

Practice and Exploration of "Two-Child Era" Focusing on the Healthy Psychology of big Children

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Abstract: Since January 1, 2016, the national population and family having two child policy comprehensively, the whole country gradually ushered in the second the arrival of the age of the child, in terms of my garden at this stage, the second child children have been accounted for dominated nearly 1/5 of the total number of children, for big kindergarten children, all of a sudden more than a new member in the home, he (she) to share the love of your family, Let the orderly life become no longer regular, their psychological more or less confused and anxious, this paper will from the perspective of kindergarten teachers in our kindergarten in the "two-child era" background to focus on the health of children's psychological practice and exploration.

Keywords: Two-Child Era; Big Child Psychology; Practice and Preliminary Study

Introduction

Since the National Family Planning Commission fully lifted the two-child policy on January 1, 2016, more and more families choose to add a little brother or sister for the eldest child, some out of response to the policy, some in order to better enjoy the joy of the two treasures brought to the family, more want to add a playmate for the eldest child, so that they feel more of a family... However, while welcoming Xiao Bao, parents may also have some concerns about whether the older child will be happy to accept the baby who will share his love with them. After Xiao Bao was born, whether the parents can criticize and correct the older child openly as before; Whether the love for the two treasures can be shown in front of the elder child; In the end how can we better establish the relationship between the two treasures?

As kindergarten teachers, we found that for older children, in the face of their younger brothers and sisters "running" out of their mothers' belly, many children will be at a loss and show different behavioral differences. For example, kindergarten often sees crying children because their mothers can't hold them while pregnant; Children who refuse to go to kindergarten because they want to enjoy their mother's love and stay with their younger siblings; There are even big children crying for their mothers to accompany them in the kindergarten every day; Some children even show the phenomenon of separation anxiety of the small class just entered the kindergarten again... Such children are not a few, but everywhere, they both let people love dearly, and let teachers, parents worried.

Studies show that if the age difference is less than 18 months, the first child won't be jealous because he hasn't understood what's going on. If the age difference is two years, the competition between children is very strong; Children from 4 to 7 years old, their thirst for knowledge is stronger, and began to think creatively, the people and things around full of curiosity; Between the ages of 3 and 6, the ability to take care of themselves is also improved, freeing up more time for parents to care for younger children. Therefore, as 3-7 years old from the study results or can better accept the arrival of little brothers, little sisters; Moreover, there is also a saying among parents that the difference between four years of two children is the best time whether from the parenting method or psychological construction, but why the kindergarten children can produce such a big psychological gap and behavior? We believe that this is inseparable from the guidance and education of families and kindergartens.

How to let the eldest child feel happy and confident as an elder brother and sister, how to help these non-one-child families get

out of the misery, enjoy the happiness of the two treasures; On the other hand, how to let the older child meet the younger treasure optimistically, accept him (her), accept him (her), enjoy the happiness of having younger brothers and sisters, we think this is a challenge for teachers in the new era. Therefore, through the practical research of teachers, we find that in the kindergarten education activities, we can pay attention to children through the following aspects and psychological construction, in order to better help big children happy, happy to welcome the new members of the family.

1. Environment creation, feel the warmth of love

In kindergarten education activities, environment as a "hidden curriculum", in the development of children's intelligence, promote children's good personality development, more and more children educators attach importance to and resonance. "The Guide" clearly points out: "The environment is an important educational resource, should be through the creation and use of the environment, effectively promote the development of children.

1.1 The creation of reading area guides children to feel the happiness of having younger siblings at home

"Picture books not only help children to read, tell some interesting stories and truth, but also soothe the soul of the education function, good picture instinct let children out of sadness, loneliness, anger, loss and other negative emotions, and constantly improve children's personality system." Fang Suzhen, a famous reading promoter in Taiwan, believes that children today generally have problems such as weak communication skills, weak creativity, poor emotional control, lack of confidence and awareness of rules. These psychological problems are reflected in picture books such as "Feifei is Angry", "Olivia", "Going for a river Swim with Uncle Gamble" and "Awen's Blanket". Children like to read picture books, which have attractive pictures, beautiful language, and more character identification.

Therefore, in the reading area, we can place some picture books about the content of the second child, guide children to find their own shadow in self-reading, dissolve the anxiety in the heart, soothe and shape the truth, kindness and beauty in the eyes of children. For example, the picture book "You Are All My Favorites" tells the story of father and mother Bear, who face the behavior of competing for the attention of three babies, and how to express their love for each of them. This book can let children understand in advance that parents love each child, grow up together can really grow up. Peter's Chair, from the perspective of Peter, to look at the great changes in the family after the arrival of the two treasures. The author's psychological grasp of children is very good, can guide a child who has been loved by parents, to love others, love the ability of younger brothers and sisters. "I Want a Brother" is based on the famous series "Different Carmela," which tells the story of an older brother's expectations for a younger brother, only to receive a younger sister. But later, brother and sister get along very well. Children can be easily persuaded by books that amuse them.

At the same time, teachers can organize group activities about these picture books to let children speak freely, express their most authentic ideas in a relaxed and warm atmosphere, and share their little secrets with teachers and peers. Through purposeful and planned picture book activities, teachers can sublimate the collective emotions, children's emotions and the longing for younger brothers and sisters in the collective atmosphere. At the same time, through the transfer of emotions, we can understand the preciousness of family affection and enjoy the happiness of family in the stories. These picture books are not only the books for children to read independently in the reading area of kindergarten, but also good models for collective activities and parent-child reading.

1.2 "Doll Home" game creation, encourage children to learn to care

"Dollhouse" is one of the most popular games for young children. During the game, teachers and children can create various situations close to children's living environment together, so that children can creatively express themselves in free role-playing activities. Whether it is a small class, or a large class of children to this game are happy to hear music. "Doll Home" game for children's physical and mental health as well as emotional, ability development has a variety of effects.

How to receive a lovely brother and sister psychologically, for kindergarten children may be to become a doll home game in the "love little master". For example: small class and class doll home, the teacher can provide some simulation doll, simulation of some life scenes, provide bottles, small towels, diapers and other baby supplies, guide the children to help doll feeding, diaper change, bath,

in the small scene of life to encourage children and baby feelings, let them feel a baby family is interesting, fun; For the children in the big class, you can provide more materials in the living area, such as small clothes, small socks, small books, guide the children to try to take better care of the baby, in improving the child's self-care ability at the same time, let the child know capable of their own, think that they are able to take care of their brothers and sisters, so more willing to participate in the growth of the baby, change resistance to look forward to.

On the other hand, the cultivation and internalization of good social behaviors such as friendly communication, cooperation, communication, sharing and humility among peers in "doll home" will help them grow into people with good adaptability and social communication ability. Most of today's children are the only child in the family, no partner to play with him, no younger siblings to take care of him, parents to him as the center, the home things are also his choice. Some parents do not pay much attention to children's emotional and social education, only pay attention to intellectual development, accommodate children's incorrect behavior, and even instill the idea of egoism to children.

If the children in this environment are not correctly guided, they can only make the exclusive consciousness of the growing expansion, coupled with their lack of collective coexistence experience, will not deal with the relationship between themselves and others, such as: unwilling to share toys with peers, in the game rules, do not know how to humility. For such children, it is more necessary for us to guide children's social communication correctly and help them establish correct communication attitude. Therefore, we can integrate the concept of sharing in the doll's home and discuss with them the rules of the game in the doll's home, such as: Reasonable distribution of the doll's work, share the doll's tools and food, let them know that in a parent's life, every family member is our good friend and collaborator, in the doll's home games with peers to establish a good interpersonal relationship, promote the development of children's social communication.

2. Mixed age activities to promote the sharing of love

Long-term educational observation has found that children of the same age tend to have aggressive behavior when they are together, while children of different ages, due to the role of sense of honor, sense of competition and sense of social responsibility, older children will show a relatively high level of consciousness and will behavior, gradually learn to coordinate their different understandings with others, learn to understand and help others. In the mixed-age education activities implemented in kindergartens, we find that older children are more willing to take the initiative to stand back and wait patiently for their younger brothers and sisters. For example, in the game of balance beam, they always wait for their younger brothers and sisters to walk across the single-log bridge before starting out. When pushing tires, they always take the initiative to help their younger brothers and sisters roll tires. When there is a conflict in sharing toys with them, I am more willing to take the initiative to be humble and not dispute, and enjoy the fun and responsibility of being an elder brother and sister. By interacting with older children, young children's ability to understand, observe and imitate has been enhanced, and they also fully feel the caring relationship and incentive from being younger brothers and sisters, so as to learn to care for others. In this way, in mixed-age education activities, the bad behaviors and characters of the only child, such as selfishness, strong dependence, poor independence and low communication ability, have been improved and corrected, which helps them to form good sociality.

Many second-child families will have a psychological gap after entering kindergarten, he or she will suddenly find that how others (only children) can have their parents' love alone, but they should share the love with their siblings? Therefore, kindergartens can also take advantage of some opportunities to add mixed-age sharing activities to help non-only children extend the awareness of "sharing" from home to kindergarten. Such as at the beginning of the school, please big class children to small class brother and sister feed; In the spring outing, let the big class children holding the small class children's hand together outing; For example, in the activity area time, unfold the character game with the plot of brothers and sisters, etc. Through such mixed age games, guide and promote children to share love.

3. Home construction, balance the balance of love

Through the observation and discovery of the eldest child, the communication with the children, the communication and understanding of the two treasure families, we found that in fact, many eldest children in non-one-child families are easy to form psychological confusion. The main reason is the sudden change of the past living habits and the family's inappropriate words and

evaluation caused by the psychological fluctuations. Therefore, we interact with parents in the form of parent school, hoping that through our home construction, parents can better understand their children, so that older children can readily accept the new members of their family in anticipation.

3.1 Change "suddenly" to "ready" and love with the older child.

We suggest that parents inform older families of the changes before they plan to have two children. It not only makes the older children understand the decision of their parents and feel respected, but also helps the parents to adjust the birth time appropriately according to the older children's reaction. Once you notice that the older child has a strong resistance, you can first find the reason (or did you hear what the other person said? Reluctant to socialize? Or other...) Then targeted communication and guidance, so that the big child "relief" after pregnancy.

Parents can invite older children to participate in the mother's birth examination. In the intuitive feeling of feeling the big belly, listening to the fetal heart sound, watching B-ultrasound images and so on, older children can enhance the pride of being a big brother (sister), increase the expectation of baby's birth, and understand the mother's hard work in the process of pregnancy. At the same time, in this process, parents can also talk more about the mood of the mother when she was pregnant with him, so that the older child knows that the parents are the same joy for the birth of every child.

3.2 Formulating family conventions and unifying educational concepts.

At present, due to the pressure of parents' occupation and the current social situation, it is common for three generations to live under the same roof. In many families, grandparents are also involved in the growth and education of children. In the communication with the children, we found that when the double treasure family is looking forward to the arrival of the two treasure, parents still have a very strong sense of balance of the double treasure, but the grandparents did not conceal their love for a child, they will say to the big child "you are not obedient, we like little brother do not like you" "mother's belly has little brother, you do not disturb the mother rest"..... These words upset the emotional balance of the family that the parents had constructed. Therefore, at this time, it is necessary to reach a consensus before the intervention of all educated people in education, even if it is not absolutely fair, but also to leave an eye, not too biased. Where conditions permit, certain family conventions may be formulated. Not saying "I don't like you" in front of the kids. At the same time, in addition to the mother and the elderly are responsible for the growth of children, the father should also unify the concept of education, participate in the sharing of housework, child care, education guidance action.

3.3 Do not favor, do not spoil, establish credibility.

Many parents will find that the older child, who at one time was eager for younger siblings and helped his parents take care of the baby when he was born, suddenly becomes cranky. In fact, this is because at the beginning of the big child has not really realized what the arrival of his own brother and sister means, just want to have a playmate, but when this playmate from the "light sleep" baby, into the "walk and snatch" "competitor", the two treasure contention, fighting contradictions will be increasingly prominent.

Therefore, we suggest that parents, not only should set up "every child has his own shining point" education concept, but also to do a good example, even if the big child always make mistakes, also want to seize the opportunity to praise him, affirm him, to ensure the big child's mental health. Parents should also pay special attention to strengthen the special caress to the elder child during each special physiological period. During that time, the topic can be put on the elder child after work every day, "Is there anything interesting in kindergarten?" "Are you happy to be a big brother or sister?" Let the older child feel that he or she has not "lost" the love of his or her parents even though there is an extra person in the house. This kind of care and warmth is very important for children to build self-confidence and grow up healthily.

Everyone grows up in the conflict of thinking with others. When the eldest child and the second child live together, there will be more conflicts. At this time, the parents should also try to let the child learn the ability to solve problems and temper their character, so that the eldest child will be more leadership, more understanding of others and adapt to socialization in advance. It also gives parents credibility with their children for being impartial.

Conclusion

Every child is different, and there is no one answer to any parenting style. Only by reading the child's voice can we truly

understand and support them and become the people who untie each other's "heart knot". Similarly, as long as you enter the child's heart, share, encourage and explore with each other, and combine the power of kindergarten, family and social resources, I believe that the big child's family will be able to compose a harmonious "concentric" happiness.

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