

## Family is the First School for Children

During the history of five thousand years, all the Chinese people, whatever are their social status or identities, have all played a role in the legend of a family. General Secretary Xi Jinping said: family is the first school for children, and the parents are the first teachers for children. In the lecture hall of family life, parenting becomes a profession. Getting along with the children day and night, parents have a subtle influence on them. They exert good or bad examples on the children by setting good or bad examples. In order to let children have a healthy lifestyle, parents must help their children to cultivate the three habits as follows.

### 1. The habit of exercising

Exercise keeps children healthy. Children enter the sports sensitive period after the age of four. Parents should bring their children to the arena and choose one or two sports that are suitable for their children according to their preferences, so as to encourage the children to regard sports as an indispensable part of their life.

An experiment has investigated the students in the same class that are divided into two groups, of which one group do morning exercise every day, and the other not. The academic performance of the two groups indicates that the students participating in the morning exercise are attentive in learning, have better learning atmosphere, and are more motivated in learning. The students without morning exercises are slack in discipline, slow in action, and have a loose learning attitude. The result suggests that exercise can make children healthy, strong-willed, improve their concentration, and even make them smarter.

### 2. The habit of reading

Knowledge is the basis for people to understand the world around them, and reading is the means for them to explore it. Like reading and being good at reading are a soft skill, which is very important for children to master.

In a bright afternoon, at a warm dusk, or when the sun rises or the dark falls, parents open a book and read with children to let the soul wander in the words full of the fragrance of ink, and allow the feelings travel through the artistic conception of time and space flowing in. They can enjoy the beautiful sceneries in a poem or learn the way of life from it.

### 3. The habit of working

Working can make children love their life. The more a child loves to work, the more self-disciplined they are. Studies have shown that children who love to work

have a higher employment rate and a stronger sense of happiness when they grow up.

Children are not flowers in a greenhouse. Sooner or later, they must step into the society to survive the wind and rain. The children should be allowed to do the things as much as they can, instead of letting the parents do it for them. The more the parents do for them, the less the children can practice. Let children try, experience, and exercise when they are young, so that they will have the ability to survive and to fight against risks. One day the children leave their nests, the parents will be reassured rather than worried. What the parents should do is to help children gain the ability to live independently in the future. Along the journey of life, it is better for the parents to help their children train their feet to walk far, instead of buying them a pair of fancy shoes.

In the school of family, children need their parents to be strong, which is also the requirement of this time. Strong parents can contribute to the progress of human civilization by revitalizing the family.

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