

BONDING STARTS with books

A lot of parents think reading is beneficial for their children because it can help their children to gain more knowledge and get better grades at school, but according to actress Winnie Young, reading means a lot more.



Being actress, teacher and most important of all, a mother of two beautiful children, Winnie Young considers reading a habit which is both important and beneficial to parents and children.

"Reading is very important, especially when you read together with your child, it is a very special moment which can help you establish a very close bond with them," explained Winnie.

According to Winnie, reading should be a habit children develop especially at a young age. Parents can take the opportunity to share some quality time with their children and can also enable their children to know

It is a very relaxing and intimate time, when they settle down to prepare for their bedtime stories and this is also the moment when we can establish a close bonding," she said.

"When I read to them, I try to pretend to be the characters by changing voices, and adding a lot of gestures and movements. I try to interpret the meaning of the story and present it to them. Also, I choose books with more interesting illustrations. It's because when I read, they will look at the pictures as well. Interesting pictures can attract their attention and arouse their curiosity to ask more questions."



more about the world and acquire all sorts of knowledge.

Take Winnie as an example: She tries to read with her children every night before they go to bed, despite her busy schedule.

"After dinner and when they have washed-up and changed into their pajamas, we sit on the bed and read together.

A lot of parents in Hong Kong have very tight schedules and will ask their helper or in-laws to help them take care of their children, but still, Winnie thinks it is important to spend time with the children, with emphasis on the quality, not quantity.

"A lot of parents think that spending a large amount of time with their children is enough, but actually, the quality is what matters. It already makes a big difference if you can spend an hour with your children while you turn off your mobile phones, television and computers, and just simply talk with them."

Recently, Winnie has also taken up the role of the Parent-child Reading Ambassador for the Grow Together Family Literacy Campaign 2010, organized by Bring Me A Book™ Hong Kong, hoping to raise the public awareness of family literacy in Hong Kong.

"I have known about Bring Me A Book for quite a while and I think it is a very meaningful campaign. Hopefully this campaign, can provide more chances for parents to know more about the importance of family literacy and encourage them to read more with their children."

Text: Cindy Chan