

Do not do to others what you do not want to do to yourself "

-- Analysis of the cultivation strategy of empathy in young children

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Summary: In order to continue the fine traditions of the Chinese nation, enable young children to develop comprehensively and harmoniously, and fill every corner of society with love, it is necessary to educate young children from an early age. Corresponding measures should be taken in all aspects to help them develop stronger empathy through methods such as setting an example, encouraging emotional expression, cultivating social skills, and reading and discussing. Of course, the most important aspect of cultivating empathy is continuous guidance and attention. It is important to have a genuine conversation with children, understand their feelings and thoughts, give them enough time and space, and gradually establish a focus and understanding of others' emotions and needs, subtly developing the ability to empathize with others.

Keywords: Preschool empathy; Influencing factors; Training strategies

I. Preface

Cultivating empathy in young children can help them break free from self centered thinking and learn to think from the perspective of others; Being able to help young children become a comprehensive, harmonious, friendly, and empathetic individual; Being able to cultivate a good personality among Zhangzhu children, promoting their harmonious physical and mental development, and laying a solid foundation for their harmonious and healthy physical and mental development.

II. Factors affecting empathy in young children

1. Social factors

1.1 The impact of cultural changes

The integration of diverse cultures has become mainstream at present. The individualistic culture of Western countries has had a significant impact on traditional Chinese culture. With the development of the times, social structure and organizational forms have undergone changes, and people's values have gradually changed. Cultural customs such as behavior, etiquette, and entertainment are also constantly changing, and even have an impact on individual lifestyles and psychological cognition. Moreover, in current society, many families are only children, which has led to young children being more influenced by individualistic culture than before, which is not conducive to the development of empathy among children.

1.2 The influence of social media

With the progress and development of social technology, social media has had a direct impact on individuals' ideological concepts, and people's ability to choose or discern information has decreased. The media often tends to focus on specific perspectives and positions when reporting, so people are easily influenced by the media's opinions and values. At the same time, the popularity of the Internet has made people more reliant on mobile phones and computers for information acquisition, socializing, and entertainment activities. People are becoming less and less involved in physical socializing, and face-to-face communication is decreasing. Therefore, there are fewer and fewer opportunities for young children to understand others and think from their perspectives.

1.3 The influence of the general public

The ideas and behaviors of the general public have an undeniable impact on the stability and development of the entire society. If the general public has a positive and hardworking values, this positive cultural atmosphere can promote social development. On the contrary, the general public has negative, lazy, impulsive, and utilitarian attitudes and behaviors, which will lead to the deterioration of social atmosphere and even bring negative consequences to society. In today's society, if you want to act bravely, you must be prepared to be bitten back. In addition to influencing adult behavior, the impact on young children is also constantly increasing.

2. Kindergarten factors

2.1 The impact of teacher discrimination

Some schools, especially aristocratic schools, recruit young children from families with superior families and high social status. These children are carefully cared for and cared for by every teacher in the kindergarten, and fight and argue with other peers. Even if it is their fault, some teachers may say it is the fault of other children, which invisibly helps children develop domineering habits and lack empathy, Even treating bullying other companions as fun.

2.2 The impact of teachers' own behavior

Many preschool teachers themselves do not take their profession seriously, and in kindergarten, they blindly demand that children follow their own arrangements with a high attitude, without considering their needs and ideas, and do not stand from the perspective of children, considering their own interests, whether it can be achieved. Even when teachers see a certain behavior of a child, regardless of the reason for the child's behavior, they first choose to stop the child's behavior, and then criticize and criticize the child.

2.3 The impact of peer interaction

In kindergarten, young children play together, learning and influencing each other. Some young children enjoy the treatment of the "emperor" at home, being domineering and selfish. They also continue to behave like this in kindergarten, beating, scolding, and bullying other children, never considering their feelings, and only focusing on themselves. In this way, if we spend a long time together, other children will also be affected and gradually develop such bad habits.

3. Family factors

3.1 Deviation in parental awareness

Some parents have insufficient understanding of the new situation of the market economy and future social competition, and engage in negative behaviors such as not distinguishing right from wrong, favoring their children, and even encouraging their children's selfish and domineering behavior, believing that their children will not suffer losses in the future. For example, when children and their peers have disputes over toys, some parents may say things like "Let's not have them, let's buy them tomorrow" or "You're so stupid, you can't even grab a toy", which invisibly exacerbates the child's habit of using violence to solve problems.

3.2 Inappropriate family upbringing methods

Some parents are self-centered and self-centered in family life, constantly arguing and arguing, resulting in a lack of affection in family life. Parents do not pay attention to their children's education, cannot provide a good learning environment and opportunities, and even neglect the importance of education. Some parents excessively dote on their children, always afraid that they will suffer a little hardship or injustice, always responding to their children's excessive needs, tolerating and accommodating their children's mistakes. This makes children very arrogant, indifferent to the interests and feelings of others, and everything is for themselves.

3.3 The impact of parental role models

Nowadays, almost all families have elderly people and children, but not all parents can achieve the traditional Chinese virtue of respecting the elderly and loving the young for thousands of years. Some parents shout at their parents at home, fail to fulfill their parenting obligations, or even ignore them. This leaves a shadow in their children's hearts in the absence of action, and they will imitate it.

III. Strategies for cultivating empathy in young children

1. Social training strategies

1.1 Social media should convey positive emotional and moral information

High quality children's programs, picture books, and movies should first consider the physical and mental development patterns of children, and consider whether there will be adverse consequences for children after watching them. Try to minimize the appearance of violent scenes in the work. When broadcasting negative phenomena in society, it is necessary to make clear statements while broadcasting facts, so that young children understand that being willing to help others is a fine tradition of the Chinese nation for thousands of years and develop empathy.

1.2 The general public should establish correct values

Adults should not be blinded by a small number of negative energy events. It should be noted that when most people are watching, there is always one hand holding up the fallen person. The general public should set the right example for young children and let them truly know what is good. Not only those who help, but also those who are helped should set a good example for young children. In this environment, young children can grow well and develop well in all aspects, which is more conducive to cultivating their empathy.

2. Training strategies in kindergarten

2.1 Create simulation scenarios

During the teaching process, teachers can often create scenarios for young children, allowing them to discuss and combine their own experiences, so that they can understand how to share happiness and the pain of others; It is also possible for young children to play different roles that require help and experience the feelings of others. Make them feel the importance of being noticed and understood, and stimulate children's kind emotions such as care, sympathy, understanding, and assistance towards their peers.

2.2 Using auxiliary tools to cultivate empathy among young children

Teachers can choose storybooks with empathy as the theme, allowing young children to understand the emotions and needs of others through the characters in the stories. After reading, discuss the plot of the story and their feelings with the children. You can also choose to watch videos and videos that showcase the mutual care and assistance between people and animals, guiding young children to intuitively feel the importance of compassion, care, and helping others.

2.3 Teachers should have empathy

Cultivating empathy among teachers is beneficial for establishing equal and harmonious teacher-student relationships; Developing empathy among teachers is beneficial for young children to gain growth motivation; It is beneficial for young children to develop a dialectical way of thinking and form a scientific outlook on life, values, and the world; It is conducive to cultivating the positive, optimistic, tolerant and open-minded personality traits of young children. So teachers should try to become children and empathize with their children's lives, so that they can do their best to add happiness and beauty to their childhood life.

3. Development strategies for the family

3.1 Parents should learn to listen.

Whether in family life or in the process of educating children, parents' listening is crucial. Listening is first and foremost about

listening. When listening, it is important to be fully focused, in order to understand the child's opinions and thoughts and make them feel understood and respected. And from time to time, provide a certain response, that is, "translate" and summarize the actual meaning of the child's words, which will serve as a "mirror". This way, children can learn to listen and consider others' thoughts when communicating with others in the future.

3.2 Parents should learn to empathize

Parents should often ask themselves: What would I do if I were a child? What would be the feeling if such a thing happened? Parents should pay attention to giving up subjective speculation. When asking their children to do certain things, they should not make subjective judgments about their children's situation based on their own knowledge, experience, and thinking patterns. Instead, they should consider their children's abilities and whether they are willing or not. In this way, young children will also learn from it and learn to empathize with others.

3.3 Parents should learn to lead by example

As the saying goes, parents are the first teachers of children, so every word and action of parents can affect the behavior of young children. When parents are at home, they should always set a good example for their children. Parents should live in harmony and not only think from their own perspective when encountering things. They should communicate more and consider each other to create a warm environment for young children. Show empathy and caring attitude towards others through one's own behavior, and try to show respect for others in front of children.

3.4 Parents should learn to communicate

Parents should regularly maintain communication with their children and establish a bridge of communication. So parents should often talk to their children and understand their children's life in kindergarten; Regularly talk to children about their own ideas on a certain issue, guide them to consider the problem from multiple perspectives, encourage them to observe and describe the emotional state of others, and help them understand the needs and feelings of others. Children can be asked questions or read picture books to help them reflect on the emotional state of others.

IV. Summary

From an adult's perspective, the more capable adults are to clearly feel their children's inner world, the more they can engage in loving communication with them, and the more they can understand and support their children. Communication between adults and children is an important part of a child's growth process. Adults should respect and understand everything that children experience during their growth process, respect their own choices and attempts, and provide appropriate guidance and assistance. Listen to the child's voice and accept their reasonable opinions. It is precisely this attitude that can earn children's understanding and respect.

From the perspective of children, their empathy for adults is not innate, but gradually formed through the process of adult empathy for them. Therefore, adult empathy for children is the key to enlightening their inner mental world, a prerequisite for effective education, and a key factor in helping children develop empathy.

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