

On the Professional Construction of Children's Mental Health Education

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Abstract: The ultimate goal of early childhood education is to promote the comprehensive and harmonious development of children's body and mind. As an important part of mental health education, children's mental health education is the internal demand of children's physical and mental harmonious development, which should be paid more and more attention. To attach importance to children's mental health education, we need to establish a modern concept of health education, pay attention to the diversification of children's mental health education channels, pay attention to the mental health education of preschool teachers, emphasize the cooperation between home and children, and pay attention to the individualization of children's mental health education.

1. Introduction

With the development of economy and the improvement of people's living standards, the problem of mental health has become more and more prominent, which has aroused the attention of the whole society. What is mental health? Children's mental health generally refers to the standard mental state of normal intelligence, good mood, sound personality, ability to adapt to the environment, good interpersonal coordination, and psychological behavior in line with the characteristics of children's age. Due to historical reasons, there are few researches on children's mental health in China. In recent years, inspired by the reality and education policy, children's mental health education has been paid more and more attention.

2. Analysis of the Present Situation of Children's Mental Health Education

2.1 Lack of Understanding of Children's Mental Health Education

At present, there are still many problems in children's mental health education, among which the lack of understanding of children's mental health education is a more prominent problem. Many teachers don't realize the importance of mental health education, and even don't take measures to strengthen children's mental health education. As a result, children are affected by many factors in their daily learning and develop some bad living habits, which is not conducive to their physical and mental health. Psychological education is mainly from different angles to guide children's education, so that they can form a good interpersonal relationship, even in the case of contradictions can also take the right countermeasures to deal with. However, the reality is that many educators do not

realize the importance of mental health education. In the teaching process, they still teach basic theoretical knowledge, ignoring the guidance of children's physical and mental health education. This will lead to the poor effect of children's mental health education and hinder the development of China's early childhood education.

2.2 The Environment of Children's Mental Health Education is Not Good

In the process of children's mental health education, we must ensure a good educational environment, improve children's classroom participation, and promote them to change from passive participation to active participation, so as to obtain satisfactory educational effect. However, the quality of mental health education in kindergartens is not high at present. Teachers do not realize the impact of the educational environment on children's body and mind, and do not pay attention to the layout of the educational environment, which makes children grow up in an environment where the learning atmosphere is not strong^[1] As time goes by, it will cause psychological defects, which is not conducive to the healthy and stable development of children's personality. The difficulty coefficient of children's mental health education is large. Teachers need to create a good teaching environment to help children develop good ideological and moral quality. However, teachers' neglect of the educational environment seriously affects children's physical and mental health and reduces the quality of teaching.

2.3 Improper Way of Children's Mental Health Education

As we all know, children in early childhood are not mature enough to distinguish right from wrong. This requires teachers to play a positive role, take effective ways to strengthen the guidance of mental health education, to ensure the healthy development of children's physical and mental health. But the current situation is that some teachers often have problems in the way of mental health education for children. The most common phenomenon is that they ignore the cultivation of children's behavior habits, so that children develop bad learning habits in kindergarten, and can not communicate with others friendly, which is not conducive to the development of physical and mental health. In addition, parents do not play their own role, they always agree that as long as their children can eat well and dress well, they will be healthy. In essence, this ideology is wrong^[2]. In addition, teachers do not deal with children's psychological problems correctly, which will not only make it difficult to carry out mental health education, but also affect children's physical and mental health development, which is easy to cause psychological barriers.

2.4 Lack of Theoretical Construction of Mental Health Education

The lack of mental health education theory will also affect children's mental health. Young children are young and immature. They are easily affected by many external factors and have bad psychological emotions. Therefore, as an excellent kindergarten teacher, we must improve the theory of mental health education. Nowadays, there are some problems in kindergarten education in China, such as too much emphasis on Book Education and neglect of mental health education, less courses related to mental health education, which is difficult to solve children's psychological problems. Even some teachers don't realize the importance of the construction of mental health education theory, and they don't combine it with the situation of mental health education to construct the relevant theory^[3]. The final result is that it is difficult to improve children's interpersonal communication and cooperation ability, which makes them lack of autonomous ability.

3. Effective Measures of Children's Mental Health Education

3.1 Establish the Correct Concept of Children's Psychological Education

In order to promote the smooth development of children's mental health education, teachers should establish the correct concept of children mental health education. First, teachers should realize whether their educational concept is correct or not, which is directly related to the quality of mental health education. Teachers should make education guidance plan according to the actual situation of children in teaching, and guide parents to establish correct concept of children mental health education, so that each child can grow up healthily and happily. Teachers should fully understand the meaning of mental health education. The so-called “mental health education” mainly refers to guiding children to get along with others friendly, further building good and harmonious interpersonal relationship. For the problems encountered in learning, it can take the correct way to deal with them^[4]. The most important thing is to adapt to the current social development trend quickly, and make the personality and psychology develop healthily and steadily. Secondly, in the actual process of children's mental health education, teachers should consciously strengthen the cultivation of children's intelligence, personality and quality, and adopt the way of differential education. Because of the differences in thinking mode and learning ability of different children, teachers need to optimize the teaching content and guide the children's mental health education. In this way, we can give full play to the value of children's mental health education, and ensure that every child is healthy, happy and vigorous.

3.2 Optimize the Internal Education Environment of Kindergarten

The quality of education environment is directly related to the healthy growth of children's body and mind. It can be said that the quality of the environment has a great impact on children's growth. As an excellent kindergarten teacher, we should create a good educational environment in the daily mental health teaching. Young children are younger, their psychological quality is weak, their learning ability is not strong, and their dependence on the environment is strong. Only in a good environment can they improve their classroom participation. Therefore, teachers should pay attention to the campus internal environment layout, in order to promote the smooth development of children's mental health education. For example, teachers can arrange the class environment into a scene that children like, so that they will not have a strange feeling to the surrounding environment, but have a close feeling. At the same time, kindergartens can also strive for the community's strong support for mental health education, and cooperate with it to guide children's mental health education, so that every child can form a good ideological and moral quality, so that children can get along well with each other, cultivate children's team spirit in cooperation and communication, and improve children's interpersonal communication ability and cooperation ability. In addition, kindergartens should strengthen the construction of teaching staff, regularly train teachers, constantly improve their teaching ability, enrich theoretical knowledge, so as to better serve children, ensure their physical and mental health development, and improve the effect of mental health education.

3.3 Innovating the Way of Children's Mental Health Education

There are many factors affecting the quality of children's mental health education, among which improper teaching methods are the most prominent. Children's acceptance ability is relatively weak, and they often have bad emotions in their daily learning. Nowadays, with the deepening of the new curriculum reform, higher requirements are put forward for kindergarten teachers. First of all,

teachers should constantly innovate the way of mental health education, and guide parents to establish a scientific concept of education. Because parents are the people who have the most contact with children in their growth stage, only when parents have the correct education concept, can they better carry out family education guidance for children, which is related to the future development direction of children's life. Therefore, teachers must use the correct education methods to guide parents to establish a scientific concept of education, so that every parent can understand the importance of mental health education for children's growth, so as to promote the rapid development of children's mental health education^[5]. Secondly, teachers should try to use a variety of teaching modes to strengthen mental health education, such as role-playing method or performance game method, so that every child can feel happy in the activities. Thirdly, teachers should set an example, play an exemplary role, let children look up to themselves, cultivate children's good learning habits and living habits, which is very beneficial to children's mental health education. In short, teachers should effectively infiltrate mental health education and strengthen the education and guidance of children's psychological quality, emotion and social adaptability. These are the important contents of mental health education work, which need to be given high attention, and ultimately get the best effect of children's mental health education, to ensure that every child's physical and mental health development.

3.4 Strengthening the Construction of Mental Health Education Theory

The lack of the theory construction of children's mental health education often directly affects the quality of children's mental health education. Therefore, in order to get the best effect of mental health education, kindergarten teachers should strengthen the construction of mental health education theory, not only strengthen the teaching guidance in books, but also pay attention to the mental health of children at all times. First, it is necessary to add courses related to children's mental health education to meet the learning needs of different children, which helps to solve some psychological problems of children and ensure that children can grow healthily, happily and vigorously. Teachers should combine the actual teaching needs to construct the theory of mental health education, in order to promote the effective development of children's mental health education. The most important thing is to pay attention to the synchronous education of family and kindergarten, because they play an important role in the growth of children. The purpose of mental health education is to ensure the harmonious development of children's body and mind, and make them study and live happily in kindergarten^[6]. This is the parents and kindergartens need to work together to complete, so that children can adapt to the rapid development of the society, improve the comprehensive response ability. In addition, in the process of constructing the theory of mental health education, the preschool teachers should constantly summarize the previous work experience and innovate the theory to better carry out the work of children's mental health education, and lay a solid foundation for the development of kindergarten education in China.

4. Conclusion

In a word, good psychological quality is a very important part of the quality of talents in the future, so it is imperative to carry out psychological health education in an all-round way. Let's pay close attention to children's psychological development and strengthen mental health education, so as to lay a solid foundation for the formation of sound psychology and perfect personality.

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