

Exploring the Current Situation of Urban Poor Children and Countermeasures

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Abstract: *With the continuous development and progress of cities, the issue of children in poverty has gradually become a key topic of concern. In this issue, due to the impact of the poverty problem, the children concerned often do not have the corresponding physical and mental satisfaction in the process of growing up, and this point has a great impact on their overall development of harm. In order to adequately address this issue, researchers have studied and explored the current situation of urban poor children, which has further sorted out the problems that exist in the daily lives of children who try to live in poverty. In this paper, the author analyzes the current situation of urban poor children's life from the perspective of high school students and puts forward some suggestions and opinions on how to improve the problem of urban poor children in the hope of further promoting the further expansion of urban poor children's living standards by combining a large amount of research data.*

Keywords: *Urban poor children; Current living situation; Main problems; Coping strategies; Optimization effect*

1. Introduction

With the development and progress of China's economy, the level of urban economic development has been significantly improved. However, in this context, there is still a corresponding proportion of poor children in cities, and this problem is gradually attracting attention. In daily life, the quality of life of urban poor children is often relatively poor, which leads to their material and spiritual growth needs cannot be reasonably met, which has sown great harm to the physical and mental growth of children. In the process of social development, actively paying attention to and solving the problem of urban poor children is an important part of promoting the quality of life of urban people, and it has important auxiliary significance for the achievement of socialist goals.

2. The significance of conducting research on urban poor children

As a special group of urban children, urban poor children often come from poor families with no means of living. Practice has shown that the families of these children are often relatively poor in terms of financial ability, and their monthly fixed income is small, which cannot meet the demands of the children's growth process, thus laying a hidden danger for the children's growth ^[1]. For the present, with the increasing level of urbanization, the problem of urban poor children has become an important factor in the development of smart cities, therefore, the active analysis and exploration of the problem of urban poor children. It has become a key issue of concern to the general public.

3. The current situation of the life of urban poor children

3.1 Poor family economic ability and low living standard of children

For urban children, their families are often in a poor state and their economic ability is relatively poor, which makes it difficult to meet some of the demands of children in the process of growing up, which has a certain impact on their physical and mental health. On this issue, a large number of research data show that the purchasing power of poor children's families is often poor due to the low economic level, which leads to poor children often can only meet the most basic needs of life, which is not conducive to the further protection of their physical and mental health ^[2]. Taking diet as an example, most families of poor urban poor children spend less money on food expenditure, which makes it difficult for poor children to get reasonable nutrition supply in their daily life. In this regard, some

survey data show that about 60% of poor children's families can only eat meat two to three times a month, and 40% of poor children's families need to pickle their own pickles at home and make them an important part of their diet. For children, as they are at the important stage of growing up, insufficient nutrition supply may lead to poor physical development of poor children, resulting in poor children being relatively thin and weak, and prone to illness.

3.2 Children have low self-esteem and are prone to excessive behavior

In daily life, due to the influence of family poverty, some poor urban children often have a certain degree of inferiority complex in daily life, which leads to relatively little communication with other children of the same age in their daily lives, thus laying hidden dangers for the psychological health and interpersonal skills of poor children. At the same time, some parents of poor children repeatedly instill the concept of family poverty in their children's lives, which is not conducive to the reasonable growth of a good mentality of poor children^[3]. For example, some parents of children from poor families often tell their children when communicating with them, "Don't grab toys with other children, we can't afford to pay for the damage." "Don't have conflicts with others outside, and don't fight with others, we don't have money for medical care at home." As children grow up, due to this problem, many poor children tend to develop a certain inferiority complex, which is extremely detrimental to their mental health. Due to the influence of related factors, many poor children often have problems such as isolation, low self-esteem and poor communication with others in their daily life. This is extremely unfavorable to children's physical and mental health and social stability.

3.3 Poor education implementation and weak cultural ability

From the perspective of education, urban poor children tend to be less educated than other children at present^[4]. During the educational work, many poor children have relatively less learning materials due to the lack of corresponding financial support, which is not conducive to the poor children can achieve an effective understanding and perception of knowledge. On the other hand, due to the lack of opportunities for practical exploration and knowledge analysis, poor children's cultural understanding is relatively poor, which has a certain impact on the optimization of their academic performance. In family life, due to poor families, children's family education resources are often relatively scarce, which makes it difficult for poor children to effectively establish the ideological awareness of teaching through learning, which has laid certain hidden dangers for the growth of poor children. During education and teaching, because poor children are not good at communicating with others, it is often difficult for them to raise their doubts in the learning process with teachers in a timely manner, which leads to many hidden problems in the construction of poor children's knowledge base framework and is not conducive to their effective systematic learning and investigation of knowledge. At the same time, both in terms of teaching resources and school teaching standards, schools for poor urban children are lower than those for ordinary children, which is not conducive to the reasonable guarantee of educational equity and has laid a hidden danger for the optimization of the overall quality of cultural education for urban children.

3.4 Lack of extra-curricular activities and spiritual emptiness

From the perspective of extracurricular activities, for poor urban children, whether or not they have to pay for extracurricular activities is often an important criterion for their participation. Due to financial constraints, poor children are unable to participate in a large number of extracurricular activities, which leads to a lack of extracurricular life and is not conducive to the reasonable adjustment and continuous optimization of children's psychological state^[5]. From the perspective of growth, the imagination and creativity of urban children are often difficult to be fully developed in childhood due to the limitations of many objective factors, and their attention to the objective society and real life is relatively low, which makes it difficult for poor urban children to be reasonably expanded in the spiritual aspect, and then causes the emptiness of the spiritual world of children. Due to this problem, a large number of urban poor children often have difficulty in expanding and extending their thinking ability in the subsequent learning and growth process, which has laid a hidden danger for the growth of urban poor children.

4. Strategies to deal with the problem of urban poor children

4.1 Improve the urban low-income insurance system and provide economic support for poor children

In order to further promote the core solution of the problem of urban poor children, the relevant departments should actively pay attention to and explore the relevant issues, so as to further improve the urban low-income insurance system. During this period, by making a reasonable investigation of the situation of urban poor children and formulating corresponding welfare policies for poor children with the relevant problems, the economic income of urban poor children's families can be further improved by combining administrative power, which is good for the improvement and optimization of urban poor children's quality of life ^[6]. At the same time, the development of medical insurance programs for poor families can help to fully reduce the medical expenses of poor children, thus alleviating the economic pressure of their families. By doing so, it can ensure that poor children's families have more discretionary funds, which is of positive value for the improvement of poor urban children's health. At the same time, in order to further optimize the health of urban poor children, schools should provide free bread and milk to urban poor children to further improve their nutritional supply. In the process of food distribution, food for poor children should be distributed together with children from normal families to avoid distributing food for poor children alone, which may lead to psychological shadows or low self-esteem.

4.2 Conduct psychological counseling for children and guide them to establish a positive attitude

In the process of urban poor children's growth, in order to further promote the improvement and optimization of their psychological health, the relevant personnel should actively communicate and exchange with the children, so as to help the children further realize the cultivation and optimization of their psychological health in the process of growth. During this period, the psychological guidance for poor children should start from three aspects. First, teachers should communicate with poor children in the teaching process and patiently answer questions from poor children, so as to help poor children to relieve tension and low self-esteem and other negative emotions. During this period, through active love education, teachers can make poor children feel the respect from teachers in the process of communication with teachers, which is good for the regulation of poor children's psychological state ^[7]. Secondly, teachers should actively encourage other students in the class to communicate and interact with poor children in their daily teaching work, thus combining various teaching activities to help poor children realize the transformation of their psychological state. Finally, in the family life, parents should pay attention to the communication with their sons and daughters, so as to help them effectively achieve the continuous expansion and optimization of their physical and mental health. In this regard, the timely guidance of their children in life can help to eliminate their negative emotions. In family life, parents of poor children should avoid repeatedly emphasizing the topics of "poor family" and "no money" in front of their children to avoid frustration and influence on their children's mind. At the same time, parents should pay attention to identifying and guiding their children when they are in bad moods, so as to help poor children eliminate their tensions.

4.3 Enrich the educational model and ensure the expansion of the child's educational model

During the development of cultural education, teachers should pay attention to the expansion and exploration of education models in order to further help poor urban children realize their knowledge and understanding, so as to effectively promote the diversified development of teaching work. On this issue, a lot of research data shows that perfect teaching guidance can reasonably promote the optimization and improvement of teaching mode, which has good significance for the diversified development of teaching work. In order to further improve the quality of education and teaching, the education department should effectively coordinate among schools and promote the reasonable development of inter-school exchanges and cooperation, so as to effectively promote the scientific integration of educational resources in each school, ensure the diversified development of education and teaching, give full play to the guidance role of advantageous teaching resources, and help poor children combine rich teaching resources and diverse teaching modes to achieve. The aim is to help poor children explore knowledge in a comprehensive way with rich teaching resources and various teaching modes ^[8]. At the same time, during the daily teaching work, educators should also actively analyze and sort out the characteristics of poor children, so as to effectively promote the diversified development of educational work models. During this period, a large number of research data point out that by effectively combining teaching with the actual situation of poor students, teachers can further

enhance the strengthening of the relevance of educational guidance work, which is an important auxiliary significance for the improvement of the quality of educational work for poor children. In addition, it is not enough to simply innovate school education; during this period, teachers should strengthen reasonable communication with parents of poor children, and effectively promote the construction of the home-school cooperative education mechanism.

5. Organizing extracurricular interest activities to enrich children's daily life

In order to further promote the cultivation and development of the mindset of poor children in cities, the relevant departments should actively organize and create extracurricular activities and lower the fees for these activities, so as to provide a variety of extracurricular activities for the public good. Through the reasonable promotion of related work, it can provide more possibilities for urban poor children to participate in extracurricular activities, thus helping them to effectively enrich their extracurricular life in order to promote the optimization of their physical and mental health. Practice has shown that through the proper implementation of the relevant work, urban poor children can further realize the effective understanding of society and life in the process of practice, which is crucial to the optimization of their healthy mentality. At the same time, the analysis of a large number of poor children's data shows that under the guidance of the relevant work, they can make more friends and express their emotions effectively through daily practice activities, which is a good guide for the continuous optimization of poor urban children's physical and mental health. In order to achieve this goal, the relevant departments should reasonably create and open public welfare venues, combining museums, libraries, science museums and other related venues to provide more paths and channels for poor urban children to acquire knowledge and enrich their lives.

6. Conclusion

In order to further promote the overall growth of urban poor children, relevant personnel and relevant departments should actively do a good job of analyzing and examining this problem, so as to develop breakthroughs based on the factors that lead to the limited physical and mental growth of urban poor children, in order to effectively promote the continuous improvement and optimization of the quality of life of urban poor children. During the specific work, specific strategies should be formulated and improved from various perspectives, such as daily family life, mental health, cultural education and extracurricular activities for urban poor children, so as to comprehensively promote the expansion of the living standard of urban poor children. It is believed that with the continuous promotion of relevant work, the living standard of urban poor children in China will be significantly improved, which lays a solid foundation for the comprehensive growth of poor children.

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