Childcare and youth development

Nowadays, parents are gradually paying attention to the child's parenting methods, and the child's growth has gradually begun to receive people's attention. But how to raise children has become a problem for parents.

In foreign countries, the vast majority of families are a kind of stock-based education for children, let the children discover novel things, take the initiative to learn, and finally develop a self-disciplined learning habit. But in China, I don't think this is possible because of the difference in the environment. In China, the learning pressure is greater than that of foreign countries. If you do not conduct some relatively oppressive learning, you will fall behind others. Moreover, in China, the results are basically equal to everything. Your grades are low, so most of your things will not be as smooth. However, a completely oppressive approach to learning will make the child a learning machine and make the child a creature that exists only for learning, which will have an indelible impact on the child's later development.

Therefore, I believe that the correct way of education should be to give children a certain space of free imagination under certain pressure, and let him carry out some extracurricular expansion according to their own interests. In the case of guaranteeing the results, the development of the child's interest, so as not to obliterate the child's nature, but also meet the needs of the entire society.

All in all, the way children are taught is not static and needs to change depending on where they are, where they are, and where they are. However, no matter how the state of the child is, the purpose of our education method is to let the child have a better growth, rather than to seek more face or benefit for us. Some parents care too much about the child's face-lifting, so that when the child makes a mistake, the child is given too much punishment, so that the child is tired of learning. This is wrong, this is what we need to change. Education is for children, not for parents.Even if we can't change the society where the score is above, we can make our children better.

From the chart we can see that stress and health and performance are positively correlated to a certain extent; in this range, the greater the stress, the better the corresponding health and the better the performance. However, when it exceeds a certain limit, as the pressure increases, health and performance first decrease slowly and then rapidly. At this time, increased pressure will have a negative effect on health and performance. We can also find another problem. When we are not under enough pressure, our health and performance will be at a lower value, which reflects that we need a minimum pressure to enable us to have a certain degree of health and performance; At the same time, the chart reflects excessive pressure for health and performance, so we need to learn to moderately relax and reduce stress when we are under greater stress, so that our health and performance are in a better state. In addition, we can also find that in the positive correlation phase, as the pressure increases, the rate at which health and performance values ​​become larger decreases, so it is not necessary to find the critical point to withstand the pressure and find a suitable one.