

The Role of Electronic Products in Children's Family Education and Its Advantages and Disadvantages

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Abstract: At present, we are in the information age, and electronic products have become a necessity in our life. It not only enriches the spiritual world of adults, but also has certain attraction for children. Electronic products have become a necessity of people's life. It is impossible for children not to use electronic products, and the time of contact with electronic products will only be earlier and longer. In this paper, electronic products bring new challenges to the current family education of children; Electronic products are a new tool for children's family education; Electronic product education is the new content of current children's family education. From three angles, this paper discusses the role of electronic products in contemporary children's family education. Four principles in the education of electronic products are put forward: the principle of words and deeds, the principle of gradual progress, the principle of equal communication, and the principle of combining leniency with severity. At the same time, it introduces the use of electronic products by children, analyzes the advantages and disadvantages of electronic products for children's physical and mental development, and puts forward corresponding suggestions, hoping to promote electronic products to play a positive role in family education.

Keywords: Electronic products, Family education, Role status.

1. Introduction

With the rapid development of social economy and the rapid popularization of electronic products, the frequency of children's exposure to electronic products is increasing year by year. With the advent of the information age, electronic products have become a necessity of people's life. It is impossible for children not to use electronic products, and the time of contact with electronic products will only be earlier and longer. The emergence of electronic products has brought different life experiences to children. Through the use of electronic products, children can watch their favorite videos, browse web information, and so on, which has increased their children's knowledge to a certain extent. But things have two sides. Electronic products are too attractive for children. If they can not be used properly, they will bring some harm to children's growth. How to guide children to correctly understand and use electronic products is a new problem that education needs to face in the information age, and also a hot issue that contemporary family education needs to pay attention to.

2. Current Situation of Children's Use of Electronic Products

At this stage, children have a strong acceptance of electronic products and a certain dependence on electronic products. It can be said that electronic products have become a silent friend of children. Many parents also like to use electronic products to relieve their children's loneliness and keep their children in a quiet state during the education process. It was originally hoped that electronic products could help children understand the outside world and increase their experience. But in fact, most children use these electronic products to play games and watch their favorite videos. Children's stage is a critical period of human growth. If electronic products can play a positive role in this process,

they can be beneficial to children's future development. Similarly, if they are not used properly, they will cause children to form bad habits, which is not conducive to physical and mental health.

3. Impact of Electronic Products on Children

3.1. Positive impact

3.1.1. Help parents carry out early education

At present, most young parents may neglect to discipline their children because they are busy with their careers, and have little spare time to accompany their children. And the period of children is the key stage of a person's growth and development. In this process, if effective measures are taken to guide them, their language talent and musical ability can be effectively improved. Some software in electronic products can play an effective role in this respect, and children can imitate it. Especially in English, parents are generally weak in spoken English, and the English software on the mobile phone can provide standard pronunciation of English words, which can solve the problem that parents want to coach but worry about making mistakes. With the help of mobile phones, computers and other electronic products, children can browse information, understand the outside world in an all-round way, and increase their experience.

3.1.2. Help children overcome loneliness

Nowadays, most children are only children, and their parents are busy with their work, and spend less time with them. Children are generally lonely in their hearts, and gradually alienate themselves from their parents. The emergence of electronic products can be said to give children spiritual comfort, and can let them have fun in the rich online world and relax themselves in the game. In order to give full play to the positive role of electronic products in learning and life, parents should cooperate with teachers and reasonably control the time when children use electronic products.

3.2. Negative effects

Although electronic products can play a positive role in the growth and development of children to a certain extent, if they are exposed to electronic products too early and too frequently, a series of problems will arise.

3.2.1. Impact on children's vision

Children's eye muscle control ability is weak, and staring at the screen of electronic products for a long time will cause excessive use of eyes, which will lead to myopia in children. In addition, the brightness of the screen of electronic products is constantly changing, which requires children to constantly constrict their pupils. In the long run, it is easy to cause eye corner spasm, even keratitis.

3.2.2. Impact on children's sleep health

Scientific research shows that in order to ensure the health of children, it is necessary to ensure that they sleep 11 hours a day. However, most children are used to watching videos with electronic products before going to bed, which keeps the brain excited for a long time, resulting in the inability to enter the sleep state, and the sleep quality is affected.

3.2.3. Impact on children's physical development

Scientific research shows that the period from three to six years old is a critical period for children's physical development. At this stage, parents should help their children exercise properly and improve their physical immunity. But the existence of electronic products has changed some living habits of children. They prefer to spread themselves on the bed or on the sofa. This bad posture affects the normal development of their children's spine to a certain extent. In addition, staying in one place for a long time to play with electronic products has led to many children's body size exceeding the normal standard, and many children are overweight.

3.2.4. Not conducive to building harmonious parent-child relationship

Good parent-child relationship is conducive to family harmony, but the emergence of electronic products has led to an invisible gap between parents and children. Electronic products can attract children's attention, thus facilitating parents to do some other things. So many parents are used to using the killer when their children are crying and disobedient, that is, electronic products, which can give parents a moment of peace. However, in the long run, children will become too dependent on electronic products. They only play with electronic products every day and seldom communicate with their parents, resulting in the gradual alienation of the relationship between children and parents.

3.2.5. Impact on children's learning ability

Electronic products can provide people with the information they want to search, and do not need to use their brains to memorize deliberately. Long-term use of electronic products can easily lead to the deterioration of children's memory ability. In addition, electronic products provide children with rich and colorful content, which will reduce children's interest in books to a certain extent, and even easy to wander in the learning process. In addition, the pictures created in electronic products can attract children's attention, but to some extent, it is not conducive to children's imagination.

3.2.6. Other impacts

The Internet is a free world without age boundaries, but most of the content is served by adults, which is not suitable

for children to browse. In order to increase the viewing volume, some software even deliberately increases the content of exaggeration, weirdness and pornography, which has an impact on children's mental health.

4. The Role of Electronic Products in The Current Family Education of Children

4.1. Electronic products bring new challenges to current children's family education

4.1.1. New challenges for parents to accept information filtering for their children

Children are exposed to more and more electronic products. The emergence of electronic products such as television, computers, smart phones, children's phones, watches, tablets and so on has made children receive more and more information, and the ways to access information are becoming more and more complex, and the range of information that can be accessed is becoming larger and larger. It is particularly important for parents to filter and explain the information received by their children in such an environment of information explosion. However, the rapid increase in the ways of reception, contact and information volume has increased the workload and difficulty of parents to filter and explain information.

4.1.2. New challenges for parents to protect their children's eyesight

The radiation of electronic product screens has caused great damage to children's vision. In recent years, the myopia rate of preschool children has also increased year by year. The task of myopia prevention and control is arduous. At present, electronic products are used more and more frequently in daily life. How parents do a good job of protecting children's eyesight in this situation is a topic that attracts many parents' attention.

4.1.3. New challenges of parent-child communication

In many families, electronic products take up the time of parent-child communication. Parents use electronic products to let their children "have something to do", and they use electronic products to entertain and relax, forming a family relationship model in which people are not in the heart. With the growth of children's age, electronic products become more attractive to them, resulting in a decline in the willingness of parent-child communication. Electronic products facilitate long-distance parent-child communication, but also affect close parent-child communication.

4.2. Electronic products are a new tool for children's family education

4.2.1. Acquisition tools of family education knowledge

With the parents' attention to children's education and the gradual improvement of the family education knowledge system, the traditional channels to obtain family education knowledge from the experience of elders, books, and their own growth experience can no longer meet the needs of contemporary parents. The convenient search function of electronic products and the application software, website, official account specially designed for parents of children contained in electronic products provide parents with very rich and convenient channels to obtain family education knowledge, which meets the needs of contemporary parents to obtain family education knowledge.

4.2.2. Auxiliary tools for family education implementation

Electronic products help to solve the problems of family education implementation difficulties caused by objective factors such as distance and time difference; At the same time, electronic products have increased the timeliness of the implementation of family education. For example, with the advent of the children's telephone watch, parents can grasp the position of their children through the telephone watch, which is convenient for parents to grasp the position of their children, to ensure the safety of their children, and to increase the opportunities for children to carry out outdoor activities; Parents can also keep track of their children's situation through the telephone watch and help them solve their problems in time.

4.2.3. Manufacturing tools of family education atmosphere

Electronic products are one of the most important forms of entertainment. Electronic products are often shared by parents and children. After a busy work, parents can relax and interact with their children by using electronic products together. The application of electronic products can also provide a lot of parent-child activities and create a good family education atmosphere.

4.3. Electronic product education is the new content of current family education for children

The content of electronic product education should include the following three aspects:

4.3.1. Education of correct understanding of electronic products

The correct understanding of the education of electronic products, that is, to teach children the correct values of electronic products, is the basis for the correct use of electronic products. Electronic products have been controversial since their appearance. They not only enrich people's lives, but also cause problems to people's lives. It is not correct to judge them simply. The implementers of family education must realize that electronic products are a "double-edged sword", and electronic products are tools of life, which are different from other tools of life and are more interesting and attractive.

4.3.2. Education on correct use of electronic products

Electronic products have emerged as tools of life, and the use of learning tools is an important part of family education. There are many kinds of electronic products. It is necessary for family education implementers to help children understand the functions and correct use of various electronic products, and help children to maximize the instrumentality of electronic products.

4.3.3. Education to correctly understand the use of electronic products

The education of correctly understanding the use of electronic products should include: first, clarifying the purpose of the use of electronic products. Children should first recognize that the use of electronic products is for the convenience of life, and it is the tool of life rather than the leading role of life. Second, discuss the use time of electronic products. How long to use electronic products every day and when to use electronic products need to be discussed by parents and children on an equal basis to reach an agreement and supervise each other.

5. Implement the Educational Principle of Using Electronic Products in Children's Families

5.1. The principle of speech and example

Parents are "important others" in their children's lives, and children will imitate their parents' behavior. Parents' understanding of electronic products will also imperceptibly penetrate into their children's values.

First, parents should establish a correct understanding of electronic products. Parents should realize that electronic products are a double-edged sword. On the one hand, they are an indispensable tool to adapt to society, and on the other hand, they may be a potential bomb that affects children's body and mind.

Second, parents should restrict their behavior and children with the same standard. Parents prohibit or restrict the use of electronic products by their children, but they do not leave their hands without electronic products. Using electronic products in the family but restricting their children on the grounds of "adult vision has been stable" and "adult work is very tired" will cause children to have resistance.

5.2. Principle of gradual progress

Education on the use of electronic products needs long-term efforts. Parents should gradually implement education and set reasonable expectations according to the actual situation of their children. On the basis of fully understanding the current situation of children's electronic products use, make reasonable planning with children and gradually carry out electronic products use education.

5.3. Principle of equal communication

When parents and children use electronic products together, parents can help their children explain information through interaction in time and make positive guidance to their children. Also in this process, through observation and discussion, we can learn about children's use of electronic products, children's attitudes towards electronic products, and children's interest points. It is also an activity to close the parent-child relationship.

5.4. The principle of combining mercy with severity

Parents should not ban the use of electronic products for their children. First, use it regularly. You can use the timing tool that comes with the electronic product to set a timing reminder before use. When the time is up, children can turn off the electronic product on their own initiative or with the reminder of their parents. Second, agree on the use method. On the basis of protecting eyesight, electronic products include some software for listening to books and stories.

6. Countermeasures for Optimizing Children's Use of Electronic Products

6.1. Parents act as role models to guide children correctly

In the process of children's growth and development, family education is the most critical part, and the role of parents for children can be said to be self-evident. During the

childhood, children spend most of their time with their parents, and their behavior will more or less imitate their parents. In order to help children develop the habit of using electronic products correctly, parents need to play the role of role models. First of all, they need to control the time of electronic products, especially try not to stare at mobile phones for a long time in front of children. Parents need to spend more time with their children and can lead them out of the room to feel the charm of nature. For example, we often go to outdoor activities with our children, such as running and mountain climbing, so that our children can feel the beauty of nature and help purify our hearts. At the same time, outdoor personal activities can close the distance between parents and children, and can also strengthen the physique and promote the healthy growth of children.

6.2. Cultivate children's correct habits of using electronic products

It is very important to use the correct posture to play mobile phones and watch computers. It has a certain impact on the development of children's spine. For this reason, parents need to pay attention to it, for example, keep the distance between the child and the screen when the child is watching the computer, and let the child stretch after watching for a period of time to avoid keeping the neck in a state for a long time. Also, try not to let children play with mobile phones on their stomach, which can be supported by their arms.

7. Conclusion

In short, the current audience of electronic products has expanded to children. It can help children improve their understanding of the world to a certain extent, but excessive reliance on electronic products is not conducive to the cultivation of goodparent-childrelationship. Nowadays, electronic products have become an indispensable thing in our life, which can make the boring time in our leisure time more colorful. Some children are infatuated with electronic products because of the influence of their parents, which will not only affect their eyesight, but also reduce their behavioral and communicative abilities. Continuous viewing of electronic products is a single experience process, which will hinder the development of language, society and emotion, and may affect children's ability to observe, empathize and know themselves. For example, poor perception, lack of thinking, slow thinking, lack of patience, emotional instability, etc. Whether it is strictly prohibited for children to play with electronic products or not, it is a way to deal with both extremes. There is an old Chinese saying that too much is too late. Playing with mobile phones is like a sudden flood. The harder the blockage is, the higher the probability of breaking the dike. Letting the flood go is giving up. Both strategies are harmful to children. Therefore, parents need to reasonably control the time their children play electronic products to promote their healthy growth. It is absolutely not the child's business to quit the mobile phone addiction. The whole family must be mobilized, and the first thing to do is to start with

parents:

1. High-quality company

Give your child 30 minutes of attentive companionship every day, and listen and communicate without distractions. Most children in China are orphans with parents. Although they are accompanied by their parents, they do not recognize, understand or transmit energy to their children.

2. The power of example

Is it possible for adults to ask their children to stay away from their mobile phones when they get home?

3. By game or convention

For example, there are three rules. You can only play mobile phones for 30 minutes every day, and then turn off the phone at the time.

4. Increase outdoor activities/sports

No child doesn't like to go out. Cultivate one or two sports hobbies.

5. Find alternatives

If children like to read books on mobile phones, use paper books instead; If your child likes playing games, you can teach him chess and go.

6. Formulate scientific work and rest schedule

When to eat, when to do homework, when to walk downstairs, when to take a bath and sleep, and when to arrange daily life in a scientific and orderly manner. There is no boring time, so you will not brush your mobile phone.

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