

# Taichung Armed Forces General Hospital

## Leaflet of Inpatient Nursing Instructions

### 親子共讀之護理指導

Sir/Lady:

Nursing instructions for parent-child shared reading

#### I. What is parent-child shared reading?

Parent-child shared reading refers to parents reading a book together with their child, which can start as early as 7 months of gestation. By using picture books and storybooks, it promotes parent-child interaction. More importantly, it fosters the parent's habit of doing things and spending quality time with the child. At first, as a parent, you don't need to rush to finish the entire book or expect the child to fully understand it; instead, focus on creating bonding time and interactions.

#### II. Benefits of parent-child shared reading:

- (1) Early parent-child shared reading promotes children's brain development, language development, and reading ability when they start school, as well as enhances comprehension, sparks imagination, and fosters creativity, which are all positive stimulations.
- (2) For preschool children, whose brains are still developing, reading helps activate the prefrontal cortex, which is responsible for language and behavior. This has a significant positive impact on children's future cognitive, social, and emotional development.
- (3) By reading together, parents strengthen their relationship with their children. Reading together not only connects both parties but also helps parents understand what their children are thinking through discussions, making it a way to build communication habits.

#### III. Principles of parent-child shared reading:

- (1) The key of shared reading is "shared", not reading. Allowing children to express themselves and engaging in interaction with them are the most important part.
- (2) Observe the responses of children and make appropriate responses.
- (3) Expand on the answers of children and guide them to think and stimulate their imagination and thinking.
- (4) Allow children to repeat words, as this helps them memorize and learn vocabulary.

#### IV. Timing and method of parent-child shared reading:

- (1) Prenatal parent-child shared reading: Around 7 months into pregnancy, the fetus can hear sounds. The mother can read aloud her favorite novels or books, using her voice to promote the baby's brain development, while also reducing her own stress and anxiety. If the father joins in the reading, it can further strengthen the couple's relationship and the parent-child connection with the baby.
- (2) Parent-child shared reading at 0-1 year of age: The best time to start shared reading is during the infant stage when the baby is 0 years old, especially at 6 months of age, which is the ideal time to start. At this age (0-1 year old), babies do not yet have cognitive abilities, but you can guide

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them using large pictures and vivid colors to deepen their impressions and allow them to "feel" the picture books. Choose books that feature bright colors, strong contrasts, and large blocks of color.

- (3) Parent-child shared reading at 1-3 years: When children reach the age of 1 to 3, they gradually begin to babble and learn simple words. During this period, you can start introducing storylines to the child, explaining what the characters are doing, and engaging in simple discussions, such as "Where is the main character going?" or "What is he going to do?" This helps the child connect the story's content with the images, which is the focus of this stage. Choose books with short text and simple content, or those with high repetition of words and sentences. The book's material should be sturdy, such as hardboard books or interactive sound books that are more durable for this age group.
- (4) Parent-child shared reading at 3-5 years: At this stage, children have a good understanding of content and may even be able to tell familiar stories to their parents. Parents can start "pointing to the words" during this period, pointing to each word with their finger as they read it aloud, helping the child make connections between words and the story. At the same time, you can discuss the content of the book with the child to foster his/her imagination and creativity. In addition to regular books like number books, spelling books, and alphabet books, it's also recommended to let the child actively choose books he/she wants to read. This will help them develop a stronger interest in reading.

### V. Tips for parent-child shared reading:

- Start shared reading from birth; it's never too late to begin.
- Initiate conversational shared reading and tell stories with your child.
- Use posters and objects around you for shared reading at any time, anywhere.
- Gradually increase shared reading time, and cultivate the habit of reading together.

### VI. References for parent-child shared reading:

- (1) Health Promotion Administration, Ministry of Health and Welfare, – Health Topics – Infant and Child Health – Information and Videos about Parent-Child Shared Reading.
- (2) Health Promotion Administration Children's Handbook.

If you are still unclear about something or have any questions, please contact the nursing station in the ward