

Using Line Charts to Help Young Parents Become More Content with Teaching Their Children

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Abstract

Children's healthy development is the cornerstone of social harmony, the importance of family education for children's growth is self-evident, how to educate and cultivate their children is also the focus of modern society. Due to the lack of experience and relevant knowledge in the education of children, the disunity of family education ideas and their busy work, modern young parents are often unable to timely find problems and effectively solve related education problems in family education. Young parents need a set of effective methods to find and solve problems in family education in a timely manner. This work believes that line charts can help young parents find out related problems in family education in a better way, so that young parents know where to focus their energy and attention in family education. At the same time can also promote parents to take the initiative to learn relevant knowledge, better help children grow up healthily.

Keywords

Family education; Line charts; Child health development; Behavior change techniques.

1. Introduction

1.1. Problems Existing in Modern Young Family Education

1.1.1. Young Parents Are Full of Anxiety in Family Education.

Due to pressure of work and life, irritable, the young parents in education is lack of patience, their social experience, also make the parents more aware of the importance of learning, it is easy to the cognitive map to family education, full of too high expectations of their child, part for the children to give up the work and the life that you want to admire the young parents, This is even more obvious. At the same time, due to the influence of the external atmosphere, a variety of education and training institutions "not learning is too late" education propaganda, also let many young parents fall into the academic performance, ranking and so on to evaluate the success of their children's education error. The direct behavioral response of parents' anxiety is to increase the learning intensity of children [1].

But early learning pressure, high expectations will also increase the pressure of children, and even produce depression, anxiety, weariness, autism and other problems, is very not conducive to the healthy growth of children. At the same time, the anxious behavior of young parents will make parents more likely to ignore the psychological, emotional and other needs of their children in their growth.

1.1.2. Young Parents Lack Knowledge in Family Education

According to the survey on the status quo of family education knowledge of young parents and the questionnaire on countermeasures, 69% of young parents choose to obtain knowledge and seek help only when they encounter problems in the process of education; Fourteen percent of young parents formed learning habits to drive learning because they realized the importance of family education knowledge [2]. It is undoubtedly very dangerous to learn relevant knowledge and seek solutions only after problems have emerged. Children's growth is not a

game that can be repeated. Young parents need to learn relevant knowledge of family education more autonomously.

Among the educational guidance available to parents, early education institutions play an important role, while the government and university research institutes do not provide sufficient guidance and support to parents [3]. However, the educational concept of early education institutions lacks applicability, lacks awareness of family education, and the institutions are too commercialized [4]. It can be seen that many parents have problems in the source of knowledge about family education, which also hinders young parents' grasp and correct application of knowledge about family education. At the same time, the first reaction of many parents in the face of family education is to search for relevant information on the Internet, but the information on the Internet is mixed, different perspectives, different causes of problems, can not be used as an accurate reference information for family education.

1.1.3. The Concept of Young Family Education Is Inconsistent.

Different educational concepts of family members make children accept the influence of different values in education, which easily leads to the formation of a dual personality, a decreased ability to distinguish between right and wrong, and a low sense of social responsibility [5]. For children's education, parents should have a clear and common goal, maintain the same attitude and concept of education, can really promote the healthy growth of children. Only when children receive the same values from their parents or other elders and live in the same and correct educational environment, can they learn and grow better and have their own judgment when facing right and wrong, which will also promote the healthy growth of children both physically and mentally.

The gap in educational attitudes is most evident in "intergenerational education", where busy young parents often move in with older people or entrust their children to their care. It is often easier for young parents to overlook the problems that may arise when they are brought up by their grandparents' rich life experiences. Compared with the young, the elderly are more patient and have their own opinions in educating their grandchildren. However, at the same time, they often don't have high requirements for their children because of their love for them. Moreover, some old people often indulge their children because of their softness. At the same time, when grandparents educate their grandchildren, they adopt more experience education, which has a gap with family education under the concept of the current social scientific development concept [2].

Children have the "protection umbrella" of their grandparents and escape from parental education [6]. Young parents may lose their prestige in front of their children. In the implementation of family education, their own views and ideas cannot be transmitted to their children, and children are likely to have a sense of distance from their parents and hold an opposing attitude to some of their parents' ideas. At the same time, conflicts between young parents and old people are more likely to occur, which is not conducive to family harmony and will have a series of negative effects on the growth of children.

1.2. The Role of Line Chart in Family Education.

1.2.1. Family Education Line Chart

Inspired by behavior change technology, the author found that to solve a problem, the most important thing is to learn to observe the occurrence of the problem. Behavior change puts forward a complete set of process technology, the first is to find out what has to change the behavior of the target, and formulate the end target behavior, after baseline figure painting the behavior, and then to form a set of management plan, gradually shaping, use different methods to try to motivate and ultimately change the target behavior, came to the conclusion that And again, based on the current data, set a better plan to correct the target behavior. We can use the

principles of behavior change technology to extend the concept to the whole family education, let the family education line graph from beginning to end, before and after.

1.2.2. Family Education Line Chart Helps Young Parents Learn More About Family Education

Family education line chart is not only for the convenience of young parents to observe and educate their children, but also to urge young parents to take the initiative to learn family education knowledge. Self-directed learning can enhance adults' continuous learning ability and enthusiasm[7]. The process of drawing the line chart of family education for young parents is also a process of self-oriented learning. From the beginning of drawing the line chart of family education, young parents choose appropriate learning methods to obtain relevant knowledge of family education based on their own experience and ideas. Parents have strong motivation but insufficient motivation to participate in self-directed learning of family education knowledge, and their goals are not clear [8]. The content of family education line chart is a visual representation of the interaction process between young parents and their children. Whether learning relevant family knowledge is effective can also be directly reflected in the line chart. Intuitive feedback will also help young parents to enhance their motivation and make clear the purpose of making children grow up healthily. To realize the persistent learning attitude of young parents on family education knowledge, further enable young parents to better face the educational problems they encounter in life, and at the same time, find their own problems in the family education discount diagram and correct them.

1.2.3. The Line Chart of Family Education Changes Young Parents' Educational Attitudes.

Le Shanyao pointed out that the content of family education guidance should be more modern, including not only material but also parents' educational concepts. Therefore, he pointed out that one of the important tasks of family education guidance is to help parents change their ideas. With the help of family education line chart, family education is more modern and scientific. To strengthen the attention of young parents on their children, so that young parents can only focus on the results of children's behavior to focus on the change of children's behavior process.

Family education discount figure is also a member of the family for a common education child education concept and the behavior of the target benchmark, make family members when children in education, the overall concept can remain consistent, with the help of intuitive family education line chart, also can let the young will also be able to better communication between parents and their elders, young parents family education learning at the same time, It can also enable the elderly to learn and understand advanced educational knowledge, so as to better help the healthy growth of children.

1.3. Family Education Line Chart

1.3.1. Two Modes of Family Education Line Chart

In the author's idea, the family education line chart is generally divided into two modes, which complement each other. The first is the family education general chart, which will be summarized once a month on the basis of recording the interactions between parents or the whole family and children, or the things that happen in the family over a period of time. The second is the sub-plot of family education, which is a record mode and auxiliary mode based on the achievement of a certain project. If a child finds a bad behavior habit, he/she will set a goal to correct the current behavior as the goal, so as to carry out the corresponding education and record the correction situation.

1.3.2. Family Education Plot

The master chart of home education, based on a monthly basis, integrates the records once to identify problems and praiseworthy behaviors. Record the contents, such as, during the day, the time spent playing with the child, whether he told the child a story, how the child behaved today, or what he set an example or taught the child today, in order to determine whether the child has learned later. You also need to keep a record of your bad habits, your spouse's arguments, your family conflicts, etc. Family harmony is the basis for ensuring children's healthy, happy and happy growth [9]. Long-term recording behavior is also the embodiment of lifelong learning in family education and learning. Even those who have received good professional education may not be able to meet the needs of social development due to the accelerated updating of contemporary knowledge[10]. The correct method of family education is also not invariable, for example, the old beating and scolding education is no longer applicable. At the same time, the current education also promotes the return of the classroom to students, which is an educational reform, not necessarily the direction of family education, so that children have more room for self-choice and play. Only by continuous learning and thinking can we help our children to grow up better and help our families to become truly warm, harmonious and comfortable harbour.

1.3.3. Family Education Sub-graph

To complete the sub-plot of family education for a certain project, the first is to develop around the problems found in the overall plot of education, such as finding a bad habit of children, the core problem of family quarrels, etc., to set goals to be solved, and try to use different methods to achieve the goal. The second is to set goals according to the known family education knowledge points, such as social adaptability, anti-frustration ability cultivation, social communication ability cultivation, safety education knowledge, early intelligent development, and so on. The author suggests that the most appropriate goals for children at different stages can be set according to the family situation according to the contents of "Shanghai 0-18 Years Old Family Education Guidance Outline (Trial)".

1.4. Drawing Family Education Discount Chart

The drawing of line chart is not strange to modern young people, and they will contact or use it in all aspects. The author divides the education line chart into three aspects: time, event and score. The following will also explain from these three aspects, and explore how line chart can help young parents better carry out family education.

1.4.1. Time

Line chart can clearly see the number of changes, can intuitively see the advantages of the repetition rate of things, draw line chart is in order to better observe, parents need to children, the family do know. Parents at the time of using line charts, should pay attention to the time records, such as, how are you getting along with children, to its made a record on the behavior of today, from the time level, every observation record of the number of parents is the number of parents and children interaction, time point is dense, shows that the number of parents and children interact frequently, time is more sparse, It shows that parents lack time to interact with their children. At the same time, the frequency of a child's bad behavior is very frequent, which also means that this bad behavior habit has been formed, and parents need to carry out corresponding education and help them correct.

1.4.2. Events

In drawing the line chart of family education, for example, in the process of finding a bad habit of a child and correcting it, parents should first know when the child is more likely to have such bad habit and know the reasons for it so as to better help to correct it. Lead by example, which is most of the researchers in the behavior of help children establish correct solutions are given,

at the same time also means that the parents not only need to record the child behavior problems in develop good habits and good performance, correct the situation, also want to record their parents or other family members and correct the bad behavior of the corresponding condition.

1.4.3. Score

The score is the parents' evaluation of their children's performance today and their own performance in the family. No matter it is excellent or there is a problem with the behavior, the parents need to give the behavior a score between 0 and 5. A score of 0-5 is an intuitive feeling of this matter, with 5 being the highest and 0 the lowest. This score is the key to the difference between the height and the height of the line chart.

We can get a lot of information at a glance from the difference between high and low on a line chart. Such as, oneself learn today to see the family education related knowledge, marked 4 points, children when met uncle say hello today, very polite, tag 5 points, children active quickly finished the homework today is very good, though a bit error performance marked 4 points, father smoking in the sitting room not to avoid others, mark 2 points, and so on. We can intuitively see in the line chart whether the overall trend is above or below 3 points over the course of the month. For those with low scores, we should pay more attention to them, compare the frequency of events and other aspects, set up a target plan to change behaviors, and start to draw the sub-plot of family education.

2. Conclusion

As the importance of family education has been gradually recognized by people, the family education of young families has attracted much attention. For a long time, China's guidance system of family education knowledge for young parents is not yet mature. Even if parents' schools and kindergartens have taken corresponding measures, there are still some problems in the training. The use of family education line chart, so that young parents to take the initiative to learn the knowledge needed for family education, in the complex work can pay attention to and pay attention to the children's family education, family education can be more scientific.

In combination with young parents' own ideas, psychological changes in children's growth and family education knowledge, the family education line chart method is used to help young parents to be more satisfied with teaching children, so that children grow better and more healthy. Due to the limitation of ability and time, there are still some deficiencies in this paper. For example, the elaboration of the line chart of family education is not specific and in-depth enough. The exploration in this paper is only to propose an implementable method for the family education of young parents. I will further enrich theoretical research and discussion related to family education, and strengthen my study and discussion on how young parents can better implement family education.

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