

grow

Happily EVER AFTER

Reading to children from an early age can make a lasting impact on their language and literacy skills.



Local children's author **Emily Lim** has written more than 30 books and won international awards for at least four of them, including *Prince Bear and Pauper Bear* and *The Tale of Rusty Horse*. Reading with young children, says Ms Lim, helps them to pick up words that they need to use to communicate. Ms Lim has been reading to her son Caleb since he was three months old. She believes her efforts played a part in Caleb being an early talker. Caleb, now four years old, can also tell his own simple stories. Here are Ms Lim's top three tips to engage your child during storytime.

1 GO WITH THE CHILD'S INTEREST

Find out what your child likes — be it cars, dinosaurs or bunnies — and look for picture books with similar characters they can relate to.



2 REALLY ENJOY READING TO THEM

When reading to children, it should be for the pleasure of wanting to read to them, rather than wanting to teach them.

3 ADOPT AN INTERACTIVE POSTURE

Create excitement by talking through the pictures in the book, pausing through a reading and asking questions. If children show interest in a particular page, let them talk about it for as long as they want.

For Ms Lim's full-length interview and more tips, visit www.ecda.gov.sg/growatbeanstalk ♥

grow@Beanstalk APParent

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.



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MAKE THE SWITCH

Two books to help expose your children to their mother tongue

IZI SI AHLI PECUT

By Zulina Hassan

Izi is an extraordinary horse that loves being around people. Help your child discover the interesting things Izi does when she misses her owner in this light-hearted story that includes 16 bonus facts about horses. This book is part of the Exploring the Nature of Animals collection, a series of children's books that introduces young readers to various animals and teaches them about moral values and positive character traits they can emulate in their daily lives. Contributed by Norah Ismail, Librarian, National Library Board



LITTLE WAYANG KID: XI QU NAN HAI

By Raymond Tan

Raja is a boy who has trouble keeping still. One day, inspired by a display of acrobatic feats on television, he decides to channel his energies into a most unexpected hobby — Chinese opera, or *wayang*. But on his first day of class, Raja encounters an unexpected challenge — before learning to do somersaults, he must first master the art of standing still. Does Raja have what it takes to learn Chinese opera? This Chinese-English children's picture book is supported by the Lee Kuan Yew Fund for Bilingualism. Contributed by Sharon Ong, Librarian, National Library Board



Expert Series

ECDA in collaboration with NLB is launching a series of exciting workshops conducted at the public libraries for parents. Come and hear from the experts on how you can enhance your child's early literacy and numeracy skills, optimise brain development in your infants and toddlers, and manage your child's behaviour. Admission is free — register online at www.nlb.gov.sg/golibrary or at the library eKiosks. Seats are limited!

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FLY THEM

Get the children excited about the Mid-Autumn festival with this kid-friendly spin on mooncakes.

The Mid-Autumn festival is a good time to introduce young ones to Chinese culture. Make these sweet red bean paste jelly mooncakes and share with your child the legend of how Chang E flew to the moon. The kids will love it, and adults will appreciate that this snack is also fat-free and high in fibre. ♥

to the moon

RED BEAN
JELLY
MOONCAKE

MAKES
ABOUT
9

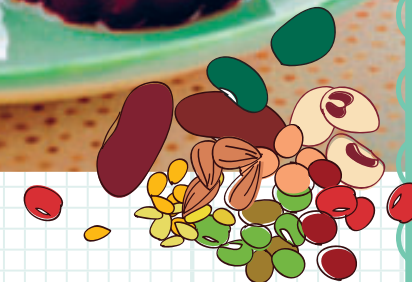


WHAT YOU NEED

- 4g agar-agar strips, soaked in water overnight
 - 500ml + 40ml water
 - 200g Japanese custard sugar* (white cane sugar)
 - 300g koshi-an* (fine red bean paste)
 - 5g kuzu powder*
 - Pinch of salt
- * Available at Meidi-Ya supermarket

FOLLOW THESE STEPS:

- 1 Line a 20-cm square tray with baking paper.
- 2 Drain the agar-agar strips and place in a small pan. Add 500 ml water and place over high heat. Bring the water to a boil and stir to dissolve the agar-agar. When the agar-agar is dissolved, stir in the sugar.
- 3 Strain the mixture into a bowl, then return it to the pan. Place over medium heat and add the koshi-an. Stir until the koshi-an dissolves and the mixture comes to a boil. Remove from heat.
- 4 In a bowl, mix the kuzu powder with 40ml water. Stir until the kuzu dissolves. Add 180 ml of the koshi-an mixture and mix well.
- 5 Pour the kuzu-koshi-an mixture back into the pan and bring to boil over medium heat, stirring well with a spatula. Let boil for 3 minutes, stirring all the while. Remove from the heat and stir in the salt.
- 6 Fill a large heatproof bowl with iced water. Place the pan in the water and stir the mixture slowly to cool it. As the mixture cools, it will become sticky.
- 7 Pour the mixture into the prepared tray. (If you use a jelly mooncake plastic mould, it makes about 9 small jellies.) Cover and leave to set. When set, refrigerate for about 30 minutes. Cut and serve, or store refrigerated for up to two days.



IMPROVE YOUR CHILD'S MOOD

Beans are a rich source of soluble fibre and helps to regulate blood sugars, which in turn leads to calmer emotions.



This recipe is taken and adapted from *Tanoshii Wagashi* (\$32, excluding GST), published by Marshall Cavendish.



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