

A Restricted View of Pre-school Children's Psychological Characteristics and Coping Strategies

Hui Zhang

1. Normal College, Hunan University of Arts and Science, Changde, 415000, China
2. Philippine Christian University Center for International Education.

Abstract: The pre-school education stage of children are active, difficult to education and management of the stage, pre-school education stage of pre-school teachers must be based on the pre-school education stage of the actual psychological characteristics of children, to cultivate the physical and mental development of children, to avoid children in the psychological problems, affect the follow-up life and growth. The rapid growth of pre-primary Social market economy has made more and more families aware of the importance of pre-primary education. It has also made pre-primary education more widely available, and has increased the scale of development of pre-primary education, to make the overall education and teaching more standardized is the premise and standard of compulsory education work. However, there are some problems in the process of preschool children's psychological development, and they also have certain characteristics of psychological development. Therefore, teachers must make clear the actual psychological development of preschool children, and put forward corresponding coping strategies according to their psychological characteristics to promote the physical and mental health of preschool children. This paper first expounds the psychological characteristics of preschool children, and puts forward some corresponding countermeasures for the problems existing in preschool children's mental health education, to provide reference for the development of children's mental health education.

Keywords: Preschool Education; Children's psychological characteristics; Coping strategies

In the process of physical and mental health growth, mental health has a very important impact on the entire growth stage, if a person's psychological problems, it will directly affect the subsequent physical and mental development. As the foundation of the whole education stage, preschool education plays a decisive role in cultivating and inspiring talents, and is also concerned by the society. Pre-school education stage of Early Childhood Education, whether for the family or the community play an important role. Therefore, how to cultivate the pre-school education stage of children's psychological and behavioral habits, guide children to set up a correct moral culture, help children grow up healthily, all pre-school teachers should consider. When an individual reaches the age of three, there is a tremendous increase in intelligence, body and mind. For example, there will be strange ideas or speak a very reasonable language. In order to guide children to set up correct values, it is necessary to study the psychological characteristics of children in Preschool Education and adopt targeted educational strategies, to ensure the healthy growth of children's hearts.

1. The psychological characteristics of preschool education

1.1 Have a strong ability of concrete thinking

In the course of this development, the children of school-age education have already possessed strong concrete thinking ability, but the development of abstract thinking still has some defects. Pre-school education stage of children is mainly through the specific image, specific mood, specific things to make a judgment on the surrounding things can have a correct understanding. In the process of psychological education, preschool teachers can make full use of the characteristics of children's concrete thinking development to carry out educational activities. For example, when leading children to learn relevant knowledge about giraffes, it's more straightforward to tell students, "Why is the Giraffe the longest-necked animal in the world?" Than to tell them, "Giraffes have the longest necks in the world." It's just that giraffes have long necks, so it is called Giraffe in the broadcast of relevant pictures and videos, to deepen the

impression of the Giraffe in the child's memory will use the specific image of the Giraffe to form a memory. Therefore, teachers in the actual teaching process, can present more specific image of the words to help children to deepen the understanding of things, but also through the way of contrast to enhance children's memory of things.

1.2 Young children are at a stage where they want to be recognized

The identification can be divided into two kinds, one is the identification of others, one is the self-identification^[1]. Pre-school education stage of children, is in the hope of gaining the approval of others at the stage, children in contact with other people in the process, hope to be able to get other people's affirmation and support. This kind of psychology is born, is every child in the growth stage of the road, so kindergarten teachers can help children to achieve this characteristic, to meet the child to gain the psychological identity of others, to help children find their own position. In order to gain the recognition of others, children will often imitate the behavior and actions of others. In order to get the recognition of others, children will imitate the behavior and actions of others, the sense of identity can help children produce more sense of achievement, form an internal driving force, directly affect the formation of children's moral consciousness, in general, young children need to gain a sense of identity with their parents, teachers or older brothers with a large age gap. Start developing logical thinking skills.

1.3 Start developing logical thinking skills

Whether in psychological or ideological growth, preschool children are not accurate enough in their cognition of society, and they are full of curiosity about everything, at this stage of children's intellectual development to broaden a lot of logical thinking ability gradually began to sprout, and have the most basic thinking ability. For example, 3 to 6-year-old children can accurately distinguish between different fruits, animals and plants. At this stage, children have also developed their language skills to a certain extent and can communicate with other people at the most basic level. Most of the children can express themselves in their own language in the form of pictures and videos, let all the body can become more flexible, for the assembly of various types of intellectual toys are more and more interested in satisfying their own imagination and creativity, to stimulate their hands-on ability.

2. Pre-school education of Children's mental health education problems

First of all, in the pre-school education stage of Early Childhood Mental Health Education Process, and did not improve the importance of mental health education. There is a common problem in the early childhood psychological education at the present stage in our country, that is, when we carry out the mental health education, we do not put the emphasis on the cultivation of children's interests and their physiological development, the importance of mental health education for Children's future development is not clear^[2]. Some pre-school education teachers of mental health knowledge level is not high, can not judge the children's real behavior and psychological ideas, when the children appear some abnormal behavior, can not timely make the correct guidance and education, seriously affect the development of children's mental health.

Second, theory is divorced from reality. Although many kindergartens have set up courses on mental health education at present, the main problem is that theory is out of practice. Finally, the lack of family care. At this stage, many families are made up of dual-career families. Parents of young children usually need to go out to work, so they can spend less time with their children, and they do not have a good grasp of the actual psychological characteristics of young children, there is also a part of the parents who can not provide timely counseling for the psychological problems of the children, coupled with the indulgence of many elders, which gradually causes the children to have a lack of self-awareness and a certain amount of wrong influence on their psychology, this also restricts the preschool education stage of Early Childhood Mental Health Education.

3. The pre-school education of Children's mental health education coping strategies

As the key foundation of education development in our country, preschool education is also an important part of education reform. Good Preschool Education plays a very important role in everyone's physical and mental development.

3.1 Focus on the behavior of young children

Three to six-year-old children will imitate the language and behavior of the people around them, but in the actual imitation process, they can not distinguish the good and bad of the imitation behavior and language. They will imitate it just because they think it is interesting, therefore, preschool teachers should cultivate children's correct learning and living habits according to the characteristics of children, focusing on the behavior of children in daily life. At present, many children are only-child families, most of the parents for the only child in the family are very doting, this will make the children form a self-centered character, can not understand others, for others. So when parents carry on the education work, they should choose the way and attitude of education according to their own children's characteristics. They should adopt different educational strategies for children with different characteristics. In the

process of education, parents should constantly adjust the requirements for the development of children, help children to adapt to their own true characteristics and personality, form correct self-awareness, and develop their own strengths and constantly, form a correct concept of value development.

3.2 Optimize the teaching method

With the development of mental health education in Preschool Education, the traditional teaching system is changing. Teachers gradually change from the main body of the classroom to guide children to carry out learning activities, children from the classroom participants into the main body of the classroom. In the actual educational environment is also in the continuous optimization and upgrading of education and teaching methods used in the further optimization and improvement. Teachers should change the traditional teaching methods and mechanical learning methods in order to provide sufficient teaching tools and materials for children. Also need to let children in the actual learning process can actively participate in learning activities, active discovery of problems, active problem-solving. Teachers should constantly encourage children to participate in the teaching and exchange with other students, cultivate children's People skills under the background of mutual assistance, and enhance children's innovative and creative thinking, to enable young children to learn self-regulation.

To sum up, the psychological characteristics of pre-school children are more complex, and the education of children at this stage can directly affect the physical and mental development of children in the future, therefore, it is necessary for preschool teachers to carry out mental health education in the process of education and teaching, pay attention to children's behavior and habits, optimize teaching methods, teach according to the needs of the students, strengthen the cooperation between home and school, and promote the development of children's mental health.

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About the author:

Hui Zhang. August 8, 1982. Female. Changde, Hunan. Han. Postgraduate teaching assistant. Research Direction: Preschool Education.