

做孩子人生中的第一任老師：
幫助孩子學習和成長



Be Your Child's First Teacher:
Help Your Child Learn and Grow

CHARLES B. WANG COMMUNITY HEALTH CENTER
王嘉廉社區醫療中心

你是孩子人生中的第一任老師

在孩子人生中的最初五年，他們會學會從走路到說話的一系列技能。在這些重要的日子裏，你是孩子的第一任老師。通過在這最初幾年引導和教育孩子，你將為孩子的學習和在學校裏的成功打下良好的基礎。

嬰兒中的學習

從出生到2歲，孩子是通過他們的感官和運動技能進行學習的。你可以通過微笑、安慰的聲音、溫柔的撫摸來鼓勵你的寶寶學習。給寶寶有不同手感的、能發出音樂的、或帶有不同顏色和圖案的玩具玩耍，以幫助寶寶的視力發展。

幫助寶寶發展他的感官和運動技能：

- 做出不同的面部表情（有趣、驚訝、開心等）讓寶寶模仿。
- 讓寶寶照鏡子，看看自己的模樣。
- 用中文或英文和寶寶講話，看看他的回應。
- 給寶寶唱或播放搖籃曲。
- 用一個可以密封的瓶子裝上米，搖晃時能發出聲音，讓孩子玩。
- 拿一個寶寶喜歡的玩具讓他看並且跟隨，或搖搖會發出聲音的玩具並讓他去尋找。
- 輕輕讓寶寶拍手或伸展他的手臂。
- 輕輕移動寶寶的雙腿，就像腳踏自行車一樣。

嬰幼兒中的學習（1-2歲）

年紀稍大的嬰兒變得更加活躍，並喜歡在家裏到處活動。為防止意外發生，家長應好好看管寶寶，並且在家裏安裝預防幼兒發生意外的裝置。你的寶寶也開始明白你在說什麼，例如物品的名稱和“不”的含義。

幫助孩子在玩耍的過程中學習：

- 把一個玩具藏起來，然後鼓勵你的寶寶把它找出來。
- 讓寶寶玩積木、球、可以疊高的玩具和推拉玩具。
- 在浴缸內洗澡時讓寶寶用可以捏的玩具、杯子和容器玩水。
- 玩躲貓貓和捉迷藏等遊戲。
- 教寶寶你小時候唱的兒歌。
- 在圖書館借兒童歌曲的CD。教寶寶可以跟著做動作的歌曲，如“*This Little Piggy*”和“*The Itsy Bitsy Spider*”。

安全

嬰兒對周圍的事物都很好奇。他們會抓東西並把這些東西放進自己的嘴巴，所以家長要把危險物品放在寶寶能夠觸及的範圍以外。任何細小的物件都可能導致窒息的危險，而且許多家用物品是有毒的。另外，將各種線都收起來，以防寶寶被線勒住窒息。



幼兒中的學習（2-3歲）

幼兒能更好的理解語言及表達自己。他們的詞彙將繼續增加，從簡單的幾個詞增加到50個以上。他們還將學會平常玩耍的東西的功能。

幫助孩子提高語言技能，學習新事物：

- 和你的孩子對話，教他新的詞語。
- 給孩子閱讀有大彩色圖片的書籍。
- 讓孩子玩積木、推動玩具車或打玩具電話。
- 讓孩子用叉子或匙吃東西。

學齡前兒童中的學習（3-5歲）

學齡前兒童通過語言學習。他們學習按順序閱讀書本和不同文字的發音。學齡前兒童精力充沛，喜歡走路、跑步、跳舞和玩耍。他們還可以做複雜的活動，例如遵循日常作息、扮演不同角色的遊戲、騎三輪車、種植、用積雪堆東西。

幫助孩子學習新的技能：

- 讓孩子幫忙做飯、數雞蛋或用量杯量水可以教授基本數學。
- 帶孩子一起去超市、郵局或圖書館。
- 玩遊戲，教孩子如何服從指示。
- 踢球、追趕、跑步和其它戶外運動。
- 玩木偶、簡單的棋類遊戲和拼圖。
- 鼓勵孩子和別的孩子玩耍。

玩耍能夠促進孩子的學習和發展

通過玩耍，孩子們能夠：



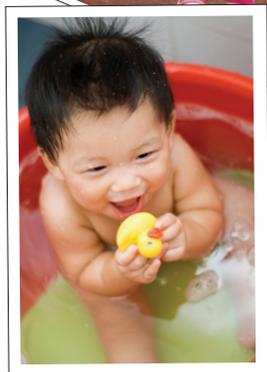
增進與家人之間的感情，提高他們的自尊，並學習用語言來表達思想、感情和需求。



學習如何與他人相處。



瞭解自己是誰，自己能做什麼，以及如何適應周圍的世界。



找機會測試自己的想法，並探索自己的想像力。

和孩子一起玩耍

孩子喜歡模仿你，並且為家務著迷。在你做家務的時候，給孩子一個玩具吸塵器或安全的容器、壺、平底鍋或湯匙玩。但是，如果你很忙，讓你的孩子知道他需要等待直到你忙完。如果你有不只一個孩子，騰出時間與孩子們一起玩，另外也應該和每個孩子單獨玩。

當你和孩子玩的時候：

- 讓你的孩子主導。
- 放慢玩耍的節奏，以滿足兒童的需要。不要趕時間。
- 要留意孩子的感受，不要過度批評。注意孩子的表現。
- 不要和孩子競爭。
- 贊賞孩子的想法和創造力。
- 和孩子玩角色扮演和假想遊戲（例如：木偶、玩具房子）。
- 多提問，而不是給孩子平淡地描述事情。
- 避免給予太多的幫助，鼓勵自己解決問題。
- 保持笑容，享受樂趣，並分享你的感受。
- 給孩子關注。花時間看看孩子堆砌的東西，或是聽一聽孩子的故事。

父母可以提供什麼？

- 色彩鮮豔的球、積木和可疊高的玩具
- 粗的蠟筆和水彩筆
- 紙、安全剪刀、膠水
- 玩具動物和娃娃
- 不同形狀的玩具板
- 拚圖
- 跳繩



閱讀幫助孩子溝通

閱讀幫助孩子理解語言和學習新單詞、新話題。年幼的孩子可以指出他們認識的字母或單詞，或是指出你讀出的在圖片上的東西。大一點的孩子可以理解簡單的情節，預測接下來會發生什麼，並複述故事給你聽。將你們一起讀的書和當天發生的事情聯繫起來。請記住，保持合適的閱讀速度，讓你和你的孩子真正享受在一起的時間。

讀書給孩子聽：

- 選擇孩子感興趣的主題。
- 每天安排至少10分鐘來讀書給孩子聽（例如在睡前）
- 使閱讀變得有趣。用不同聲音扮演不同角色。
- 要有耐心。
- 給孩子講家裏的故事。
- 使用你常用的語言。

讓你的孩子“積極參與”閱讀

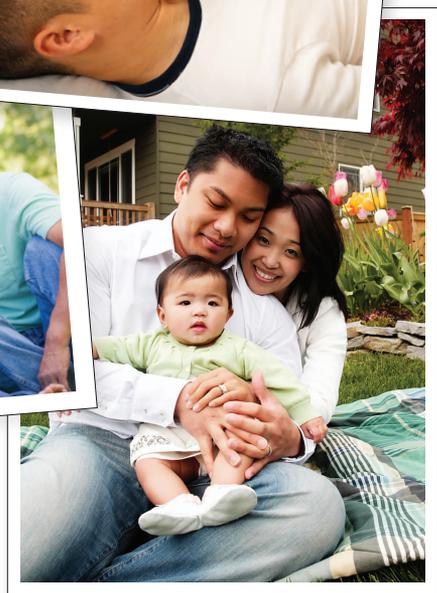
1. 對每頁的圖片加以評論、關係和描述。
2. 向孩子提開放式的問題（不能用“是”或“不是”來回答的問題，例如“為什麼小白兔哭了？”）。讓孩子預測其後的情節。
3. 對孩子的回答做出鼓勵。
4. 就孩子的評論做進一步說明。



身為家長，作為教練

- 做學術上的教練，幫助你的孩子學習基礎知識(顏色、形狀、數字、位置、事物名稱等)，為上學作準備。
- 做社交技能的教練，教導並讚揚孩子在家的行為(例如:分享、幫助、輪流等候、有禮貌)。
- 做情緒控制的教練，而不是情緒化的教練。鍛煉孩子控制情感的能力(例如:保持冷靜、耐心等待、做一個不驕的贏家、不餒的失敗者，學會解決問題)。

孩子從父母、祖父母和其他照顧他們的人那裏學習。確保你們在教育孩子的基本知識方面都保持一致的做法。



You Are Your Child's First Teacher

During their first five years of life, children learn a range of skills from walking to talking. Throughout these important years, you are your child's first teacher. By guiding and teaching your child during these early years, you will prepare your child for success in learning and in school.

Learning in Newborns

From birth to 2 years, children learn through their senses and motor skills. Encourage your newborn to learn through smiles, soothing sounds, and gentle touches. Give your baby textured or musical toys with different colors and patterns to help your infant's vision develop.

Help your baby develop his or her senses and motor skills:

- Make different facial expressions (funny, surprised, happy, etc.) for your baby to imitate.
- Let your baby look at his or her reflection in the mirror.
- Talk to your baby in Chinese or English and let your baby respond.
- Sing to your baby or play lullaby songs.
- Place rice in a closed bottle to create a rattle for your child to play with.
- Use a favorite toy for your baby to follow, or shake a rattle for your infant to find.
- Gently clap your baby's hands together or stretch your baby's arms.
- Gently move your baby's legs as if pedaling a bicycle.

Learning in Older Babies (1–2 years)

Older babies become more active and move around the house. Help prevent accidents by watching your baby closely and childproofing your home. Your baby will also start to understand more of what you are saying, such as names of objects and the meaning of the word “no.”

Help your child learn through play:

- Hide a toy and encourage your baby to find it.
- Let your baby play with blocks, balls, stacking toys, and push-pull toys.
- Give your baby squeezable toys, cups, and containers to splash around with in the bath tub.
- Play games such as peek-a-boo and hide-and-seek.
- Teach your baby songs you knew when you were little.
- Borrow CDs of children’s songs from the library. Teach your baby action songs like “This Little Piggy” and “The Itsy Bitsy Spider.”

SAFETY

Babies are curious about objects around them. They will grab items and put them into their mouths, so parents have to keep dangerous objects out of their baby’s reach. Any small objects can be choking hazards, and many household products are poisonous if swallowed. Also, keep cords away from your baby to prevent strangling.



Learning in Toddlers (2–3 years)

Toddlers have a better understanding of language and learn to express themselves. Their vocabulary will continue to grow from a few words to 50 words or more. They will also learn the function of objects they play with.

Help your child improve language skills and learn about new objects:

- Talk to your child to teach him or her new words.
- Read to your child books with large, colorful pictures.
- Let your child play with stacking blocks, push a toy car, or talk into a toy phone.
- Let your child eat with a fork or spoon.

Learning in Preschoolers (3–5 years)

Preschoolers learn by using language. They learn the reading order of books and words with different sounds. Preschoolers have tons of energy and like to walk, run, dance, and play. They are also able to do complex activities, such as following a daily routine, playing dress-up, riding a tricycle, planting seeds, and building something out of snow.

Help your child learn new skills:

- Let your child help with cooking by counting eggs or pouring water into a measuring cup. This can teach basic math skills.
- Take your child with you to the supermarket, post office, or library.
- Play games and teach your child to follow directions.
- Play kicking a ball, playing catch, running, and other outdoor games.
- Play with puppets, simple board games, and puzzles.
- Encourage your child to play with other children.

Playing Helps Children Learn and Develop

Through play, children:



Build strong bonds with family members, increase their self-esteem, and learn the vocabulary to express thoughts, feelings, and needs.



Learn how to interact with others.



Learn who they are, what they can do, and how to relate to the world around them.



Have a chance to test out ideas and explore their imaginations.

Play with Your Child

Toddlers love to imitate you and are fascinated with housework. Give your child a toy vacuum or safe containers, pots, pans, or spoons to play with while you are doing household chores. However, let your child know if you are busy, and he or she needs to wait until you are done. If you have more than one child, make time to play with your children together as a group and with each child one-on-one.

When playing with your child:

- Follow your child's lead.
- Pace the play slowly to suit the child's needs. Don't rush.
- Be attentive and don't criticize. Watch your child's cues.
- Don't compete with your child.
- Praise your child's ideas and creativity.
- Engage in role play and make-believe with your child (e.g., puppets, playing house).
- Ask questions rather than providing descriptive comments.
- Avoid giving too much help; encourage problem solving.
- Laugh, have fun, and share your feelings.
- Give your child attention. Take your time to see what your child builds; listen to your child's story.

What can parents provide?

- Brightly colored balls, blocks, and stacking toys
- Fat crayons and markers
- Paper, safety scissors, glue
- Animal figures and dolls
- Shape sorters and boards
- Puzzles
- Jump ropes



Reading Helps Children Communicate

Reading helps your child understand language and learn about new words and topics. Younger children can point out letters or words they recognize or point to objects in pictures as you name them. Older children can learn simple plots, predict what happens next, and retell the story to you. Relate the books you read together with the things you did that day. Remember to read at a comfortable pace, so you and your child truly enjoy your time together.

Read to your child:

- Choose books with topics that interest your child.
- Set aside at least 10 minutes to read to your child every day (e.g., at bedtime).
- Make reading fun. Use voices for different characters.
- Be patient.
- Tell family stories.
- Use any language you are comfortable with.

Keep your child engaged with active reading:

1. Comment, connect, and describe the pictures on the page.
2. Ask your child open-ended questions (questions that can't be answered with "yes" or "no"). Predict what comes next.
3. Respond to your child's answers with encouragement.
4. Expand on your child's comments.



Be a Parent and Be a Coach

- Be an **academic coach** by helping your child learn the basics for school (colors, shapes, numbers, positions, names of objects, etc.).
- Be a **social skills coach** by teaching and praising children's family behaviors (e.g., sharing, helping, taking turns, being polite).
- Be an **emotional skills coach**—not an emotional coach—and provide support for children's emotional skills (staying calm, waiting, being a nice winner, being a good loser, solving a problem).

Children learn from parents, grandparents, and other caregivers. Make sure you are all in the same team in teaching your child the basics.





CHARLES B. WANG
COMMUNITY HEALTH CENTER
王嘉廉社區醫療中心

General Info Line / 諮詢熱線

(212) 226-8339

Website / 網址

www.cbwchc.org

268 Canal Street, New York, NY 10013

Internal Medicine / 內科部

(212) 379-6998

Women's Health / 婦女健康部

(212) 966-0228

125 Walker Street, 2/F, New York, NY 10013

Pediatrics & Adolescent Health / 兒科及青少年部

(212) 226-3888

Teen Resource Center (TRC) / 青少年資源中心

(212) 226-8866 ext. (內線) 5209

Dental / 牙科部

(212) 226-9339

136-26 37th Avenue, Flushing, NY 11354

Internal Medicine / 內科部

(718) 886-1200

OB/GYN / 婦產科部

(718) 886-1287

Pediatrics / 兒科部

(718) 886-1222

Health Education Department / 健康教育部

(212) 966-0461

Social Work Department / 社工部

Chinatown / 華埠 (212) 226-1661

Flushing / 法拉盛 (718) 886-1212

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