

Activity Overload Balancing Your Child's Lifestyle

超负荷的活动使孩子的生活方式失衡

Even though provincial test results suggest academic skills are declining and standards are dropping, many parents appear to be too busy to pick up the slack.

尽管省考结果显示学生的学业能力正在下降，学业标准也正逐步降低，但是家长却仍然没有放松对学业的追求，并为此忙得不亦乐乎

When David Elkind wrote the *Hurried Child* best seller more than 20 years ago, it was a wake-up call to yuppie parents trying to push their children through childhood by rushing them to daycare, sports, dance, gym, other organized activities, and even trips to the mall at an alarming pace.

20多年前戴维·埃尔坎特写了《忙碌的孩子》这本书，当时很畅销，这本书唤醒了中上层的那些家长，他们是这样催促孩子快速地度过童年：他们匆匆送孩子去上日托，做运动，学跳舞，学体操以及参加其他有组织的活动，甚至还会定期去带他们去逛商场，其频繁程度非常惊人。

The book also cited the lack of "quality time" parents spent with their children. Sadly, a recent Stats Canada survey of almost 11,000 Canadian families indicates that both high and low income families spend less than half an hour each day teaching, reading and playing with their children, even though they have reported spending about five hours of leisure time each day! In general, these parents said their lives were too "rushed".

这本书还提到了父母缺乏与孩子相处的“有效时间”。令人伤心的是，最近加拿大对11,000个家庭进行了调查，结果显示不管是收入高还是收入低的家庭每天都只花不足半小时的时间教孩子，读书给孩子听，与孩子们一起玩，尽管他们自称每天有五个小时的休闲时间！一般这些家长都说自己的生活太忙了。

This presents a dilemma: "hurried" children may fall behind academically due to lack of engaged time in after-school learning, while their parents provide minimal support to counteract this problem. Fortunately, some parents have responded by making a concerted effort to help their children academically or contract out to private schools, tutors, and supplemental education programs, such as Kumon Math & Reading Centres, to bridge the gap.

这就体现出一种两难的困境：这些“忙碌的孩子”因课后学习时间的缺乏而导致成绩落后，而家长却只给予极少的支持帮助他们解决这一困难。幸运的是，一些家长已经通过商议努力帮助孩子们的学习，或者与外面的私立学校、家庭教师以及像库门数学和阅读中心等辅助教育项目协定来缩小这种差距。

Dr. Michael Luther, an Educational Specialist with Kumon Math and Reading Centres suggests parents ease the pace and give their children a more balanced lifestyle in the following ways:

库门数学和阅读中心的教育专家迈克尔·卢瑟博士建议，家长们应该放慢速度，通过以下方式给孩子们一个更加平衡的生活方式：

- Give your child up to two hours a day of "quality time" to engage in learning, reading or even playing together.
- 每天花两个小时的“有效时间”和孩子一起学习、读书、玩耍。
- Let your child play, be a 'kid' and develop creativity.
- 让孩子尽情地玩，让他们做回无忧无虑的孩子，培养他们的创造力。
- Don't overbook your child in sports, dance, skating, karate, music, second language training and other organized activities. One leisure and one educational activity a season may be sufficient.
- 不要给你的孩子安排过多的活动，比如体育、舞蹈、滑冰、空手道、音乐、外语培训及其他的有组织的活动。每个季度安排一种娱乐活动和一种教育活动就足够了。
- Be there for your child by attending plays, field trips, school events, teacher meetings and homework sessions.
- 通过参与游戏、户外旅行、学校活动、教师会议以及家庭作业等活动来支持孩子
- Keep up to speed by observing your child. Learn what frustrates, challenges or intrigues your child.
- 通过观察你的孩子来持续加快其培养的速度。了解哪些会挫败孩子的信心，哪些对他们而言是挑战，哪些会激起他们的兴趣。
- Try not to make your children fulfill "your" dreams by forcing them to be the 'gifted', 'artistic', 'athletic' or 'beautiful' child.
- 千万不要为了达到你的心愿而强迫他们成为“天才”、“艺术家”、“运动员”或“俊男或靓女”。
- Support your child's learning by obtaining the books, supplies, magazines, hardware/software, furniture or tutoring that are needed to be successful.
- 给孩子提供成功所需的书籍、营养品、杂志、硬/软件、家具或课外辅导等以支持孩子的学习。

These tips combined with common sense should help your child lead a more balanced life. We don't want to rush our children through the magic of childhood or prevent them from reaching their academic potential.

这些建议加上我们的常识应该会有助于孩子们过上更加平衡的生活。我们不想让孩子们匆忙度过一个魔幻般的童年，也不愿阻碍他们在学业方面发挥自己的才能和潜质。