

Strategies on Family Education under the Background of the New Era

Yunfei Deng^{1,*}

¹Xin Shiji Middle School, Zhuhai, 519000, Guangdong, China

*Corresponding author

Abstract: Family education is of great significance, which not only affects the personal growth and the happiness of life, but also related to the future and destiny of the whole country. Under the background of the new era, the country has put forward higher requirements for family education. This paper plans to combine the current current situation of family education, deeply analyze the difficulties of family education, explore the solution of family education, and provide guidance and suggestions for family education.

Keywords: new era, family education, status quo, dilemma, guidance, relief

1. Introduction

In recent years, with the rapid development of China's economy and society, people's living standards are constantly improved, and their material conditions are constantly enriched, but the students' spiritual life has not kept up with the pace of material growth. The rapid development of economy is followed by the adult life and work pace accelerated. Parents generally have not enough time to accompany and education children. Therefore, students generally suffer from the lack of mental life, thus addicted to mobile phone, and many other problems. Combined with study and life pressure, students' psychological problems, especially the junior high school students in adolescence, directly affects the healthy growth of contemporary teenagers.

Family, school and society are selected in the comprehensive study of mental health education for junior high school students. In the aspect of school, learning immersion was analyzed to study its impact on students' mental health.

Educational psychology is a science that studies the basic laws of the interaction between learning and teaching through scientific methods. It is a branch of applied psychology. Educational psychology as an independent discipline, from the initial attached to ordinary psychology or fusion in developmental psychology to become an independent discipline experienced a long and tortuous process.

The development of foreign educational psychology has roughly experienced four periods: before the 1920s, the period of American psychologist mulberry, Russian educator Ushinsky, pedagogy and psychologist capjet a group of psychologists wrote books published educational psychology, which laid the foundation for the creation of educational psychology.

In the period of 1920s to the late 1950s for development period, western education psychology fgreatly expanded from child psychology and psychological tests to subject psychology research. Psychologists Freud and Dewey has carried on a lot of related research, which greatly promote the development of educational psychology in this period.

Since 1960s, western educational psychology became increasingly concentrated, forming several recognized fields, including the relationship between education and psychological development, learning psychology, teaching psychology, evaluation and measurement, individual differences, classroom management and teacher psychology.

After 1980s, as the period of deepening and expansion, the combination of teaching and practice became an important field of concern for psychologists, and the development of educational psychology has entered a deeper expansion and deepening stage. [1].

On the contrary, the current domestic society for junior high school students' mental health problem

attention is not enough. Parents for children's mental health education cognition and attention, although school mental health education has been developed, but power is still very weak. Mental health teachers are part-time teachers, whose knowledge of mental health education theory and practical ability is not solid. Therefore, joint education between family, school, society is missing. The comprehensive mental health education of family, school and society is imminent.

In terms of special students, I will analyze the impact of the parents' understanding and acceptance of their children's psychological problems on the students' psychological rehabilitation, and help the parents to calmly accept their children's psychological problems and find the best treatment plan. For the aspect of society, study is the impact of community support and the overall social acceptance of special students on students' rehabilitation.

For example, in 2022, Beijing Winter Olympics, Gu Ailing is probably the most dazzling sports star. The 18-year-old Chinese girl with super psychological quality and superb skills, on the pressure, almost perfect presented the 1620 air turn super difficult action, won the 2022 Beijing Olympics freestyle skiing women's big jump champion, then won the women's freestyle ski slope skills silver and freestyle skiing U field skills gold medal. For a time, Gu Ailing reports instantly occupied the hot spots and headlines of major news and websites. "Ski genius", "Stanford outstanding student", "omnipotent girl", optimistic, cheerful, confident... Gu Ailing with the "heroic appearance of other people's children" attracted the envy of countless parents, but also triggered everyone's thinking, what kind of immortal parents can cultivate such excellent children?

When asked by Gu Ailing's mother Gu Yan how to raise such an excellent daughter, she replied: When Ailing was just in school, the teacher said: do not correct the children's wrong words and do not hit their creativity; praise them less for their intelligence and more for their efforts. I did both of what I did.

Some people say that Gu Ailing's mother is so excellent. She graduated from Peking University and was admitted to Stanford University for further education. She is also a part-time ski coach. Yes, Gu Ailing's mother is really excellent. However, despite her own aura, it is not difficult to find that her education method is not such a profound education philosophy.

With the increasingly deep popularity of advanced educational ideas at home and abroad, the educational concept of "protecting children's creativity, praising children with skills", many parents understand, and even many parents know more, but it is difficult for us to cultivate such excellent children.

Why can't so many parents make it even though they learn a lot of lectures by major experts or in others' successful parenting cases, such as advanced parenting concepts on TV and Internet? In the face of many puzzles of modern parent parenting, this paper plans to combine the current situation of family education, deeply analyze the plight of family education, discuss the solution of family education, and provide guidance and suggestions for family education.

2. Methodology

2.1 *The significance of family education*

First, In the long history of mankind, family education has always been the "home field" of education.[1] experts point out that everyone needs three major education processes, namely family education, school education and social education, and family education occupies a very important position in the three major education.[2] family education plays an irreplaceable role in school education and social education in the formation of children's ideological and moral character and personality.[3] family education not only affects the growth and happiness of life, but also related to the future and destiny of the country. Since ancient times, China has attached great importance to family education. Whether it is ancient parenting allusions such as "Mencius mother moves three", "mother mother", "and" Zeng Zi kills pig ", or famous [4] such as " Zhu Zi Family motto "and" Yan Family motto ", they all reflect the ancestors' attention to family education and wisdom in educating people. But since modern times, the country has been weak, and the cause of education has been seriously affected. Although the country attaches new importance to education after the founding of new China, and the school education has been rapidly restored and developed, but the degree of the society's importance to family education is far less than before.

Since entering the new era, China has faced the overall situation unprecedented in a century, and

opportunities and challenges coexist. In order to realize the grand Chinese dream of the great rejuvenation of the Chinese nation, the country has also put forward higher requirements for the training of talents. In 2021, the state successively issued the Opinions on Further Reducing the homework burden and After-school Training burden of Students in Compulsory Education and the Law of the People's Republic of China on the Promotion of Family Education. Family education and school education were kept together, and the state placed them in an equally important position.

2.2 Dilemma of modern family education

The importance of family education is self-evident, but family education is different from school education, and thousands of families are different, and it is difficult to carry out standardized management. As the main force of family education, the quality of the parents is even more uneven, and the confusion they face is the main dilemma of modern family education. To solve the difficulties of parents, the difficulties of Chinese family education can be solved easily.

Dilemma 1:	Parents are too busy with working. This is the biggest dilemma facing modern parents in family education. With the acceleration of the pace of the pace of life in modern society, many parents are busy with work, overtime is normal, no time to care about their children's education. Some of them are advanced intellectuals, advanced educational concepts, but lack time to accompany and educate their children. The network was once a very popular sentence: " children, lift the brick I can't hold you, put down the brick can not afford to support you."All the modern parents' helplessness and bitterness.
Dilemma 2:	Parents are powerless. Some parents really want to educate their children well, their own hardship, through the detours do not want their children to experience again. But but they do not understand the scientific education methods, do not know how to communicate with their children. When the child has a problem, usually choose to join the doctor, the expert's opinion to listen to, the friend's method to learn, but with little effect.
Dilemma 3:	Parents are not satisfied with the educational system. Some parents are very concerned about their children's education problems, and can also keep learning, often consult the parents of excellent children, is a regular visitor of various family education lectures, master a lot of parenting concepts, others' successful parenting experience is not less absorbed, but set their own children is not effective. For example, I heard that other parents to prevent their children to be addicted to mobile phone games is to enrich their children's after-school life, buy more extra-school books for their children, take their children out more, let them do what they are interested in and so on. It sounds very reasonable, but a practice just found that this method is very useful in other people's children, but to their own children are completely do not work. The extracurricular books bought for the children at a glance, the door out all day long, shut yourself in the room, not to mention to do anything interested in.
Dilemma 4:	Parents' awareness of family education is weak. Some parents ignore the importance of family education, think that the education of children is a matter of the school [5], the education of the children's family education is seriously missing, completely hope for education in the school.

2.3 Solutions to modern family education

In the face of the various difficulties of modern family education, it is obvious that it is difficult to solve the difficulties only with the strength of the parents, which must integrate the community, school, family and other forces to form a comprehensive education force of the whole society and help the family education out of the difficulties. The suggestion can start from the following aspects:

2.3.1 Improve parents' awareness of family education through multiple channels.

In view of some parents' weak awareness of family education and other problems, we must make parents realize the importance of family education, and fundamentally change their ideology. The consciousness of family education is deeply rooted by many factors such as parents' education level,

social experience and the practice of family education. It is difficult to change, which needs long-term imperceptible and continuous strengthening and adjustment in practice. Therefore, the change of parents' family education consciousness cannot be done by the unilateral power. This requires the national education department to integrate the social education experts, schools, communities and other forces through multiple channels. On the one hand, the government can lead to hold regular public welfare family education lectures, in various online and offline ways, and encourage and guide parents to actively participate. On the other hand, schools are required to play the role of the main position of education, and to use parents' meetings, home visits, daily communication and other ways to instill the significance of family education, and to guide parents to practice. At the same time, the community can often hold parent exchange meetings or symposiums to publicize the importance of family education.

2.3.2 Strengthen the guidance of family education.

As the authorities of family education, parents are often difficult to find their own problems, and they are easy to attribute the failure of family education to their children, resulting in a vicious circle. Even if the parents know their own problems, it is difficult to calmly find a solution to the problem. We can learn from the experience of family education guidance in developed countries such as Europe and the United States, expand the team of family education instructors, and provide free professional family education guidance for families in need. Through guiding the change of parents' consciousness, help parents based on the actual situation of their own family, find out the advantages and disadvantages of oneself and family members, try to avoid their own shortcomings affect children at the same time, their own advantages amplification and applied to the child's education, in their own level, the effect of family education play to the best. For example, when you are busy with work, try to improve the quality of company in a limited time. Do not understand the scientific education methods to learn more, consult more. Another example is that the cultural level is not high, can not help children's homework, but love sports. Then give full play to their strengths, take more children to exercise together, not only can establish a close parent-child relationship, but also can cultivate children optimistic, confident, strong, brave personality. Ask optimistic, confident, strong, brave children how can the life is not happy?

2.3.3 Activate the role of school after-school tutoring.

In view of the problem that parents are too busy to educate their children, China has started after-school tutoring. But the quality of after-school delayed tutoring is uneven, and many parents said it was not helpful. Some parents said that their children's delayed tutoring at school is to participate in a variety of extracurricular activities, without substantial after-school tutoring. Originally, because of the busy time, pick up the children home time is relatively late, home to tutoring homework, no time to carry out other aspects of education. To really solve the problem that parents have no time to educate their children, the school of delayed tutoring should not become a mere formality, and we should effectively play its role to reduce the burden for parents and children. Let the communication between parents and children is not limited to homework, most of the subject homework arranged in school, so that parents and children have more time to communicate thoughts and emotionally, better play the role of family education.

2.3.4 Integrate the resources and strength of the community

Parents who have no time to take care of their children is a serious problem in family education. They can also rely on delayed school tutoring during school, and weekends and winter and summer vacations are the most nerve-racking problems for parents. The integration of community resources and the participation of community forces can well solve this dilemma. First of all, the community can make good use of the existing cultural centers and various types of activity centers to create safe and warm activity places for their children. Secondly, for children who have no one to cook at noon, the community can use the current canteen for the elderly to prepare lunch for these children. Thirdly, the community can mobilize social workers, college student volunteers and parent volunteers who have time to provide free services for students in the community. For example, social workers and volunteers hold a variety of small fun activities according to their own strengths, for weekends and winter and summer vacation homework tutoring.

In short, family education is not only the problem of every family, but also the whole society, only the society, school, family and other parties to do a better job in the education of the next generation.

3. Conclusion

Back to the beginning of the article, it is not difficult to find that the success of Gu Ailing education is not as simple as what Gu Yan himself called, "protecting children's creativity and skillfully praising children". Gu Ailing's parents are both top students from famous universities. They have a deep understanding and a firm belief in scientific education methods, and they know how to consistently implement them. And can support Ailing to learn basketball, football, surfing, rock climbing, skiing, piano and many other projects, the family economic conditions are certainly good, it is not the ordinary family can reach. In addition, the maternal grandmother is also said to have had a profound influence on Ailing. All aspects of family education factors affect the growth of Ailing, and her growth path cannot be reproduced by others. Similarly, the actual situation of each family is different, and each child has its own characteristics, so that no education method can be simply copied. Although we are not "Gu Yan", fortunately, we don't need to raise our children into "Gu Ailing". The child will eventually become himself, and have his own wonderful life!

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