

## Slowing Down with Picture Books: How Shared Reading Softens Family Relationships

The picture book "The Very Hungry Caterpillar" seemed simple at first, but it accompanied our family for nearly a month. I originally chose it to help my child learn weekdays and foods, but it turned into something like a gentle poem—slowly shaping a softer rhythm for our evenings.

Every night, my child carried the book to the sofa and tapped the spot next to

him for me to sit. We read from the caterpillar's tiny birth onward. He loved acting out the eating scenes, pretending to bite the air whenever we read "He ate through one apple." Soon, this page evolved into a mini family play: I narrated, he performed, and reading became a game.

Through this, I noticed his language growing more confident. He began trying to retell the story himself rather than just listening. One night, he suddenly asked, "Does the caterpillar eat so much because he needs energy to grow?" I was surprised—this was simple causal reasoning. When I asked, "And when do you need energy?" he answered, "When I wake up in the morning." That moment made me realize that shared reading isn't about teaching the plot but helping him think, describe, and connect ideas.

The emotional benefits were even more touching. One day he cried when his blocks fell down. I held him and asked, "Does it feel like when the caterpillar had a stomachache?" He nodded, calming down. The story gave him a way to understand and express his discomfort without feeling overwhelmed.

As for us parents, the habit of reading created a moment of pause in our routine. After long workdays, we used to rush through the evening tasks. Now, no matter how busy we are, we pause for at least five minutes of reading together. Those five minutes feel like the home taking a gentle breath—bringing us back to one another.

To keep the habit sustainable, we made three small adjustments: let the child choose the books; use questions to lead conversations instead of repeating the plot; and make reading a natural part of daily life, not a performance. These changes turned reading from a responsibility into a shared comfort.

Unexpectedly, a hungry little caterpillar didn't just teach our child—it taught our family how to slow down. The power of shared reading may lie in helping adults and children look at the world at the same pace, drawing us closer page by page.