

On How to Carry out Children's Mental Health Education in the New Period

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Abstract: Early childhood is a critical period for one's physical growth, psychological development and personality formation. With the development of social economy and the change of family education mode, mental health problems in early childhood become more and more prominent. Early childhood is the best period to receive quality education. Whether it is intellectual development, physical quality or personality cultivation, it is necessary to lay a good foundation in this period. A healthy child should not only be healthy physically, but also be psychologically healthy and have good social adaptability. For a long time, due to the influence of traditional education concepts, culture and other factors, both preschool teachers and parents generally pay attention to the physical growth and knowledge learning of young children, ignoring the development of their healthy psychology and personality. This article will mainly take our country's children's mental health as the starting point, to introduce and analyze our country's children's mental health in the new era, and give relevant development suggestions.

1. Introduction

With the development of society, people from all walks of life pay more and more attention to children's education. At present, the mental health problems of social teenagers have aroused widespread concern of the society, and mental health education has become a leading activity at the national level. These facts show the importance of mental health to one person and even the whole society [1]. For a long time, due to the influence of various factors such as traditional educational concepts and culture, both kindergarten teachers and parents generally attach importance to the physical growth and knowledge learning of children, ignoring the development of children's healthy psychology and personality cultivation [2]. The so-called mental health refers to that an individual can maintain a continuous, positive and good mental state in various environments, under which the individual can make a good response [3]. A healthy child should not only be healthy physically, but also be psychologically healthy and have good social adaptability. Kindergartens must establish a correct concept of health and attach great importance to children's mental health while paying attention to their physical health [4]. Early childhood is the golden age of mental health education, and it is the incumbent responsibility of preschool teachers to pay attention to early childhood mental health issues.

The development of children is a whole. We must pay attention to the mutual penetration and integration between fields and goals, and promote the comprehensive and coordinated development of children's body and mind, rather than one-sided pursuit of development in one or several aspects. In today's society, everyone has different levels of psychological problems. Mental health has become a social issue in China. Many people's psychological disorders and mental illnesses can be traced back to the frustrations suffered in early childhood. If the trauma or frustration experienced in early childhood is not resolved in a timely manner, the child will be very painful and depressed, and the negative emotion will unconsciously lie in the child's heart [6]. Early childhood is the best time to receive quality education. Whether it is intellectual development, physical fitness, or personality training, you need to lay a good foundation during this period. The growth and development of young children need to be comprehensively considered. We cannot simply focus on one aspect or several aspects of cultivation, so that young children can develop in a more coordinated manner [7]. Regardless of the actual needs of society or the implementation of national policies, children's mental health must be valued in children's education activities [8]. This article

will mainly introduce and analyze the mental health of young children in China, and give relevant development suggestions.

2. Problems in Mental Health Education of Preschoolers in Kindergartens

2.1 Ignoring the Importance of Mental Health Education

Children's mental health refers to children's psychological development reaching the normal level of the corresponding age group, with positive emotions, cheerful personality, no psychological obstacles, and rapid adaptability to the environment. In the new era, teachers and parents should also change the way they treat their children's education. It is particularly important to pay attention to the development of children's mental health. In the face of all kinds of characters and characteristics of children in kindergarten, it is impossible for teachers to really be all-round. Children's psychological growth and development is a long process, its development and change is not under the control of teachers. At present, in a considerable range of kindergartens and families for early childhood education issues generally pay attention to children's physical health and knowledge and skills, ignoring the cultivation and education of children's mental health. In the process of children's education, we should attach importance to and actively carry out children's mental health education to promote children's physical and mental health development [9]. In the current preschool education activities, teachers should attach importance to the correct guidance of children's will, emotions, attitudes, etc., and nurture and guide children imperceptibly in the activities. In addition to regular educational activities, special mental health educational activities can be appropriately carried out to enable children's mental health to be guided more professionally and intensively and to solve the mental health problems in the process of children's development in a targeted manner.

2.2 No Complete Mental Health Education System

At present, there is a general lack of special mental health education courses in kindergarten curriculum, and there is a lack of systematic mental health education for young children. Teachers' mastery of solid knowledge of mental health education is a prerequisite for children's mental health education. Children at different ages have different psychological characteristics. In the new era, children's mental health education activities should face all children and promote their mental health development, rather than special counseling for individual children. Teachers and parents do not know enough about children's emotions, emotional attitudes and social communication ability, and there is obviously a phenomenon of emphasizing physical health care rather than psychological training, which leads to the development of children's mental health and physiological functions not synchronized. Many kindergartens in our country attach great importance to teachers' knowledge and academic qualifications to a large extent when selecting teachers, and often neglect teachers' psychological quality. The abuse of children by kindergarten teachers, which is often reported in today's news, is not only harmful to children's physical health but also harmful to their mental health. In order to effectively promote children's mental health development, teachers must create a warm interpersonal environment, so that children can fully feel the affection and care, and form positive and stable emotions.

3. Measures to Improve Children's Mental Health Education

As the direct educator of young children, teachers have the responsibility and obligation to protect their physical and mental health. In practice, teachers should grasp children's behavioral motivation, meet and guide children's needs, and help children to objectively understand and evaluate themselves. From the design of the environment in the garden, the relationship between teachers and students and the partnership between children, children should be pleasant and relaxed. In the new era, children's mental health education should promote the mental health development of all children and pay attention to group benefits. Young children have a natural feeling of admiration for their teachers, and the attitude of teachers to them determines their psychological pleasure [10].

For wayward and unsociable problem children, teachers can carry out interesting and targeted group activities to guide children to participate. So as to improve children's communication ability and create good opportunities for children to establish harmonious interpersonal relationships. In order to keep children happy, teachers must keep friendly and close expressions in teaching activities, and cannot let children have fear. Teachers should provide children with diversified guidance methods as much as possible so that children can be attracted by teachers' words and behaviors, thus strengthening communication and communication between teachers and students.

In teaching, children's social development is mainly realized through communication and cooperation. Communication and cooperation between children and children, and between children and teachers are conducive to children's social development. The interactive relationship between children's social development is shown in Figure 1.

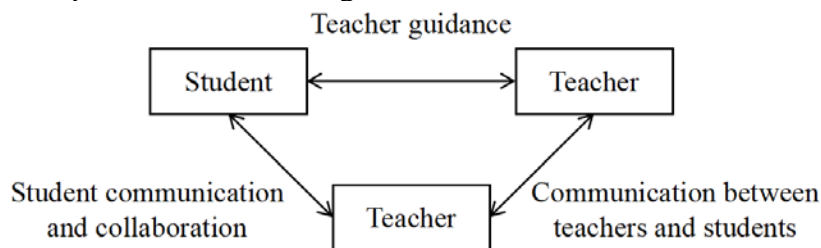


Fig.1 Interactive Relationship of Children's Social Development

One of the important functions of mental health education is to provide specific individual psychological consultation and treatment for children's practical problems, to help them get rid of psychological problems and learn to deal with life. Teachers only provide conditions for students to learn and play a leading role in the process of helping to promote learning, rather than inject knowledge, let alone replace it. Children's mental health education is a complex dynamic system which is constantly moving and changing. It is necessary to look at children's mental quality and development from the perspective of development. Children's mental health education system is an open system which is interdependent and interactive with the surrounding environment. It is in a dynamic non-equilibrium state and may form a new relatively stable and orderly structure. Due to the characteristics of physical and mental development, children often encounter various problems in their study and life. Without proper help, various psychological and behavioral problems will occur. Openness enables various emergent factors to easily interfere with the system. In order to promote the healthy development of children's psychology, it is necessary to adopt various methods to collect their information.

The formation of good psychological quality does not take one day, but requires long-term training. Systematic psychological training plays a vital role in improving the psychological skills of special children. We need to study the current situation of psychological training for special children. In addition to the research on training methods and means, we also need to investigate the formulation of their psychological training plans. For example, Table 1 shows the survey of psychological training programs.

Table 1 Survey of Psychological Training Programs

	Number	Proportion (%)
Make a systematic psychological training plan	24	6
Arrange according to experience	376	94

Only when we can see the origin of children's psychological problems and contact with children in a targeted, diversified and innovative way to provide help for children, can children be willing to accept the help of teachers and get out of their own psychological and emotional problems. In the new era, the effective development of children's mental health education should pay full attention to family and social development education. Different children live in different families and face different problems in life. Therefore, there are always a few children with psychological problems.

In daily educational activities, we should pay attention to the influence of family education and social factors on children's psychology, and establish communication and contact. Many children's psychological problems are often related to their families, especially their parents. Family is the cradle of children's life and the warmest, safest, freest and happiest harbor for children. Therefore, parents should actively cooperate with teachers to create a relaxed and pleasant environment for children to grow up. Teachers should be good at discovering the changes of young children and give them psychological health counseling in time so that their psychological health problems can be repaired in time. Paying attention to the feedback effect of the children under guidance and keeping communication and communication with children at any time are helpful for teachers and parents to carry out education in a timely manner so as to prevent the recurrence of children's mental health problems.

4. Conclusion

In the new era, children's mental health education is a dynamic and lasting process. The majority of kindergarten teachers should keep pace with the times, constantly innovate strategies in educational practice, and care for children's healthy development. Psychological quality is an important component of comprehensive quality. Healthy psychology has an important positive impact on children's growth and their future development. Compared with other ages, children's mental health problems are more reversible. If early detection, timely help and correction will achieve twice the result with half the effort. Teachers and parents should be aware that when children's negative emotions are not well expressed and released, these negative emotions will always backlog in the bottom of their hearts. In the long run, it is easy to cause children's psychological problems. In the teacher's induction training, we need to focus on the training of the psychological quality of teachers, so that teachers first have a healthy psychology and then carry out relevant mental health education for children. Paying attention to the development of children's mental health is not only the basic needs of children, but also an important driving force on their growth path, which helps to cultivate children's positive emotions and optimism.

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