

# Research on Family Education Investment under the "Double Reduction" Policy

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**Abstract:** Education is the foundation of national progress and social stability, as well as the source of millions of families' expectations for social fair development. All Chinese people is to hope their children to have a bright future. Under this educational expectation, good educational conditions have become the pursuit of parents. In the past 20 years, people have increasingly attached importance to investment in education, with the emergence and development of extracurricular tutoring institutions. While, driven by the baton of the college entrance examination, parents would not neglect their investment in family education at all. Most parents choose to have their children study in off campus training classes for two days on weekends (work on campus+weekend off campus learning mode). Regardless of the learning mode, parents not only need to invest a large amount of funds, but also invest a considerable amount of time in transporting their children to and from school. Based on the challenges and opportunities brought by the "double reduction" policy to family education investment, this paper will focus on how to balance academic and comprehensive development, how to improve the quality of family education, and how to handle the pressure of family education.

**Keywords:** "Double Reduction" Policy; Family Education; Education Investment

## 1. Introduction

The implementation of the "double reduction" policy aims to reduce the extracurricular burden of primary and secondary school students and the school homework burden during compulsory education, and the role of family education is becoming increasingly prominent. However, how to carry out effective family education under the "double reduction" policy has become

the focus of attention for many parents and educators.

## 2. Challenges and Countermeasures for Family Education under the "Double Reduction" Policy

### 2.1. How to Balance Academic Performance and Comprehensive Development

In modern society, parents are increasingly valuing their children's comprehensive development, hoping that they can achieve excellent academic performance while also developing in other areas. However, how to reduce extracurricular burdens while ensuring children's academic performance is a problem that many parents face. This requires parents and children to explore together to find suitable learning methods and rhythms. But we need to be clear that academic performance is not the only criterion for measuring a child's overall development. In addition to academic performance, a child's interests, strengths, social skills, and teamwork abilities are all important components of their overall development.

In response to this situation, China should balance students' academic performance and comprehensive development from the following aspects:

The first is to provide effective learning methods. Parents can guide their children to explore suitable learning methods, such as developing learning plans, using memory skills, and participating in group discussions, to improve learning efficiency.

The second is to establish a good learning environment. A quiet and comfortable learning environment can help children better concentrate and improve learning efficiency. Therefore, parents should try to create such a learning environment for their children. [1]

The third is to encourage children to participate in extracurricular activities. Extracurricular activities can not only enrich children's lives, but

also help them develop in other aspects. For this reason, parents should encourage their children to participate in various extracurricular activities, such as sports activities, art activities, community services, etc.

## **2.2. How to Improve the Quality of Family Education**

In modern society, parents are increasingly aware of the importance of family education. However, facing the increasingly heavy work pressure and complex social environment, how to improve the quality of family education without extracurricular tutoring has become a challenge for many parents. This paper will explore how parents can improve their educational abilities and enhance the quality of family education without extracurricular tutoring. Firstly, parents need to clarify their educational goals. Every child is unique and has their own interests and strengths. [2] Therefore, parents should set reasonable educational goals based on their children's characteristics and needs. For example, if a child has a strong interest in music, parents can aim to cultivate their child's musical talent as an educational goal. Secondly, parents need to improve their educational knowledge and skills. This includes understanding a child's developmental stage, mastering effective educational methods and skills, and learning how to handle relationships with the child. For this purpose, parents can improve their educational abilities by reading educational books, attending parent lectures, or learning from experienced parents. Finally, parents need to establish good communication relationships with their children. Effective communication can help parents understand their children's thoughts and needs, and also make them feel the care and support of parents. To this end, parents should encourage their children to express their thoughts, respect their children's choices, and also convey their expectations and requirements to their children.

## **2.3. How to Handle the Pressure of Family Education**

With the implementation of the "double reduction" policy, the pressure on family education is gradually increasing. This policy aims to reduce students' academic burden and extracurricular training pressure, but it also makes parents feel confused and stressed. So, how to adjust mindset and view family

education correctly under the "double reduction" policy is a problem that every parent needs to face.

Firstly, we need to understand the true meaning of the "double reduction" policy. This policy does not require parents to reduce their concern and education for their children, but rather hopes that parents can treat their children's learning and growth more rationally, avoiding excessive intervention and expectations. [3] Secondly, parents need to learn to let go and give their children more autonomy. Under the "double reduction" policy, children's learning time and space are guaranteed, which provides more possibilities for their independent learning. As parents, we should respect our children's choices, encourage them to think independently, and cultivate their ability to learn independently. Finally, parents need to learn to self regulate and maintain a good mindset. Under the "double reduction" policy, the pressure on family education may increase, but parents should not be anxious or panicked. On the contrary, they should see this as an opportunity to help children establish correct values and cultivate their character and abilities.

## **3. Analysis of the Opportunities Faced by Family Education under the "Double Reduction" Policy**

### **3.1. Providing More Family Time for Students**

With the introduction of the "double reduction" policy, students' extracurricular burden is gradually reduced, and children have more time to spend with their families.

Firstly, reducing extracurricular burdens can give children more time to spend with their families. In the busy academic life, children often do not have enough time to accompany their parents and other family members. This not only affects their relationship with their family, but also makes them miss out on many precious family time. By reducing their extracurricular burden, children can have more time to accompany their families and improve family cohesion. Secondly, reducing extracurricular burdens can provide more opportunities for family education. Family is a child's first place of education, and parents are their first teachers. By spending more time with children, parents can better understand their children's needs and interests, which is beneficial for parents to guide

their learning and growth more effectively. In addition, family time is also an important way for children to learn social rules and cultivate interpersonal skills. Reducing extracurricular burden does not mean completely eliminating extracurricular activities and tutoring courses. Moderate extracurricular activities can help children broaden their horizons, develop interests, and improve their social practice abilities. Therefore, we need to find a balance point that can ensure the learning effectiveness of children while giving them enough time to accompany their families. In order to achieve this goal, schools, parents, and society need to work together. Schools should arrange their courses reasonably to avoid excessive teaching pressure; Parents should understand and support their children's interests and needs, and avoid excessive expectations and pressure; Society should provide more resources and support to help children better balance learning and life.

Overall, reducing extracurricular burdens allows children to have more time with their families, which not only enhances family cohesion but also provides more opportunities for family education. Let's work together to create a healthier and happier growth environment for children.

### **3.2. Helping to Enhance Parents' Educational Awareness**

In the recent education reform, the "double reduction" policy has undoubtedly attracted widespread attention and discussion. The implementation of this policy aims to reduce the extracurricular burden on primary and secondary school students and reduce the school homework burden during the compulsory education stage. However, with the deepening of this policy, we have found that more and more parents are beginning to attach importance to family education and pay attention to improving their educational awareness.

Firstly, many parents entrusted their children's education entirely to the school and were solely responsible for providing material conditions in the past. However, the implementation of the "double reduction" policy has led to changes in the educational tasks of schools, and parents are beginning to realize that the importance of family education is no less than that of school education. Therefore, they began to actively learn family education knowledge and enhance their educational awareness. At the same time,

parents have gradually realized that family education is not only about teaching children to read and write, but also about cultivating their character, habits, and abilities. They have begun to pay attention to communication with children, respect their personalities, guide their independent thinking, and cultivate their innovative and social practice abilities. They have begun to try more scientific and humane methods for family education. In addition, parents are also beginning to reflect on their own educational methods. They realize that excessive academic pressure is not only harmful to children's physical and mental health, but also affects their overall development. Therefore, they began to adjust their educational concepts, no longer overly pursuing their children's academic performance, but paying more attention to their physical and mental health and comprehensive development. In addition, parents have also begun to actively participate in school educational activities. They began to have in-depth exchanges with school teachers to explore how to better carry out family education. They began to participate in various family education lectures and training to improve their educational skills. [4]

Overall, the implementation of the "double reduction" policy has not only changed the educational methods of schools, but also awakened parents' awareness of education. They have begun to attach importance to family education in order to provide better protection for children's comprehensive development. This is undoubtedly a positive social effect brought about by the "double reduction" policy.

### **3.3. Promoting Innovation in Family Education**

With the progress of society and the transformation of educational concepts, more and more parents are beginning to realize the drawbacks of traditional educational models. The prevalence of extracurricular tutoring classes once made parents feel that it was the only way to improve their children's academic performance. However, as this dependency gradually increases, should we re-examine this issue? In the absence of extracurricular tutoring, parents need to find new educational methods, which undoubtedly promotes the innovation and development of family education.

Firstly, we need to be clear that extracurricular tutoring is not useless. It can provide

professional teaching resources to help children solve learning difficulties and improve learning efficiency. However, excessive reliance on extracurricular tutoring may cause children to lose their self-learning ability and also increase the financial burden on parents. [5] Therefore, finding new educational methods has become an important topic in current family education, which also promotes the innovation and development of family education. In this process, the role of parents has changed, they are no longer just knowledge imparters, but have become guides and partners for children. This change is not only conducive to the comprehensive development of children, but also to the long-term development of family education.

#### 4. Conclusion

Overall, with the implementation of the "double reduction" policy, China's education environment is undergoing a profound transformation. This policy aims to reduce the academic burden on primary and secondary school students, reduce excessive competition from off campus training institutions, and create a healthier and more balanced growth environment for children. However, the implementation of this policy has also put forward new requirements and challenges for family education, while also bringing new opportunities. Therefore, parents and educators need to actively respond in order to achieve comprehensive development of education.

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