



Inside STORY

Senior Librarian Lim Sieu Pin, National Library Board, offers his take on digital books.

Reading brings many benefits, giving children rich, vicarious experiences and exposing them to words less commonly used in speech. Reading times are also excellent opportunities for children to learn through interaction with their caregivers.

Digital devices and e-books have grown in popularity — highly portable, they offer unprecedented convenience for families to carry entire libraries with them wherever they go. Some physical books offer interactivity (such as flaps and touch and feel features), but many e-books offer animation and sound which can be very attractive to children.

It is debatable whether e-books or physical books are better for the development of young children. E-book

technology is fairly recent, and most research on the benefits of reading has focused on physical books. What we do know though is that young children develop best through interacting with people rather than screens. This could be why some parents and educators worry that the multimedia features in e-books and other applications may detract from the interaction between them and the children. Parents and educators should use a mixture of both e-books and physical books, with a focus on the medium that helps them have more regular, enjoyable and interactive reading times with their children. ♥



Grow@Beanstalk Portal is chock-full of articles and practical tips for parents and educators. An events calendar also ensures that there's never a dull weekend to enjoy bonding and having fun with your children — visit www.ecda.gov.sg/growatbeanstalk for more!

With our mobile app, **APParent in SG**, you can look forward to a new parenting tip every week through a push notification. Available in both the App Store and Google Play.

EXPLORE NEW REALMS

Let your child discover new worlds through books with interactive elements.

▶ HOW TO BE A VIKING By Cressida Cowell

Hiccup is an anxious young Viking who is frightened of everything — especially the sea. When he sets out to sea for the first time, he learns more than just about the dangers of the ocean, but also what it means to be truly brave. This heart-warming adventure of overcoming fears is written by the author of *How to Train Your Dragon*, and comes with an accompanying audio version narrated by the author herself.

Contributed by Reena Kandoth, Librarian, National Library Board



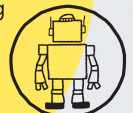
▶ A PENGUIN STORY By Antoinette Portis

Edna the penguin has only seen three colours in her life. But, believing that there has to be more to colours than just white ice, black night and blue sea, she embarks on a quest to discover more colours. Read aloud, watch the illustrations come to life, and play bonus activities in this animated picture book by the TumbleBook Library, an online collection of children's e-books.

Contributed by Kavita Ilangovan, Librarian, National Library Board



In collaboration with the National Library Board, ECDA brings parents a series of exciting workshops held at the public libraries. Come and hear from experts on promoting bilingualism in young children in January 2016 and managing challenging behaviours in February 2016, and pick up interesting tips. Admission is free — register online at www.nlb.gov.sg/golibrary or at the library eKiosks. Seats are limited!



Jan-Mar 19

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FOLLOW THESE STEPS:

- 1 Combine flour, cocoa, sugar and salt in one mug.



- 2 Add egg, milk and oil. Whisk with a fork until there are no lumps. Pour half the mixture into a second mug.



- 3 Microwave on high for 1½ to 3 minutes. (Set for 1½ minutes first and cook at 30-second intervals subsequently to prevent overcooking.)



- 4 Let the mug of cake cool for a minute before serving.

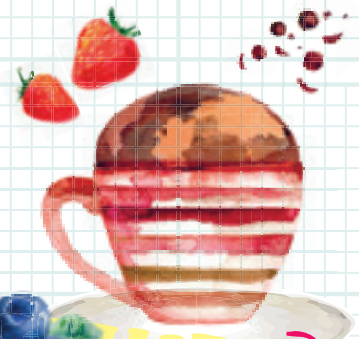


PHOTO & ILLUSTRATIONS BY SHUTTERSTOCK

READY IN
5
MINS

MAKES
2
SERVINGS

A MUG of Cake

WHAT YOU NEED

- 4 tbsp self-raising flour
- 2 tbsp cocoa powder (or Milo)
- 3 tbsp sugar
- Pinch of salt
- 1 egg
- 3 tbsp milk
- 2 tbsp vegetable oil (or melted butter)
- 2 large microwave-proof mugs

Some parents may be hesitant about baking with young children — a potentially tedious and messy affair. But this quick and easy recipe guarantees a stress-free experience. Cleaning up is a breeze since there is no need for equipment such as a cake tin, electric whisk, weighing scales or measuring jugs. All that is needed to make these mug cakes are simple ingredients and tools. Your child

will love spooning the ingredients into the mug, and you can make use of the chance to help him learn to count and talk about the ingredients' colours and textures, as well as have him build some muscle power when whisking the batter. Plus, you and Junior will have an endorphin-boosting treat to dig into at the end of it. ♥

TOPPING UP
Add whatever extras that suit your child's taste. You can add some banana slices over the top, or even decorate with a variety of antioxidant-rich berries.

