

Research on the Influence of Family Education on Children's Behavioral Habits

Jiayi Wen*

Lingnan Normal University, Zhanjiang 524048, Guangdong Province, China

*Corresponding author: Jiayi Wen, wenjiayi_2025@126.com

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Abstract: Under the background of the all-round deepening of quality education, the cultivation of comprehensive quality has become the main theme of contemporary education reform. Good behavior and habits are of great significance to children's future learning, growth, and development. Through literature review and other methods, this paper analyzes the current situation of children's family education and the influence of family education on the cultivation of children's behavioral habits and provides some strategies for cultivating children's good behavioral habits in family education.

Keywords: Family education; Children's behavior; Habit cultivation; Parents

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1. Research background: The present situation and analysis of early childhood family education

Family education is the earliest, most timely, continuous, and highly influential form of education throughout an individual's entire educational journey. With the deepening of the new curriculum reform, more and more parents are deeply aware of the important role of family education for children, and the attention to early childhood education is constantly increasing.

1.1. Transfer of educational role

In the past, family education was mainly undertaken by parents. In contrast, the responsibility of family education is gradually transferred to other family members or external educational institutions nowadays due to the increasing number of families with two working parents.

1.2. Changes in education idea

With the progress of society and the change of education ideas, more and more parents realize the importance of early education and actively participate in the process of early childhood education. However, the focus of family education is often more directed towards the child's success rather than fostering all-round development. Additionally, the educational methods used are frequently irrational.

1.3. Influence of information technology

With the development of information technology, parents have better access to educational resources and guidance. They can obtain all kinds of educational information through the Internet and mobile phone applications to better support children's learning and development.

1.4. Diversity of family environment

Diverse family environments and cultural backgrounds have impacts on the family education of young children. Different values and methods may lead to different family education effects, which also provide diversified learning and development opportunities for young children.

1.5. Challenges and problems

Parents have gradually realized that family education is the basis for the development of other forms of education and it is of great importance to the healthy physical and mental growth of children. Meanwhile, it still faces some challenges. For example, parents lack the time and energy to participate in children's education due to busy schedules; most parents have insufficient scientific family education ideas and methods due to a lack of education-related knowledge; it is challenging to assess the quality and effect of family education.

In short, the above characteristics are the status quo of early childhood family education. It is necessary for parents and all sectors of society to work together to improve the quality and effect of family education in order to better support the learning and development of children.

2. Significance of family education in cultivating children's behavioral habits

In early childhood, children are highly influenced by the outside world in terms of thinking and habit formation. Therefore, it is crucial to cultivate good behavioral habits through family education, as the family serves as both a vital and the most frequent setting for their education.

Priority should be given to emphasizing family education in early childhood education and focusing on guiding children to develop good behavioral habits in deepening the implementation of quality education. Developing good behavioral habits is not only the fine tradition of Chinese education but also the fundamental norms and requirements for early childhood education in the new era. Good behavioral habits can lay a solid foundation for children's future success. The family serves as the long-term foundation of a child's life, making the role and importance of family education unmistakably evident ^[1].

2.1. Establishing basic norms and order

Family education can help young children establish basic norms and order, which provide a stable and reliable environment for young children and make them feel safe and comfortable. Parents should be aware of their important role in the formation of children's behavioral habits, and actively cooperate with teachers to carry out "home-school integration" activities. In daily life, parents should closely observe their children's behavior. It is essential to supervise and intervene in any non-standard habits to fundamentally reduce the likelihood of forming undesirable behaviors ^[2].

2.2. Cultivating self-discipline and a sense of responsibility

Cultivating good behavioral habits helps young children develop self-discipline and responsibility. A sense of responsibility is a highly competitive personal quality that is not innate. During the critical growth period of children from ages 3 to 6, parents can play a vital role in their future interpersonal relationships and social

development by consistently nurturing and strengthening their sense of responsibility^[3]. Children can learn to control and take responsibility for their actions through family rules, boundaries, and the behavior demonstrated by their parents. For instance, they can develop the habit of completing homework on time, practicing delayed gratification, and taking on daily tasks such as organizing toys, dressing themselves, etc.

2.3. Developing good social skills and character

Family education can help young children develop good social skills and character, which in turn helps young children adapt better to social situations. Through interaction and communication in the family, young children can learn to cooperate with others, and share and respect others' opinions and feelings, thus building good interpersonal relationships.

2.4. Promoting learning and development

Young children can better cope with learning tasks and improve learning outcomes by cultivating behavioral habits such as self-discipline and concentration. Meanwhile, they can develop essential cognitive and emotional skills. For example, they can cultivate good learning habits, such as maintaining focus and completing homework on time.

2.5. Building a healthy lifestyle

Family education can help young children develop a healthy lifestyle. Young children can form good living habits from family education by learning the knowledge and habits about diet, exercise, hygiene, etc. Furthermore, these good habits will promote their physical health and all-round development. For example, children can develop good hygiene habits and safety awareness, such as washing hands regularly, using cutlery properly, and obeying traffic rules.

All in all, it is crucial to cultivate children's good behavioral habits in family education. By setting positive examples, providing a structured family environment, adopting a warm and supportive parenting style, and focusing on family communication and parent-child relationships, children can develop positive behavioral habits.

3. Influence of family education on children's behavioral habits

3.1. Parents' behavior demonstration and incentive

Parents' active participation and positive behavior demonstration can stimulate children to imitate and learn, which promotes good behavioral habits in children and parents' praise and reward can enhance the sustainability of children's good behavior. Children can be unconsciously influenced in daily life when parents themselves exhibit good behavioral habits. Children tend to imitate their parents, adopting the same behaviors. Moreover, younger children, due to their strong imitative tendencies, find it easier to develop good habits when they consistently observe positive behaviors from their parents^[4].

3.2. Family environment and rule setting

Family environment and rule setting have a significant impact on children's behavioral habits. A stable and orderly family environment as well as clear rules and boundaries can help young children form positive behavioral habits and develop self-discipline and responsibility.

3.3. Family communication and parent-child relationship

Good family communication and parent-child relationships are closely related to children's behavioral habits. Positive and supportive family communication can promote understanding and consensus between parents and young children, thus helping young children to form positive behavioral patterns. Positive family communication

and parent-child interaction help develop young children's social skills, self-control, and problem-solving skills.

3.4. Family values and cultural background

Family values and cultural background also have an impact on children's behavioral habits. Different family values and cultural backgrounds will shape different behavioral expectations and norms, which in turn affect children's moral judgment and behavior choices.

3.5. Family education approach

Warm, supportive, and participatory family education is linked to children's positive behavior and the development of good habits. Supportive parenting fosters these positive behavioral habits, whereas overly strict or overly permissive parenting styles may contribute to problematic behaviors in children.

In short, family education can help children form positive behavior patterns and habits through active guidance, normative constraints, and good communication so as to promote their all-round development.

4. Suggestions and discussions

4.1. Setting clear rules and boundaries

Setting family rules and boundaries is an important step in developing good behavioral habits for young children. Rule education for young children does not have to be a solemn task. Since young children often struggle to naturally remember and follow rules, leading to less effective implementation, parents can incorporate playful elements into rule education. By adding fun designs such as rhythms, stories, and other engaging activities, children are more likely to internalize and remember the rules in a way that feels enjoyable and natural to them^[5]. These rules should be concise, clear, and specific, and match the age and ability of children so that they understand and abide by these rules, which will enhance the effectiveness of family education.

4.2. Leading by example

Parents are the first teachers of their children, so their behavioral habits will unconsciously affect children. Therefore, parents must continuously learn and improve themselves, such as exercising self-restraint in language and behavior, managing their emotions, and striving to create a peaceful and warm family environment for their children. It is essential for parents to reflect on their actions while guiding their children in practicing good behavioral habits. In other words, parents should lead by example and practice what they preach. Parents should take the lead in demonstrating good behavioral habits, such as treating people politely and respecting others, and encourage children to imitate and develop good behavioral habits.

4.3. Establishing reward and encouragement mechanisms

In order to encourage children to develop good behavioral habits, parents can adopt reward and encouragement mechanisms. For example, affirming young children's positive behaviors through praise, small rewards, or special treatment can boost their confidence and motivation, thereby reinforcing and consolidating good behavioral habits.

4.4. Providing a structured environment

Early childhood is the critical stage of children's growth, and the family to a large extent affects the cultivation of children's social adaptability and quality. A structured family environment helps children to develop good behavioral habits. To cultivate children's self-discipline and responsibility, parents should establish regular routines for daily life and provide young children with appropriate autonomy to participate in household activities and

decision-making.

4.5. Encouraging communication and problem-solving skills

It is also important to help young children develop good social skills and problem-solving skills. Parents should encourage young children to express their feelings and needs, listen to their ideas, and guide them in finding solutions to problems. Through effective communication and problem-solving skills, young children can better relate to others and deal with a variety of situations.

4.6. Developing self-control and emotional management skills

Self-control and emotion management are key to developing good behavioral habits. Parents can help young children recognize and manage their emotions through games, role-playing, and story-sharing. At the same time, parents can provide children with some appropriate strategies and techniques, such as deep breathing and calm thinking, to help them stay calm and control their behavior in the face of challenges.

In brief, family education plays a vital role in cultivating children's good behavioral habits. The above methods can help children develop good behavioral habits and lay a solid foundation for their future learning and development.

5. Conclusion

The family serves as the most unique "school" in a child's development, with parents acting as the primary "teachers." This dynamic subtly shapes each child, influencing their growth through critical stages like a shadow. Consequently, family education plays a crucial, and often decisive, role in shaping a child's mental and physical well-being.

Good behavioral habits are children's lifetime wealth. However, good behavioral habits cannot be developed overnight, it requires the joint efforts of families, kindergartens, and society.

Disclosure statement

The author declares no conflict of interest.

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