

為什麼要說故事？

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當下忙碌的生活，許多父母講故事給孩子聽的藝術已漸消失，以下是說故事對大小朋友都有好處的原因：

- 1．故事可以用來教育生命，可以刺激、引發親子對話，許多孩子們所經歷的事物，透過故事給予他們機會反思，更可減少父母責罵或勉強孩子應對父母談話的機會。
- 2．故事可以幫忙孩子與上一代連結，在目前社會家庭成員分散各地，透過故事傳承價值及連繫彼此情誼更顯得十分重要。
- 3．故事可以刺激孩子發揮想像力，並協助孩子邁向未來最好方法之一，透過真實故事，引發他們去想像，有這種聽故事經驗的孩子，將會成為一個懂得運用創意解決問題的人
- 4．聽故事長大的孩子，將會持續說故事給家人聽的傳統，知道的家庭傳統及故事將會流傳下去，是令人欣慰的，同時對自己的子孫將有莫大的影響。
- 5．故事可以適時鼓勵失去信心或勇氣的孩子，孩子長大的過程中，會發生一些令人失望的事情，當孩子聽到自己父母也曾經有過相同或類似經驗的故事，通常會給他們許多勇氣，協助他們渡過難關。
- 6．告訴別人自己的故事，會幫助你記得自己的童年，告訴孩子自己的童年，會幫你記得也會讓自己反思有生以來的重要價值。
- 7．講故事給孩子聽，會豐富你孩子的心靈成長。在電視及媒體視覺混亂的現代文化，講故事給孩子聽，可以讓孩子專注、了解事情的真正意義，這是告訴你的孩子人生重要意義的方法之一。
- 8．講故事給孩子聽，就是在告訴他們，他們是值得我們用心的。花時間和你鍾愛的人在一起講故事是一件比什麼都重要的事，而且他們也會永生難忘。
- 9．說故事給別人聽，是傳述自己生命價值很好的機會，你的孩子會從他們所交往的朋友和當下流行文化得到某些訊息，而故事中的隱喻，可以將自己認同的價值講述給孩子聽。
- 10．一個細心編織的真實故事，將是協助孩子進入美好夢鄉的心智工程，當你告訴孩子自己的故事時，他們會入睡得快，睡得安穩，也會做好夢。

創造說自己故事的習慣，對孩子而言，是終生難忘的記憶，這樣的故事，可以增進親子間的關係，同時也表達你對他們是如此的關心。

凡事不嫌遲，現在就開始吧！

by Mark Brandenburg MA, CPCC

In today's busy world, many parents have lost the art of telling their stories to their kids. Here are some reasons why these stories are so beneficial, both for you and your kids:

1. Use them to teach lessons about life. Stories will stimulate conversations with your kids more effectively than lecturing, or "trying to get them to talk." There are a lot of issues happening for your kids these days, and stories give them a chance to reflect on them.

2. Stories connect your kids with previous generations. In a society that seems to have families spread out all over, it's vitally important to have ways for your kids to feel connected to their extended families.

3. Stories stimulate your kids' imagination. One of the best ways to prepare your kids for the world is to engage them in vivid stories that stir their imagination. Kids who are exposed to these kinds of stories will be the creative problem-solvers of the future.

4. Kids who are exposed to stories will continue the tradition with their own families. Knowing that your family traditions and stories will be carried on by future generations is very comforting, as well as a great benefit for your children's children.

5. Stories can encourage your kids when they're discouraged.

Childhood can get pretty discouraging sometimes. Kids are encouraged when they know Mom or Dad have experienced the same kinds of things, and they've survived.

6. Telling your stories helps you remember your own childhood.

Telling your kids about your childhood is a great way for you to remember and reflect on what was important about your past.

7. Telling stories helps to create depth and soul in your kids. In a TV and media-crazy culture, telling stories can capture and hold your kids' attention, and convey real meaning. It's a way to show your kids what's really important in your life.

8. Telling stories to your kids tells them they're worth the time. Is there anything more important than showing your kids that you want to spend intimate time with them? They'll remember it forever.

9. Telling stories is a great chance to convey your values. Your kids will be getting quite a few messages from their friends, and from popular culture. Stories are a great opportunity to sneak in a few of your cherished values for your kids to hear.

10. Well-crafted stories create a wonderful mind-set for your kids before they fall asleep.

Kids will fall asleep faster, and with healthier images, when you tell them your stories.

Creating a ritual of telling your stories will create a lifetime of memories for your kids. It will deepen your relationship, and show them how much you care.

And, it's never too late to start.