

# The dilemma and way out of Chinese mothers' parenting under the "double reduction" policy

Zhongmei Wang<sup>1,\*</sup>

<sup>1</sup>*School of Education Science, Gannan Normal University, Ganzhou, Jiangxi Province, China*

*\*Corresponding author*

**Abstract:** *A mother has had a huge impact on a person's growth. Due to the backwardness of modern civilization, women did not receive due education, this "discovering mother" is the theory and practice of enlightenment for family education and socialized family education. Under the current "double reduction" policy, the education has some errors in the parenting, we give practical measures, such as: the change and improvement of the parent and family education concept is the key to the growth and progress of children, strengthen maternal education publicity, establish the concept of lifelong learning, the necessary parental leave for mothers, and spend more time to communicate with their children. To help with China's education.*

**Keywords:** *double reduction, maternal education, parenting, measures*

## 1. Introduction

Jiangshan is silver, and my mother is gold. The reason that triggered the author to write this book is that the author saw that the Japanese writer Kimura Hisaichi is —— Early Education and Genius. This book deeply fluctuated the author's life experience, deeply shocked the author and activated the author's experience, thus the author went back to the past again. The author wrote this book to find his own spiritual self, but also made a great contribution to Chinese education, the author hopes that people all over the world read this book, not only read this book, but to read the father, mother, but also read such a noble person. Therefore, may the world people read it together, and may the world people encourage it together and do it together.

## 2. Introduction to this book

"Discover the Mother" is a mother education monograph written by the author Professor Wang Donghua for ten years. From the perspective of a mother, the author thinks seriously and deeply about some nuclear and qualitative issues of human society, raises a series of major issues concerning the fate of the whole mankind, and introduces readers to a new maternal realm.

After the publication of the book was published, the book, it had a wide influence on the society and won the 14th China Book Award, triggering a lot of comments, quotation or promotion from scholars concerned about education and literature. Mo Yan, a famous writer, said, "This is a very interesting topic about the mother's physical and psychological confusion. In Wang Donghua's narration, in reality, many of us think that very ordinary and normal periods can be shocking and thought-provoking." Wang Mi, a famous editor, said, "This is a rare original work. The author did not copy and write, piece together, but quietly write out. Throughout the book, this book is completely the author's investigation of the education history, women history and cultural history at home and abroad, and it is not simply blind worship and obedience to these histories. The author also has a judgment analysis, which can be seen that this is completely the crystallization of the author's independent research and thinking. Not only that, but also embodies the author's "saint-style" dedication to the mother's education cause, reflecting the author's social responsibility for the country and the people and the sincere heart of serving the country." Famous critic Meng bustling comments: "" found mother " not only from the general sense discusses the important influence of a person's growth, but from culture, sociology, education and other different perspectives reveals the process of modern social evolution, the mother role quietly become easily, social concept of maternal dominance and education system of maternal remodeling."

Over the years, there have been relatively few research papers on mother education in China, and historically, little attention has been paid to it in China. This book should be a good look, for us to understand and learn from the parenting experience, to provide good guidance.

### **3. The main problems of parenting for Chinese mothers**

In ancient China, there were many stories that showed that the mother attached great importance to the children's education, such as the Mencius mother moved three times. But modern society seems to demand women. As a woman, I not only take care of her family but also make my own money. Under the requirement of multiple roles, yes mothers must abandon some things. Most mothers do not know enough about the importance of their children's education. Now mothers do not realize that what they really abandon should not be the education of their children. There are also many mothers' educational literacy has serious deficiencies in the sense of education, the traditional sense of education concept deep into the mother's heart, lack of necessary educational psychology knowledge, improper use of educational methods and other problems.<sup>[1]</sup>

#### ***3.1. There is a serious shortage of educational responsibility.***

There is no family education in China today, and there are still many mothers in China who do not realize the significance of "children" to society. In the traditional sense, continue to parenting, mother invested more time, the author in the book also mentioned the Soviet famous educator suhomlinsky viewpoint: " the family is the child's mother school, mother is the child's first, and lifelong teacher, the importance of mother education accomplishment is how to estimate not too much." <sup>[2]</sup>

In the modern society, the voice of "female liberation" is getting higher and higher, and women also pursue more freedom. As a result, the education of children's education is ignored, and the investment of the family is very little time, causing some harm to the whole family relationship. According to Professor Li Meijin's research on criminal psychology, the upbringing style from birth to age six is the most important for a child's life. Research on child development psychology in this regard also shows that from 6 months to 2 years old is the special emotional connection stage between baby and mother.<sup>[3]</sup> If mothers ignore their children's upbringing at this stage, it will be difficult to educate in the future. In China, many parents "only do not teach", which leads to the physical and mental development of many left-behind children. These phenomena may be the consequences of the poor family economy, but when we think about it, is making money really so important? More important than a child's education?

Unfortunately, many parents do not think deeply about these problems, do not realize what the core of the problem is, and the lack of responsibility for their children is the current behavior of parents.

#### ***3.2. The concept of education in the traditional sense is deeply rooted in the maternal heart.***

Today's education or pay more attention to the development of children's intelligence, rarely let children accept the real sense of quality education. In fact, not only the mother's parenting concept is such, the whole social vane has not been completely reversed. With the continuous progress of The Times, the family living standard is also improving, although some parents have realized the importance of education, but we can still see that many parents still send their children to the cram school to the cram school, just to mention the children's school performance in the class, parents and children's academic performance is very care about. Chinese parents are educating their children. If their children do poor grades, they will only scold them, and Chinese parents like to compare their children with their neighbors or children in the class. This comparison method, in the book Discover Mother, many mothers still make this kind of mistakes, even if some parents know it should not, but they still can to educate their children.

The lag of the concept of The Times makes the modern mothers know very little about the latest education concept of —— quality education. Maybe a lot of parents have heard, but know little about the connotation and essence of quality education, or their education concept in the child's intellectual development, knowledge ability and the children's labor education and rest time, many children back heavy bag, back home is doing homework, and in the big city, every weekend is the child's cram school time, parents afraid of their children lose at the starting line. Mothers have never thought about their children's inner thoughts, so their children still have some psychological problems. In the past, the learning task is not so heavy, but also can play with peers, now children have too much homework time dominated by parents and teachers.

### **3.3. Lack of the necessary knowledge of pedagogy and psychology.**

The lack of knowledge of pedagogy and psychology is also a thorny problem for parents. As mentioned in Professor Wang Donghua 's book "Discover a Mother", it is necessary for mothers to learn the necessary educational knowledge before becoming a mother. The lack of educational knowledge is the most prominent among rural mothers, because in the countryside, the mother's cultural level is not high, and in a relatively narrow space activities, little understanding of the outside world, the children's education is also used a lot of "local methods". There are also a lot of parents for children, the above of left-behind children are often in the countryside, the child education, even if the mother, if there is a boy, there is a girl, Chinese traditional thought that the boy is a treasure, the girl's education. However, the importance of women in society and that women can change society.

More profound understanding of this point is the recent "July 1 medal" winner —— Zhang Guimei, an ordinary people's teacher. She founded the country's first free girls' high school, and helped more than 2,000 girls in mountainous areas out of the mountains. For the future of the girls, Zhang really fought in the mountains. Teacher Zhang Guimei knows that a girl's achievements can change the fate of three generations, the mother's gestation is from a small girl began. Even though Zhang Guimei, a 64-year-old teacher, suffers from various diseases, even though her health is not as good as before, it is difficult to climb stairs, but every morning, she will insist on one thing, turn on the lights for students and start to read in the morning. Too much moved, as a people's teacher, so much attention to children's education, especially for women's education.

### **3.4. Improper use of educational methods**

Some scholars have divided the current education methods of mothers to their children into the following types: authoritative, autocratic, laissez-faire, democratic, etc. Obviously, we should accept and choose or use democratic parenting methods, the first three parenting methods are not suitable for children's physical and mental development. In the previous traditional educational background, is it appropriate for children raised under the disciplinary form of "filial son under the stick" in today's era? In fact, many teachers also use educational punishment. In March this year, the "Primary and Secondary Education Punishment Rules (Trial)" (referred to as "Educational Punishment Rules") was officially promulgated on December 23, 2020, and implemented on March 1, 2021.<sup>[4]</sup> The reason why the policy is introduced is that because many teachers have educational punishment behavior, some "abuse" and some "common use" phenomenon. Parents will also punish education, and parents will not restrain their anger and punish their children for doing their homework.

Standing in the perspective of parents and teachers punishment, they feel for children good, "play is kiss scold is love", although eventually we all want to achieve the purpose of education, but we impose education punishment for students, consider or stand in the perspective of the child, sometimes the child's parents or teachers is hard to detect, so now there will be frequent suicide, self-harm, jump off a building. In addition, parents in the face of many parenting methods have cognitive mistakes, many students 'parents see a student's excellent performance according to the model of their own children also apply this form of education, and did not integrate, carefully analyze their own children's situation, children's personality, habits and so on are different. Just as no two identical leaves are found in the world, each individual is unique, and education should be taught in accordance with their aptitude.

## **4. "Double reduction" policy under the main parenting measures recommendations**

In the face of the above mentioned above, it tells us that the current education of children is urgent. In the book Discover Mothers, it is mentioned that only by educating mothers can the problems existing in mother education be effectively improved. Different from the way of school education, family education has a subtle influence on words and deeds. Many scholars believe that the quality of mothers affects and restricts the quality of the nation to some extent, and determines the future of the country and the nation. In modern society, the standard to measure whether a mother is qualified is not the mother's educational level or educational level, but the mother's educational quality. Therefore, the exploration of the new mother's education concept is based on how to improve the mother's educational literacy.

#### ***4.1. The change and improvement of parents and family education concepts is the key to children's growth and progress.***

In the process of education, more feel the important position of parents in education, even play a crucial factor, because in the minds of children, parents and family is his biggest rely and mind, this is why people often say: "a great mother benefit three generations", "a good family education affect people's life".

School education can be a guide, The role of the help, If the parent and family education concepts have not changed and improved, Then the students will eventually be confused in the conflict again, And it has caused a lot of problems, This will certainly create a vicious circle, In fact, when we feel that our education does not serve the intended purpose, We should change our educational methods and thinking, In order to find a more appropriate, More appropriate methods of education, Education is also constantly advancing and improving in the process of exploration and adjustment, The difference in the children's growth stage, The methods and ideas of education are also different, But with the end end the same, In order to cultivate independence, dare to innovate, Talent going beyond, As an educator, We must first be able to innovate and surpass by ourselves, And can give parents appropriate advice and help, With the cooperation of the parents, Only in this way can excellent talents be cultivated.

Hope parents in helpless, don't take compulsory measures, so children psychological influence is too big, even ruined children life happiness, more hope parents very good communication with the teacher in charge, using appropriate methods and skills to guide children, why here two words, is very clever meaning, our education is invisible, only invisible education can guide and education children, this is very subtle, also hope that parents can have their own opinions and thinking, and communicate with other parents of the same age, I think this will find a good way.

Child is a subject, not an object, which determines that we should cultivate his thoughts, independent ability, judgment ability, problem-solving ability and so on, this is a very complex project, I hope to be cautious, for the child's future, but also for the future of your family.

#### ***4.2. Strengthen the publicity of maternal education and establish the concept of lifelong learning.***

In the context of lifelong learning, mothers should establish the concept of lifelong learning, the knowledge and skills of raising and education should be constantly updated, and the knowledge education of their children should keep pace with The Times, and then strive to improve their own quality. Studies have shown that the level of maternal education can positively predict the academic self-esteem of teenagers, so improving the level of maternal education is of great significance to promote their positive upbringing and reduce their negative upbringing, and then promote the formation of positive academic self-evaluation among teenagers.<sup>[5]</sup>

With the rapid development of today's society, the political, economic, cultural, social and ecological aspects continue to develop and improve, and the knowledge is also developing and changing rapidly, and then the knowledge and skills for children's upbringing and education are also constantly changing and updated. This requires parents to be aware that the knowledge and skills of raising and education are constantly developing and changing under the physical and psychological characteristics of their children in different stages of physical and mental development. When parents raise and educate their children, their own accumulated knowledge and experience of family education is not enough to deal with the development and growth of their children, and then they will produce difficulties or problems in family education. Therefore, parents are satisfied with family education guidance, and should rethink the role and responsibilities of parents. Parents want to better for their role positioning and their responsibilities, we must pay close attention to family education guidance, actively participate in family education guidance, provide centralized guidance, individual guidance and text audio data guidance of a variety of guidance forms, efforts to improve their family education literacy, actively pupil raising and education practice.

In terms of the selection of family education guidance content, the guidance content should be selected in line with their own satisfaction, comprehensive and systematic way. The parenting knowledge and parent-child communication in communication and social communication are the most important, as well as they should take into account communication and social communication, psychological adjustment and family management.

#### **4.3. Policy, take the necessary parental leave for mothers.**

Policy-wise, give parents parental leave. The introduction of the concept of parental leave means that fathers and mothers share the same responsibility for childcare. At the same time, it will also help improve the improvement of women's status in the workplace and reduce the discrimination of married women in employment. This is a good policy. Singapore has parental leave. Take many Chinese parents for example. They had 15 days of annual leave, but go to the hospital frequently after having children (vaccines, examinations, etc.). If they ask for annual leave, it costs very fast. But if I give back 15 days of parental leave at the company and the child needs anything, I don't have to worry about taking a leave. Although not necessarily will take the rest, but the hand of the false, the heart is not panic. Mothers have more time spent on their children.

However, in the book *Finding mother*, there is not much explanation of the policy advice. The author just describes the phenomenon to the readers, but it does not give more policy guidance.

#### **4.4. Behaviorally, mothers should spend more time communicating effectively with their children.**

Give full play to the advantages of children, develop the potential of good children, in education, there is a special branch of preschool education, in development psychology, there is also a huge space and countless research results to explain the development of infants and children, it can be seen that the development of children at this stage, is not simply a few words can finish. Infants, early childhood stage, their thinking, behavior, cognitive and other abilities, and our almost day is different, even for the same stage of infants, the difference of one or two months, all aspects of the ability will be much different.

So if you really want to respect them, you have to understand this group, understand their physical development at each stage, cognitive development, and emotional and social development, so as to reduce the probability of misunderstanding them, so as to communicate effectively with children. Sometimes silent language is also of great help to children. Research shows the effect of mother's gatekeeper behavior, and emphasizes the role of adolescent development stage in it, which has a certain guiding significance for family education practice.<sup>[6]</sup> So words and deeds in the parent-child relationship.

#### **References**

- [1] Li Congna. *Reflections on the Current Chinese Mother Education [J]. Educational Exploration*, 2014 (12): 10-12.
- [2] Sukmothers linski. *One hundred suggestions for teachers [M]. Beijing: China Women's Publishing House, 1982:132.*
- [3] Chen Guomei, Feng Xiaoxia, Pang Lijuan. *Preschool Child Developmental Psychology [M]. Beijing: Beijing Normal University Press, 2006:282*
- [4] Ministry of education. *Disciplinary Rules for Primary and Secondary School Education (Trial) [EB/OL].(2020-12-23)[2020-12-28].*
- [5] Liu Xiao is planting. *The relationship between maternal education level and adolescent academic self-esteem: the mediation role of maternal parenting style and the regulation role of gender [J]. Psychological and Behavioral Research*, 2021,19 (01): 59-65.
- [6] Zou Shengqi, Wu Xinchun, Liu Chang. *Concept structure, theoretical interpretation and research outlook of maternal goalkeeper effect — [J]. Journal of Beijing Normal University (Social Science edition)*, 2016 (06): 41-49.