

Don't treat books as miracle cure



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Do parents face many issues when it comes to shared reading? One common issue I often share with parents is that when their children encounter problems like bedwetting or fear of the dark, they often ask me, 'Is there a book that can help them solve this problem?' In the context of shared reading, we purposefully use a book to influence the child, hoping it will eliminate their fears, stop bedwetting, or improve their performance. In reality, this goal can create more pressure on the child.

Think about it; if a child frequently feels fear and is apprehensive about new environments, the stories in books are meant to help them relax and reassure them that they are not alone in feeling fear. Many friends feel the same way. But how do we address this issue? Instead of seeking a specific book to help the child, we should focus on addressing the child's psychological or physiological issues.



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If a child has many inner fears or psychological issues, we should address the psychological problems first. For example, if a mom from my reading group tells me that her child occasionally wets the bed at night, we should try to understand the reasons behind it. Is it because the child forgot to go to the bathroom? Or did they drink too much water before bed? If it continues, I believe it's important to consult a doctor rather than relying on a book to solve the issue.

We need to return to the process of parent-child shared reading. In parent-child shared reading, what we need is for parents to sincerely tell stories to their children and allow them to relax. Through the story's plot, children can express their inner thoughts to us: 'I'm similar to the characters in the story, I get scared too, but I also think about how to solve it.' Instead of turning a book into a miracle cure.