

Family co parenting of children with special needs and its impact on parenting stress of mothers and children's development

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Abstract: for the education of children with special needs, family co parenting has a very important position. For some special groups of children, they are not much different from normal children in other aspects except some deficiencies in some physical functions, but their education is always a problem (1). Through the research on the family co parenting of special children and its impact on mothers' parenting pressure and children's development, the author found that mothers accounted for more in the family co education of special children, while fathers participated less. Therefore, the current situation of family co parenting of special children has a great impact on mothers' parental feelings and children's self-development, because in the emotional dependence of mothers, CO parenting is a subconscious cooperative behavior, but if parents have differences or even conflicts in education, it will put great pressure on mothers, thus affecting the results of parenting, It will even affect children's mood, ability and recovery.

Keywords: Special children; Family co parenting; Mother; Parental pressure; Child Development

With the development of modern education, people from all walks of life pay more attention to the problem of family co parenting of special children. Special children refer to special groups that are significantly different from ordinary children in psychological and physiological aspects, which also leads to the fact that these special children cannot enter schools like normal children and can only receive education in some special institutions. (3) Throughout the education of special children, family education accounts for the vast majority, and there are also many problems in the common upbringing of family education. In the joint family education of special children, parents' pressure is greater, especially in the process of rehabilitation of special children, which puts forward higher requirements for family economic ability and time and energy. In most families with special children, mothers bear most of the responsibilities of CO parenting, which puts great pressure on these mothers. At the same time, the current situation of such family co parenting also has a certain impact on the development of children. This article will discuss from the aspects of CO parenting, parenting pressure and the impact on children's development, hoping to help more special children's family education achieve a healthy transformation.

1. Definition and influencing factors of CO Parenting

(1) Definition of CO Parenting

At first, the concept of family co parenting was different from the modern concept. It was through the development and supplement of family system theory that the concept of family co parenting was specifically established. Husband and wife are the most important participants in family co parenting, but this concept is different from other relationships before husband and wife, such as economic relationship, responsibility relationship, etc. the establishment scope of CO parenting relationship is the decision-making, cooperation and other behaviors of husband and wife in parenting during the growth of children. (4) Whether in the families of special children or ordinary children, there are many subsystems, including the parenting roles of mother, father, marital relationship and children themselves. The concept of CO parenting can connect these subsystems together and make them effectively linked in the concept of CO parenting. (5)

(2) Influencing factors of CO Parenting

The co parenting relationship is an important part of the family system, and it is also the core branch of the whole system. Family parenting behavior is mainly composed of three parts, which are affected by the individual differences of caregivers, children's own characteristics and family background. In the influence of family background, parents' educational background, occupation status and family economic strength are factors that can not be ignored. If these factors in family background have problems, they will aggravate the conflicts and contradictions between husband and wife, and bring uncertainty to family education. (6) The quality of CO parenting has an important relationship with the level of parents' educational background. Parents with high educational background are obviously more harmonious in CO education and can obtain more supportive co parenting support. There are great differences in the process of CO parenting due to families. The main reason is that there are great differences in the individuation of the role of CO parenting in each family, including psychology, thought, behavior, etc., which are important factors that can affect co parenting.

2. Parental pressure of mothers in CO Parenting

For most parents, they believe that raising children can make people feel happy. However, in reality, the role of parents in education is the most difficult of all their social roles, which is a test of parents' comprehensive ability. (7) Becoming a mother or a father is a "special job" with a sense of responsibility and needs to be carried out for a long time. There are high standards for parents' "work ability", and these high standards also bring parenting pressure to different degrees for caregivers.

Parenting pressure refers to the pressure that mothers or fathers feel as caregivers in the process of raising children. Generally speaking, it is a kind of pressure that caregivers are affected by personal factors such as family background, psychological state, personality, emotion, parent-child relationship, etc. in the process of raising children. This kind of pressure includes many levels, the most important of which is

helplessness, anxiety, fatigue, anxiety and other states. The source of parenting stress can come from the contradictions between caregivers, limitations in life, economic status, communication barriers of parents' roles, etc.

Compared with ordinary children, special children have problems such as unstable emotional state, weak concentration, slow mental development, unable to respond positively to their parents, and weak adaptability. Therefore, in terms of family co parenting, the parenting pressure of special children's caregivers is often greater. Among the parenting pressure of both caregivers, the mother bears the most critical part of parenting. So mothers feel more parental pressure. For mothers of special children, the reasons why they suffer more parental pressure are the lack of parenting knowledge, physical conditions, the limitations of female roles on personal development, and the depression of emotional state. (8)

3. Co parenting, parenting pressure and children's development

(1) Child development

From the perspective of growth, children's development is not a static process, but a dynamic process full of uncertainty, and the content of development is relatively large, and there must be some links between different development contents, so as to better promote children's growth and development. This article will focus on the two factors of emotion and behavior in the exploration and conclusion of children's development, because they are representative in children's development. Especially for some special children with autism and mental retardation, their emotion and behavior is also an important measure of family co parenting and self-development. It is also the focus of caregivers' attention. The specific development content of children's emotion and behavior is the emotion and corresponding behavior that children feel and reveal in the process of getting along with their parents, others and relatives, as well as the safe and stable interactive relationship formed when they get along with their peers. However, special children's emotion and behavior will have some deviations. It is these particularities that affect the physical and mental development of special children and bring burden to the family.

(2) The relationship between parenting stress and children's development

From the perspective of education, parenting pressure can affect children's development. The origin of parenting pressure is in the children themselves. It is a process that is passed on to both parents who are raised together by the family through the children, then fermented by both parents and caregivers, and finally returned to the children again. A large number of children's internal and external behavior and psychological exposure can have a continuous impact on parenting stress. In the process of parenting, if mothers feel strong parental pressure, it is bound to affect the development of children. If parents feel too strong parental pressure, it is also easy to have an impact on their children, produce some problematic emotions and behaviors, and then exacerbate the increase of parental pressure again.

(3) Research on the relationship between CO parenting and children's development

From a large number of family dynamic parenting processes, it can be seen that CO parenting occupies a very core position in family education, especially for families with special children. Co parenting can not only affect the development of children in all aspects, but also have a significant impact on children's emotions, behaviors and thoughts. (9)

4. The influence of CO parenting on mothers' parental feelings

In the process of CO parenting, the mother is always in a relatively weak position. Everything produced in the process of parenting, including contradictions, conflicts, consumption, support, understanding, cooperation and so on, has a great impact on the mother as the parenting subject. (10) From a macro perspective, in the process of CO parenting of special children, mothers tend to feel more negative about their children's diseases, such as grievance, embarrassment, complaint, helplessness, worry, etc., due to their female perspective and high emotional sensitivity. These negative emotions add a lot of parental pressure to the role of mothers, including pressureEmotional dependence, restriction, self blame and blame. (11)

In the process of special children's family co parenting, the parental pressure felt by the mother's role is mainly in two aspects: the first is that in the process of CO parenting, the father's role is less involved, so that the mother has the feeling of taking on everything alone; Second, mothers and grandparents will have some differences on the issue of child rearing. (12) These arguments and differences will affect the psychological state of the mother role, and then increase parenting pressure. If the father and grandparents can give the mother some understanding, tolerance and support, it will reduce the parenting pressure of the mother.

5. The influence of CO parenting on children's development

The co parenting system is composed of multiple personas, including parents, children and grandparents. Each role in this system will be affected by the co parenting process, especially for children. (13) the relationship between CO parenting and the dynamic process of CO parenting can affect the growth and development of children. In the co parenting of some special children, both mothers and children have a negative impact, especially when the grandparents participate in the co parenting process. For children's development, the impact of CO parenting is mainly in three aspects: first, the rehabilitation of children's diseases; Second, the child's emotional stability; Third, self ability training. In the process of raising children with multiple caregivers' participation, it is easy for all parties to have differences, especially between father and mother. It is very easy to have inconsistent ideas on the issue of child rearing, which has a great impact on children's development (14). Secondly, if caregivers have disputes, it will bring about a more negative family atmosphere and affect the children's sense of security, Affect their emotional development.

6. The impact of CO parenting on mothers and children

In the process of family co parenting of special children, the main factor affecting the parental pressure of mothers is the quality of participation of fathers and grandparents in CO parenting. In the process of CO parenting, supportive and coordinated cooperation can bring positive results and feelings to mothers, on the contrary, it will bring negative effects to mothers. In CO parenting, if the father can fully express his support, understanding and tolerance and let the mother feel it, the quality of CO parenting will be improved. On the other hand, CO parenting will bring the risk of bad experience for the mother's parenting, such as arguing and complaining among Co parenters, which increases the mother's negative emotions; Father's low participation makes mother not get enough sense of support. At the same time, if the common parenting system constructed by parents has problems, it will have a direct impact on children, such as depression, unreasonable behavior, low sense of security, which are not conducive to the rehabilitation and growth of special children. (15)

To sum up, in the joint parenting of special children's families, because of various factors among the caregivers, mothers bear strong parental pressure, which also makes the quality of the joint parenting process unsatisfactory, and ultimately affects the children's rehabilitation effect and ability development, which also poses greater challenges for the joint parenting of many special children's families.

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