

Research on Improving the Quality of Parents' Education in the Era of "Internet Plus"

-The Introduction and the Enlightenment of ICDP from Norway

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Abstract—The lack of "playmates" is a common phenomenon in the single-child family, which also brings great challenges to family education. In the "Internet plus" era, the information technology is applied to parenting education to improve children's ability of independence, cooperation and create a variety of learning activities. In addition to enriching the children's knowledge, broadening children's horizons, the information technology also further promotes the development of children's intelligence. However, "Internet +" also has a great impact on children's family education. This article reveals the enlightenment of ICDP to children's upbringing in China in the "Internet Plus" era: treating the child as a person, opening up for empathic human care; improving the quality of interaction and relationship between caregiver and child; expanding the impacts of parenting skill in China based on community; The combination of home and garden to optimize the education process.

Keywords—ICDP; Caregiver; Internet plus; The quality of interaction

I. INTRODUCTION

It is found that there is a close connection between how children are treated and the care they receive. (Goodnow&Collins (1990). Caregivers interact with children with high-quality, which is conducive to children's psychological, physical, intellectual and social development. In the early childhood education projects, the international children development program from Norway is concerned about improving the abilities of the caregivers, improving the quality of the interaction between the caregivers and children, enhancing the emotional communication so that to promote the development of the children's body and mind.

II. INTERNATIONAL CHILDREN DEVELOPMENT PROGRAM (ICDP)

The Norway International Children's development project is called International Children Development Program, or ICDP. A team of Norway psychologists, Professor Karsten Hundeide and Professor Henning Rye, have discovered the importance of interaction and empathy based on the psychological researches, and gradually developed international children development program— ICDP, which aims to promote the children development by improving the

quality of interaction between caregivers and children. By 35 years of research and demonstration, a complete system of the international children's development Program (ICDP) was formed in 1992. The project is dedicated to activating the parents' existing childcare potential, enhancing the caregiver's sensitivity to the child's needs, as well as the caregivers' self-confidence and ability. At present, the ICDP project has spread over 42 countries and regions in Norway, Sweden, Denmark, Finland, Germany, Russia, the United States, the United Kingdom, Mozambique, Portugal, Spain, South Africa, Brazil, Argentina, Mexico, Columbia, Korea, Japan, India and other countries.

A. The goals of ICDP

- It affects the caregiver's positive experience with children. The caregiver can recognize the child's state and needs with the child's feelings, and adjust her/his care behavior to meet the child's needs and feelings.
- The caregiver should give child the opportunity to be heard, and caregivers should listen and respond to children with adult meaningful conversations.
- Provide opportunities for children, follow the child's initiative. When the child needs them, they give her/him support instead of taking over the situation from their children.
- Promote emotional communication between caregivers and children, resulting in a positive emotional and developmental relationship.
- Strengthen the self-confidence of caregivers, promote rich, stimulating interactions between caregivers and children, and expand and guide children's experiences and actions.
- Recreating active practice of rearing children, which includes playing games, songs and various cooperative activities with children.

B. The content of ICDP

The ICDP project consists of five important parts: the concept of the child's caregiver (the child as an independent

person), Eight Principles in three types of Dialogue for Good Interaction, Sensitivity principle, principle of implementation, and the projects for the special target group. As shown in Figure 1.

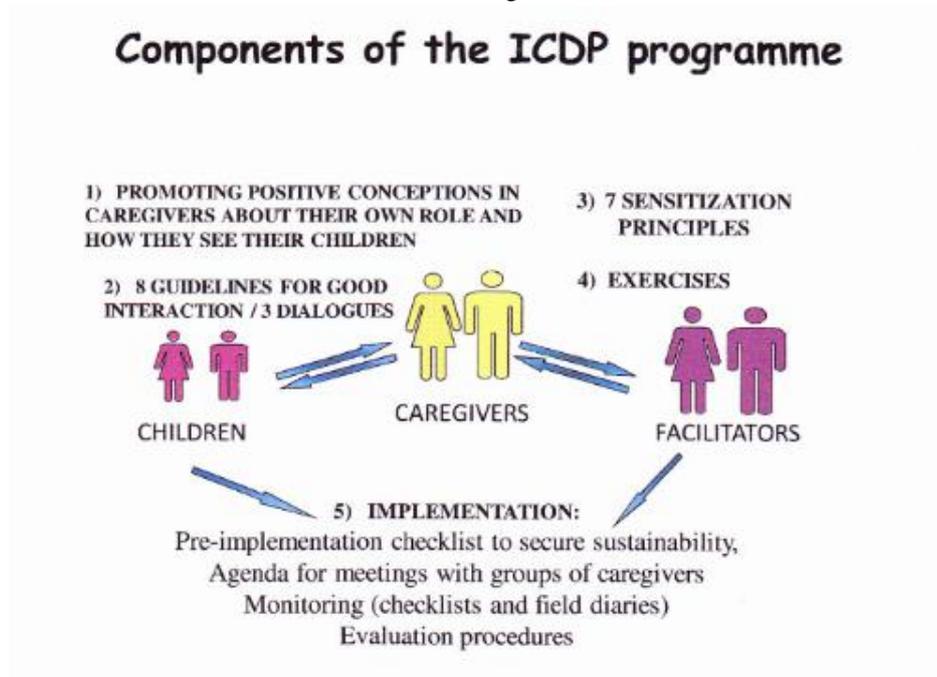


Fig. 1. Components of the ICDP programme

ICDP is based on children's rights and treats child as an independent person. By the eight principles in the three types of dialogues, improve caregivers' empathy and sensitivity on

child so that to have the high quality of interaction between caregivers and children. As shown in Figure 2.

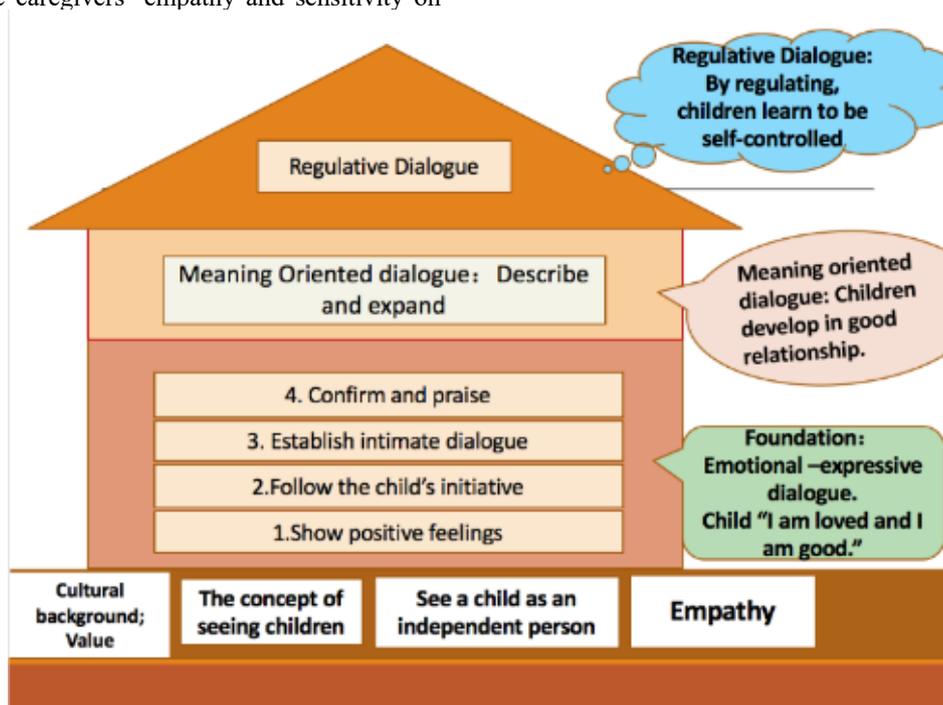


Fig. 2. ICDP house

1) *The concept of caregivers on children*

Caregivers have their own ideas about the ideal children, the expectation on the children, the quality that children should possess, and the methods of nurturing children. There is a correlation between caregivers' view on children and the care. The concept of caregivers treating children may become a "tag" for children. It may even become part of the child's self-recognition and be strengthened by them.

"Seeing a child as an independent person" means that we expect the children to have the same need of being loved, accepted and understood as we are, which means that we have the responsibility to treat him / her accordingly.

At the same time, caregivers need to empathize with their children and see and interpret the children's expressions and signals, and see the needs, pleasure, and pain we experience in the same situation. Guide the caregiver to see the positive aspects or positive potential of the child, include the child in the "empathy zone," and awaken the love of the child, so that he can understand and understand the child in his place and have empathetic approval for the child.

2) *Emotional dialogue*

a) *Express love actively*

No matter whether the child is able to talk, he or she can perceive love and rejection, happiness and pain. The emotions conveyed by caregivers are very important to children's sense of security. They care about the children in a loving way.

b) *Understand the children's attention and follow the their Initiative*

In the process of interacting with the child, the caregiver is aware of the child's wishes and actions, his/her state of the body, and his/her body language. It is very important to follow the child's attention and attention, focus on the things that interest the child.

c) *Close dialogue with children*

The caregiver gives the child attention and response to what the child is doing and is interested in, and communicates with the child. This kind of communication is not only a language but also a non-language. Even with newborn babies, children can communicate with their children through their eyes, smile, posture, and expression of happiness, and the child will respond with some happy sounds. This early intimate dialogue is very important for the child's future social and linguistic development.

d) *Give confirmation and praise*

For the child to do things in a timely manner to confirm and appreciate, is conducive to the development of the child's self-confidence and initiative, make the child feel worthy and capable, and to explain to the child why it is right. Through the recognition of the child, let him or her know that "I can do it, I can do it well", and thus develop the child's self-confidence in the actual experience.

3) *Interpretation and extension dialogue*

a) *Common concern*

Focusing attention on the same thing or theme is a prerequisite for meaningful conversations between children and caregivers. Babies and young children often need to concentrate. On the one hand, caregivers can attract and guide children to concentrate their attention so that caregivers and children can have the same experience in the environment. On the other hand, when the child is focused on doing something, the caregiver can also focus his attention on what the child does, so he can understand the child, and have a common experience with the child.

b) *Interpretation*

Children have great curiosity about the meaning of things. The caregiver needs to explain what the child is experiencing, and pass it to them in a way that the child can understand. Then the child can easily remember it as an important and meaningful thing. The caregiver supports the child's experience and initiative by naming and describing the concerns. Children can get predictable expectations and control their own experience in the process.

c) *Extend*

Children need to develop their understanding of the world. Caregivers can help them to expand and surpass the child's current situation, and enable the child to become known based on the existing experience, so as to measure whether it is safe by the known experience. For example, children's experiences can be expanded by telling stories, asking questions and pointing out similarities.

4) *Rule dialogue*

Rules are an important part of parenting. Children develop self-control through rules. Self-control is the prerequisite for the pursuit of goals, and also a prerequisite for the development of the ability to adapt to the human environment. According to Vygotsky's research, rules are the key to children's internal control.

C. *The implementation of ICDP*

The ICDP project is targeted at children who live in high-risk environments such as poor, war, displaced from home, diseases and so on. The project is not directed at children. Instead, through building partnerships with local institutions and care networks in high-risk communities, empathy, sensitivity, and comprehensive ability are built from the perspective of psychology and educational care, enabling children to directly benefit from caregivers.

III. THE CONCEPT OF CHILD REARING IN ICDP PROJECT

A. *The child is an independent person*

Parents all over the world want their children to grow in the best way, and most parents are trying their best to deliver the best educational resources and material wealth to their children, but they often do not fully realize that the role they and children should take in their children's growth. A child is an independent person. He / she enjoys the basic rights of children: the right to life, the right to development and the right to education. Caregivers, companionship or caregivers who love children should respect children and make them feel safe. At the same time, children should be regarded as individuals like us and have the same development needs as us. The ICDP project is more concerned with stimulating the empathy of the caregivers and understanding children's internal needs and conditions.

B. *The quality of interaction determines the development of children*

Children are born with the need to interact with people. The process of raising children is a process of communication and not a one-way transfer. Children are an active force in the process of their child rearing. The signals and initiatives of children "drive" the parenting behavior. In addition to safety and security of attachment, children also need guidance and development of multiple intelligences. Therefore, the eight principles of the three types of dialogues have solved the interaction between the caregivers and children. Based on emotion, intimacy dialogue with children, and give meaning. At the same time, set up rules in different situations to cultivate children's self-control and self-management ability, so as to form internal morality and norms. Among them, the emotional dialogue is a very important link, which will bring about mutual attachment between adults and children, and may have an important influence on the child's future relationships, social adaptation and self-confidence.

C. *Rule is an important part of the interaction between the caregiver and the child*

The rule is an important part of the ICDP project, because children develop self-control through rules, and self-control is also a precondition for pursuing goals. It is also a prerequisite for developing the ability to adapt to the human environment. Self-control is not just about controlling behavior, but also controlling impulse and emotion, so as to better develop sociality. In the setting of the rules, emphasis is placed on setting the boundaries of the front. It should also be a way of setting boundaries with respect, and it should be interpreted and agreed upon. This is conducive to the development of children's altruism and moral understanding.

IV. THE INFLUENCE OF "INTERNET PLUS " ERA ON CHILDREN'S DEVELOPMENT

"Internet + early childhood home education" is not a simple sum of both, but the use of information resources and Internet platforms to promote the Internet and early childhood family education in-depth integration, build a more healthy, fast, and convenient home education information ecology.

A. *"Internet plus parenting education has the following advantages*

1) *Learning is more convenient and faster*

The distinguishing feature of the "Internet Plus" platform is that anyone can learn any early childhood home education program anytime, anywhere. Convenient, flexible and diverse learning can provide a more convenient and convenient way for caregivers to learn.

2) *Rich content and vivid multimedia performance*

"Internet plus children's family education" uses the Internet to display text, sounds, icons, video and animation and other multimedia forms, which can more vividly and visually display the corresponding data or scenes that cannot be seen in real life, so that children are in visual and auditory sense accept stimulation to attract children's attention.

3) *Maximizing the implementation of resource sharing*

The Internet has strong storage, interactive advantages, and a wealth of knowledge and information. Through the "Internet plus" platform, family education can cover any corner of the world across the region, making it possible to share equally high-quality early childhood home education resources.

B. *"Internet plus children's family education also has its shortcomings*

1) *It is not conducive to the cultivation of the relationship between parents and children*

In family education, parent-child communication is the basic approach to early childhood education. Good and effective parent-child communication helps to establish harmonious family education relationship. The children's study time on "Internet plus" platform will inevitably lead to less time for children and caregivers communicate, and it will be unfavorable for the maintenance of parent-child relationship.

2) *Parenting education content is mixed*

On the Internet platform, anyone can speak freely, so that there is a wide variety of information on parenting education on the "Internet plus" platform. If caregivers do not have the ability to deal with information, they are easy to get lost in the Information ocean, and waste time in improving the quality of children's family education.

3) *Some Caregivers cannot adapt to new challenges*

In the "Internet plus" background, caregivers must have the ability to use the Internet and mobile terminals on the Internet, the ability to distinguish Internet information, and the ability to send Internet information. These are new challenges for caregivers, especially those who are slow to accept new things and have lower cultural quality, so that they are difficult to adapt.

4) *Children over-reliance on internet and electronic products, social development is limited.*

Social development is an indispensable part of a child's growth. This process is a process for children to step into the society gradually. It is realized in the process of mutual influence and interaction between children's collective and peers, individuals and social groups. In this process, children will gradually form a world outlook, outlook on life, and values that belong to the individual. If it is over-reliance on the Internet and electronic products, the social development of children will be limited.

V. SOME SUGGESTIONS ON DOING CHILDREN'S FAMILY EDUCATION IN THE AGE OF "INTERNET PLUS"

A. *Setting up a modern view of children*

The concept of ICDP project applies not only to children and families in the marginal state, but also to the vast majority of urban families in China. With the rapid development of China's economy, the concept of child rearing is facing great challenges. At present, the caregivers in our country often ignore that the development of children is ultimately a process of independence, either for the children to do everything, neglect the cultivation of children's self-ability, or to ignore the emotional needs of children in the process of growing up because of the conditions. To establish a modern concept of children is to attach importance to the development of children. It is the process of the development of multiple intelligence, the process of children's social and moral development, and the process of individual independence of children.

B. *Improve the quality of interaction between caregivers and children*

Through the training of caregivers, the caregiver's ability to love is constantly being stimulated. By cultivating the compassion, empathy and sensitivities of the caregivers and children, the caregiver's ability is stimulated and the love is expressed to the children in a positive way, so as to improving the quality of care for children. Caregivers should change their educational concepts, enhance their understanding of various media and communication software, learn to collect and process information, and share information with kindergartens.

C. *Extend the scope of family education guidance through community influence*

The implementation of the ICDP project is based on the communities in which family lives, and has a larger coverage in the community. In a community, it is spread by local networks and organizations to train local resources so that more caregivers, families and children in difficult situations can be covered. When the training of caregivers and institutions is completed, the quality of the work is evaluated, the project is withdrawn, and the existing local caregivers who have been trained can take over the training of the organization and further implementation of the project. This ensures the sustainable development of local teams. This community-based training model is worth learning. At present, in the face of family education guidance for millions of families, they should also be rooted in the community and gradually cover more

families through the training of community backbones. The community shall organize and carry out education on the "Internet+ early childhood family education" professional knowledge, build an early childhood parent school for the Internet platform, promote online and offline family education, build an early childhood home education virtual community, and serve the community for parents of children to learn online.

D. *The caregivers should set an example and use the internet and electronic products in a restrictive way.*

Children are still young, and have no ability to distinguish things and information. But information products with its rich and changeable content carriers, colorful visual perception, and beautiful listening enjoyment, have deeply attracted to children's curiosity. Many children are often prone to indulge in this. Over time, this will have an adverse effect on the healthy development of children. Therefore, caregivers should lead by example and must use the Internet and information products with restrictions in their lives.

E. *The combination of home and garden to optimize the education process*

Through the "Internet +" education platform, kindergartens can use information services to develop home education guidance services and optimize the education process. Kindergartens can carry out "Internet plus children's family education" professional knowledge studying, build the home communication cloud platform, and achieve real-time home communication. Kindergartens can also collaborate with the government to better integrate family education and kindergarten education so that more families can enjoy scientific and personalized guidance services. This can play a positive role in promoting the rapid development of children.

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