

**PRACTICALLY REDUCE THE BURDEN ON CHILDREN,  
AND EFFECTIVELY PROMOTE FAMILY EDUCATION**

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**ПРАКТИЧЕСКАЯ ДЕЯТЕЛЬНОСТЬ ПО СНИЖЕНИЮ РИСКОВ И  
ПОДДЕРЖКЕ СЕМЕЙНОГО ВОСПИТАНИЯ**

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**Abstract.** The article is about state and social support of the family in the relationship of school and family in forming pedagogical family culture.

**Аннотация.** Статья раскрывает пути и направления помощи семье со стороны государства и общества во взаимодействии семьи и школы по формированию педагогической культуры родителей.

**Keywords:** school education, homework, social education, family education professional courses.

**Ключевые слова:** школьное образование, домашнее задание, социальное воспитание, школьные педагогические лектории для родителей.

We all know that education is inseparable from three efforts: school, society and family. This time, China has promoted family education to the legal level. On October 23, 2021, the Law of the People of the People's Republic of China on the Promotion of Family Education (hereinafter referred to as the Family Education Promotion Law) was officially passed, and came into effect from January 1, 2022. In fact, it is also a "combination of punch".

Prior to this, the Ministry of Education issued a "double reduction policy", that is, "reduce the compulsory education stage of the students' homework burden and extracurricular training burden". "homework" is the scope of school education, and "extracurricular training" is the scope of social education. In this way, it standardizes school and social education. Coupled with family education, it strengthens education on the all-round guidance which will promote comprehensive development of education.

The Law on the Promotion of Family Education In Chapter 1 General Provisions, Article 10 and 11 respectively mention that " the State encourages and supports enterprises, institutions, social organizations and individuals to carry out public welfare family education services in accordance according to law." "The state encourages researches on family education, and institutions of higher learning to offer family education professional courses, and supports normal colleges and qualified institutions of higher learning to strengthen the construction of family education disciplines, train family education service professionals, and carry out

training for family education service personnel.” It also reflects the concept of the close integration of school, society and family education.

This is the family education from the general environment. So, what about the current situation of family education? What are the parents' most urgent needs and confusion? I have visited students every year since I worked. Contacting more than 100 families, I found that there were basically two types of parents: one is the "hand off shopkeeper" type. In their opinions, education completely depends on the school. They know little about children's school performance, behavior habits, mental health, or social relations. There is no supervision of homework, either. In this way, the family education of children often appears the phenomenon of "5 + 2=0". That is to say, the effect of 5 days of school education completely is offset after going home on weekends. This leads to a bad result that it is difficult for children to develop good habits. On the contrary, it is easy for them to develop bad behaviors which are difficult to correct. In this case, family did not form a joint force with school education, and it is difficult to consolidate the educational effect.

The other is the "excessive anxiety" type. Children's parents also attach great importance to family education. However, suffering from their own inability or no time, they rely on buying social forces - to apply for extracurricular training classes to make up for the lack of family education. As if the more the newspaper, the less guilty the parents feel, the more at ease to miss the child's growth. But this has also entered a misunderstanding that parents' company is not bought by money, and is also not replaced by anyone. The weekends are full of training classes which makes the children be tired of running around, and even be tired of learning. After losing the interest and motivation in learning, children can't learn effectively. Parents are also very distressed: I have invested so much, why doesn't work? So, they have been more anxious, thinking about changing to one-to-one? And entering the cycle of "anxiety".

After the double reduction, the school will continue to reduce the burden, the after-school training institutions will gradually withdraw, and the importance of family education will be more prominent. We often say that family learning origin, parents are the starting line of their children. It is a necessary course for parents to make a good life plan for children, cultivate a correct world outlook, outlook on life, values, and a healthy and sound personality for parents. The more "double reduction", the more parents need to pay more energy. Therefore, family education should adhere to the "four are not reduced", parents should do a good job in the children's "first responsible person".

Firstly, do not reduce the parents of responsibility. Double reduction, reduce is the child's pressure and burden, do not reduce the responsibility of the parents. After the double reduction, children will open a bigger gap between them. Parents really want to keep up with the pace of The Times, education children can not only be simple economic investment, but also need a lot of time, energy, emotion, intelligence, companionship, learning, communication investment. Parents must fulfill their responsibilities of companionship, management, and supervision.

A family is a school, to promote the all-round development to children, family education has a long way to go.

Secondly, do not reduce the cultivation of habits. The cultivation of learning habits is also a kind of ability. The most important habit, the formation comes from family, from parents, from the power of words and deeds. Whether a child is good or not depends on his habits. A self-discipline, love learning, diligent reflection, positive child, his future will not be bad. After the double reduction, the child did not have the missed lessons, less homework, more independent time. Do not want the children to waste their studies, we need to seize this "gap period", focus on cultivating habits for the children. With the help of good habits, even without the "external forces" to help, the child can continue to make progress. In primary school, the focus of family education is on cultivating children's independent life, consciously learning, focus on work, learn to insist, work is planned, learning methods, pay attention to the concept of time and other habits. Lay a solid foundation for children's learning and growth from a young age, is the most important thing that parents should do a good job.

Thirdly, do not reduce the quality of companionship. Successful education is not how much money is invested, but how much time and energy parents invest in paying attention to their children. Parents who patiently take into account their children's learning and psychological training are more likely to produce parent-child conflicts.

Fourthly, do not reduce the cooperation of the home and school. Educator Suhomlinski said: " Two educators - schools and families, not only to act together, to put forward the same requirements to children, but also to the same-minded, holding a consistent belief, always from the same principle, whether in the purpose of education, process, or means, do not have differences." To teach children, teachers cannot leave without parents, parents cannot do without teachers. Under the "double reduction", the better the parents and teachers, the more successful the children's education will be.

Many parents suffer from poor education, leading to their children have many problems, such as their inner vulnerability, poor frustration resistance ability; only doing exercises, poor creativity; too selfish, poor unity and cooperation ability and so on. Once their children have problems, parents often blame the school and society, but reflecting on themselves.

In today's information age, parents also need to have the ability of lifelong learning, or even a certain "educational qualification". Lacking of rational thinking and long-term vision, many parents bound by the popular ideological trend are too eager for quick success, instant benefits and impetuous, which leads to the blindness and anxiety of family education.

Therefore, in my opinion, the future family education market is full of great potential: parents have an urgent need for professional guidance, and a large number of college students graduating from normal colleges can also invest into the emerging industry of "family instructor" to provide talent reserve for the market. Guide more parents to do a good job in life planning and career planning

for their children, and truly cultivate outstanding talents with the all-round development of morality, intelligence, body, beauty and labor.

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