

# Thoughts on the Dilemma and Countermeasures of Raising Children Aged 0-3 in Yunnan Province

Siwen Zhang, Shuyan Li

School of Preschool and Special Education, Kunming University Kunming, Yunnan 650000

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**Abstract:** High-quality family upbringing will have a profound impact on children 's early development and help lay a good start for children's future development . Currently, families raising children aged 0-3 in Yunnan Province are faced with difficulties in giving birth, difficulties in raising children and the quality of education. The main dilemmas include the weakening of the traditional family concept of childbearing, low willingness to have children, and lack of motivation; the heavy burden of family childcare and insufficient support from universal high-quality educational resources; the lack of family scientific childcare capabilities, and the strong demand for scientific childcare guidance. In this regard, the government should build a local fertility-friendly social culture, develop multi-modal inclusive child care services, and establish community family scientific child care guidance service centers, thereby alleviating the parenting difficulties of 0-3-year-old families and promoting the gradual improvement of family child care quality.

**Keywords:** Family upbringing; Dilemma; Countermeasures

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## 1. Question raising

The family is an important place for parenting. Since the implementation of the two-child policy in 2016 and the three-child policy in 2021, family parenting has been a major livelihood issue across the country. The report of the 20th National Congress of the Communist Party of China proposed: "Optimize the population development strategy, establish a fertility support policy system, and reduce the costs of childbirth, parenting, and education." A series of policies and regulations have been introduced at the national and local levels to support family parenting. The Yunnan Provincial Party Committee and the Provincial Government attach great importance to and actively implement family parenting support policies to promote long-term balanced development of the population. However, the population has continued to decline. Family parenting is faced with "problems of giving birth" and "raising children". Dilemma" and "Quality of Education". This study conducted in-depth research in 6 prefectures and 17 counties in Yunnan Province. Through questionnaire surveys and interviews, families aged 0-3 were targeted. analyze the difficulties in family parenting of 0-3 years old in Yunnan Province from fertility-nurturing-education, and explore feasible and effective countermeasures and suggestions,improve the quality of family upbringing.

## 2. Analysis of the difficulties faced by families raising children aged 0-3 in Yunnan Province

### 2.1 Difficulties in giving birth: The traditional family concept of childbearing is weakened, the willingness to have children is low, and the motivation is insufficient

At present, Yunnan Province's family's concept of childbearing has undergone great changes from childcare to elderly care. Traditional fertility concepts such as "more children bring happiness", "carrying on the family line", "there are three types of unfilial

piety, and having no offspring is the greatest” are less recognized. “Responsible reproduction” and “fewer births and better education” have formed a general consensus and conscious choice. Families no longer chase the number of children. The current birth population and birth rate in Yunnan Province have declined for five consecutive years. Families have low willingness to have children and lack of motivation to have children, which are the age stages with fertility needs. When asked “Do you plan to have another child?” 65.02% of women said they were unwilling to have another child (no matter how many children they already have), and 42.36% of women still said that “no matter how good the policies are, they are not willing to have three children.”, only 27% of families expressed their willingness to have three children if the family planning policy is good. Overall, families have low willingness to have three children or one more child .

## **2.2 The dilemma of raising children: the burden of raising children is heavy on the family, and there is insufficient support from universal and high-quality educational resources**

In Yunnan Province, the upbringing of infants and young children aged 0-3 is mainly done by families, and the childcare rate is not high. Mothers are the main caregivers, accounting for 55.9%, grandmothers account for 17.1%, and grandmothers account for 9.6%. Household interviews found that many families are faced with the dual pressure of time and energy to take care of their children and go out to work. If women return to the family to take care of children, income will be reduced, and the burden of raising children will become heavy. If you ask a nanny to take care of the children or an elder to help take care of the children, there will also be a certain financial cost. A survey on families’ willingness to enroll in day care found that 89.8% of families prefer to send their children to day care institutions after the age of 2, and most want to attend public day care institutions or public kindergartens. However, the difficulty of raising families in Yunnan Province is that it is difficult to enroll in daycare. Public kindergartens generally do not admit children under the age of 3. Some private kindergartens admit children aged 2-3, but the price is expensive and the quality of the daycare is not guaranteed.

## **2.3 Quality of education: Families have insufficient scientific child-rearing capabilities, and there is a strong demand for scientific child-rearing guidance**

Scientific family parenting can help lay a good start for children’s early development . The survey found that families in Yunnan Province have insufficient scientific parenting capabilities, which is mainly reflected in poor family parenting environment, weak awareness of scientific parenting, and lack of parenting knowledge. Nutrition, hygiene, health, safety, early education, responsive care, good living habits, high-quality parent-child interaction and companionship are insufficient for children’s early development. Rural children aged 0-3 are at risk of lagging behind in anemia rates, cognition, and social and emotional development. 90% of children watch TV for more than 2 hours a day, and 80% of families do not have a book. Families face different parenting problems, and there is a great demand for scientific parenting guidance. Mainly reflected in how to deal with children’s physical and mental health, safety and early learning.

# **3. Countermeasures and reflections on the dilemma of raising families aged 0-3 in Yunnan Province**

## **3.1 Build a local fertility-friendly social culture**

The essence of building a fertility-friendly social culture is to support and encourage fertility. Yunnan Province’s current low fertility rate and lack of motivation to have children are closely related to the traditional fertility culture, young people’s life and work pressure, fertility costs, and parenting support. From parents’ traditional concepts of “getting married and having children, it’s human nature”, “there are three types of unfilial piety, and having no offspring is the worst”, and “carrying on the family line” to encourage marriage, to the real pressure of life and work, and to the financial pressure of raising children, young people are afraid Marriage is afraid of having children. It is necessary to advocate respect for the marriage and childbearing decisions of young people, understand the life and work pressure of young people, build a relaxed, harmonious and friendly childbearing cultural atmosphere, and eliminate the fear of marriage and childbearing among young people.

## **3.2 Develop multi-modal inclusive childcare services to support family upbringing**

Yunnan Province needs to accelerate the development of diversified, diversified, and inclusive inclusive childcare services covering both urban and rural areas. Promote public kindergartens to use existing resources to provide child care, encourage and support qualified kindergartens to recruit infants aged 2-3 years old, and form an integrated service model for child care; further institutionalize and standardize market child care institutions for 0-3 years old Provide satisfactory and reliable full-time, half-day, part-time, temporary care and other services to families over 10 years old; actively explore the medical-education combined childcare

service model, combine medical and health services with education, and integrate early education, infant and young child health care, Knowledge in nutrition, rehabilitation and other fields can solve the scientific education problems of families and provide more high-quality, efficient, safe and convenient parenting and care services .

### **3.3 Integrate community resources and establish community family scientific parenting guidance and service centers**

It is necessary to speed up the construction of community-centered family scientific child care guidance service centers and cover professional child care guidance services to every household. All regions should integrate resources such as kindergartens, daycare centers, children's homes, village (residential) public places, and infrastructure, and deploy scientific parenting guidance stations at multiple points. Actively explore the construction of a "15-minute life circle" for scientific parenting guidance, equipped with spaces and facilities suitable for children to play, parent-child activity rooms, parent-child reading rooms, etc., provide daily open services, regularly organize parent-child activities, conduct scientific parenting lectures, and promote scientific parenting knowledge , providing services such as home visits, family group activities, and on-site childcare guidance to families in remote areas. Use the Internet to develop a scientific parenting guidance platform that integrates education, medicine, psychology and other parenting knowledge to facilitate families to obtain free and authoritative scientific parenting knowledge and services.

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