



UDC 37.018

## PROFESSIONAL GUIDANCE IN FAMILY EDUCATION

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**Abstract.** Family education is the first class everyone takes, and the parents are their children's first teachers, but according to the survey, Chinese parents have many misunderstandings in family education and lack professional guidance. This paper discusses the importance of family education guidance and concentrates on the following issues: the present situation of family education in China, the lack of family education guidance for Chinese parents and the ways and measures to improve the professionalism of family education guidance. The author also discusses the importance and feasibility of the specialization of family educators, quality monitoring and developing a family education curriculum.

**Keywords:** family education; educator; parenting; parental guidance; family education guidance; professionalization.

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Family education is the background of children's life development, its importance has always been recognized. In the face of family education, many novice parents do not know what to do, especially when there are problems in their education. In the fast-paced social life of modern China, many parents are busy with their work and lack professional guidance. Not knowing how to raise children scientifically, parents face up with misunderstanding and might harm their child's character and undermine their life success. Avoiding these misunderstandings and shaping children's psychological health are critical for every parent today.

In 2018, the China Institute of Educational Sciences conducted a survey on the status of family education in 20,000 families. The results showed that many parents only care about their children's health and safety, academic performance, and pay less attention to developmental factors such as hobbies and personality development. From high to low: Health and safety (65.95 %), Developing habits (55.47 %), Academic record (53.58 %), Interpersonal communication (37.89 %), Housework (33.75 %), Character Development (28.09 %), Personal interest (19.47 %), Emotions and Feeling (11.93 %) [1].



This survey report reflects a very typical Chinese education, which can be found by comparing with western education and the data show two general shortcomings in Chinese family education: ignoring a child's spiritual needs and obsessive love, both harming children's character and behavior.

With the development of China's economy, the people's living standards have improved significantly. Nowadays, many parents think that as long as their children eat and dress well and do not get sick, they will finish the task. Many parents attach great importance to their children's diet and nutrition ignoring their children's emotional needs, pay great importance to the quality of material materials, and ignore the pursuit of spiritual civilization. Children's material needs are important, but if there is no rich spiritual world, it is difficult to become a physical and mental health person.

The main reason is that parents are not good at communicating with their children and rarely care about their children's inner needs. In China, parents generally only care

about their children's academic performance, forbid children participate in activities squelching creativity, independent thinking and personality. Children who lack company and communication find it difficult to feel happy. From a high school student survey we can conclude that 53.3 % of parents don't often praise their children, 61 % of students don't want to talk to their parents [2], the wrong way of communicating makes parents miss the opportunity to educate their children.

Doting, obsessive love causes defects in children's character and behavior. Because of the long-term one-child policy, overlove is very common in China. According to the survey, doting families can make children become wayward and selfish, and make their children become very dependent on their parents and lack the ability to be frustrated, once they encounter difficulties in life, the children will be at a loss and be very depressed when they encounter difficulties. They will shirk their responsibility or even lose their temper, and problems will not find the reasons from themselves. They are not



grateful, lack the ability to deal with interpersonal relationships, and cannot get along friendly with the people around them.

The 2009 survey showed that 90 % of children growing up, especially in economically sound families, did not do housework [3], mainly because parents feared that housework made their children tired. On the one hand, doing that Chinese parents only attached importance to their children's academic achievements but ignored the development of their children's ability to live (worried that doing housework would take up my children's study time). There is also a bad phenomenon under doting, grown up in Chinese cities, a large number of Chinese students have to take care of their lives and first face up housework when they are in college. This is why many Chinese students find it hard to rent a flat abroad – just because the landlords consider them incapable of keeping the flat clean.

Chinese parents lack family education guidance. Parents are the first teachers and the most important teachers of their children, but at present, Chinese parents are seriously missing in the theory of family education. Most parents lack the correct educational concept, lack professional guidance, it is undeniable that all parents will do their best to give everything to their children, but often what parents give their children is not necessarily what their children need, which is the root of the contradiction between parents and children. It is also a practical problem in Chinese family education.

Taking into consideration the mentioned problems, it is very necessary to strengthen the work of family education guidance. Family education guidance work needs the support of the whole society. Family education, school education and social education need everyone to cooperate organically and form a joint force in coordination in order to play a greater role in the project of education system [4]. However, in the process of education, family edu-

cation is the earliest and long-lasting stage, which cannot be replaced by school education. Not only parents should pay attention to it, but also they need scientific methods and support from the whole society.

The family education instruction needs the specialized theory, professional counselors should give parents specialized instruction, respect the parent, respect the child's growth rule to carry out the family education instruction is the foundation which completes the family education work. In the environment of mutual understanding, we can achieve targeted education with parents. Finally, we need family education instructors to combine the reality of education and give parents professional guidance in order to know the most state-of-the-art and effective ways for parents to educate their children. Only in this way can the potential forces of nurturing the next generation be better excavated and brought into full play, so that the function of family education can be paid attention to, so as to contribute the value of each individual to the creation of a harmonious society.

Let us consider some ways and measures to improve the professionalism of family education guidance. Firstly, it is important to find a suitable point between school and family education, to strengthen the contact and communication with parents, to collaborate, and to strengthen the overall joint effect of home and school education. In view of the age characteristics of the students and the actual situation of their parents, various measures can be taken, such as the establishment of parent school committees, voluntary posts for parents, effective parent-teacher meetings, psychological counseling and so on. Under the guidance of professional family education, it is necessary to implement various forms of mental health education for students of different ages in a planned and systematic manner, and to strengthen the research work of mental health education and



gradually improve students' psychological literacy.

Another effective way to improve professional parental guidance is to develop family education curriculum. We must have advanced family education concept to adapt to the new normal urban social life. Family education curriculum gives parents the necessary guidance to guide our parents to raise their children scientifically. Good family education can promote the positive and healthy growth of individual life, thus fundamentally bringing the development of urban civilization and society [5].

The quality of family educators is the foundation of family education specialization. Having a teacher team with high ideological quality, strong professional ability, strong innovation consciousness, and a new concept of education people is the key to do a good job in family education and guidance. Family educators have a certain depth and breadth of understanding of subject knowledge and family education, which requires participants to have a certain learning ability and keep pace with the times. First of all, family educators should be intelligent and possess an array of transversal skills and competencies [6]. Family educators should spread pedagogy and psychology knowledge to parents in a suitable way. The accumulation of practical knowledge requires teachers to have reflective thinking and teaching ability.

Evaluation and feedback is another effective way to improve the service quality of family educators. The evaluation and feedback mechanism of family education guidance should be carried out from the following aspects.

First, the theoretical study of family education guidance evaluation. As a kind of educational activity, the guidance of family education involves many educational subject theories, such as educational philosophy, educational psychology, educational statistics

and measurement, such as the examination of the guiding ideology of family education, the goal of talent training, the professional curriculum, the guiding training course, the management of family education [7]. Therefore, a three-dimensional and multi-dimensional evaluation of family education should be designed to judge the quality value of family education.

Second, evaluation should be a continuous process, including both process evaluation and summative evaluation. Evaluation issues should be identified, evaluation criteria established, and then evaluated by evaluators. This evaluation process should include both the family educators' family guidance work and the summary evaluation of the workers' quarterly or year-end assessment.

Third, we have to pay attention to the cultivation of the consciousness of evaluation and reflection in the process of talent training, because the Chinese professional family educators are still in the process of construction, it may take time to train special family education evaluators and set up special evaluation institutions. Therefore, it is more realistic to increase the evaluation of family education guidance process and method in the process of training professionals, and some of the professionals should undertake the evaluation of family education guidance.

Based on the understanding of the importance of family education, and in the process of social development, it is people who gradually realize the importance of family education that has the demand of family education guidance service, and the work value of family educators is highlighted. Based on the perspective of school education, we use a responsibility and wisdom to support the development and research of family education guidance and its practical implementation into the Chinese educational environment.



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