

Theory of Self-Serve Skills Education for 3-4 Years Kindergarten Children in Daily Living Regime



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ABSTRACT: In daily activities, teachers and parents need to create an environment that encourages children to practice and try. Guiding children to perform these tasks not only helps them feel satisfied when completing tasks, but also forms good habits and develops social skills, such as sharing and collaborating with friends. Furthermore, these self-service experiences also contribute to building a solid foundation for future development, helping children become confident and independent individuals in life. However, this activity has been done in preschool age, especially in preschool age of 3-4 years old, but the effectiveness in children is not high. Therefore, it is necessary to have educational measures to form and develop to help children perfect self-service skills, essential for children to be more independent, confident, and proactive in their personal activities.

KEYWORDS: Education, skills, self-service, preschoolers, daily living regime

1. INTRODUCTION

During the development stage from 3 to 4 years old, educating preschoolers on self-service skills plays an important role in forming independence and confidence. At this age, children are able to acquire and practice basic skills such as feeding themselves, dressing themselves and maintaining personal hygiene. Guiding children to perform these tasks not only helps them develop independence but also form good habits and responsibility for themselves. Besides, educating self-service skills also helps children improve their confidence in communicating and interacting with friends. Through daily activities, in preschool, children have the opportunity to practice and practice necessary social skills. This not only lays the foundation for personal development but also prepares children to participate in later learning and social environments. Therefore, applying self-service skills education in the daily routine of children in preschool is very necessary, contributing to nurturing good qualities and comprehensive development of children.

2. RESEARCH CONTENT

2.1. Some tool concepts

a. Education concept

There are many concepts about education: like authors Vo Van Nam and Nguyen Thi Tuyet Hong: "Education is an activity aimed at training and fostering human personality. This activity cannot be carried out arbitrarily according to subjective wishes or individual experiences but must be based on scientific guidelines. (Nguyen Thi Bich Hong & Vu Van Nam, 2004). Or according to author Tran Thi Tuyet Oanh: "Education is understood as a unified process of mental and physical formation of each individual in society. That means education plays an inseparable role in human and social life. It is a social phenomenon." (Tran Thi Tuyet Oanh, 2006). We can generalize that education is a process of teaching and learning, forming each individual in all aspects such as: personality, behavior, habits, concepts and ideals of life, and inherent life skills. people,... Aims to help each individual realize the correct values of life and solve problems in social life.

b. Skills concept

Skill is the use of someone's ability or ability to perform an action to create a desired result. According to the Vietnamese dictionary, skill is the ability to apply acquired knowledge into practice. [1.p372]. According to Associate Professor, Dr. Nguyen Thi My Loc, skill is the ability to manipulate and perform a certain activity. [8.p80] According to wikipedia, skill is a person's ability to apply knowledge to perform a technical professional task, solve organizational, management and

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communication problems... [12] In my opinion, skill means an effective way of doing things. To have skills or in other words to be able to do work effectively requires that person to have knowledge and know how to apply it to work.

c. Self-service concept

According to the Vietnamese dictionary, service means doing one's part to directly help someone or something [1.p 569]. Also according to the Vietnamese dictionary, self is a word used to refer to one's own strength and abilities [1.p760]. According to tratu.soha.vn, self-service is doing things for your daily living needs yourself, without needing help or service.[13] Through the above concept, in my opinion, self-service means working on your own to serve your own needs without needing outside help.

d. Concept of self-service skills

Self-service skills are understood as self-service skills and getting used to children's daily activities in behavior and communication with people around them.[3] Through the above concept, in my opinion, self-service skills are children's daily living habits in communication and behavior towards themselves and those around them. Practicing life skills and self-service skills for children, gradually forming a child's personality is one of the key tasks that need to be given top priority.

e. Concept of daily living regime

Living regime is a reasonable allocation of time and activities during the day for children to meet their psychological and physiological needs, thereby helping children form attitudes to life, routines and habits. and positive life skills.

2.2. Basic issues in educating self-service skills for 3-4 year old preschoolers in daily living

2.2.1. The goal is to educate self-service skills for 3-4 year old preschoolers in daily activities at preschool.

The current situation is that preschool children lack knowledge of basic skills, the most basic of which is self-service skills. Most children live very selfish lives, only knowing about themselves, only knowing how to receive, knowing how to enjoy but not knowing how to give. At school as well as at home, children almost completely lack initiative, always rely on the care and protection of relatives, all of their activities depend mostly on adults, whenever they encounter a situation. Difficult situations in reality are confusing and don't know how to handle them.[7]

Mục tiêu ngay từ độ tuổi 3-4 tuổi về việc giáo dục kỹ năng tự phục vụ là chăm sóc về dinh dưỡng, sức khỏe và thể chất. Đối với trẻ 3-4 tuổi việc xây dựng những thói quen sinh hoạt tốt cho trẻ là điều hết sức cần thiết để giúp trẻ luôn khỏe mạnh và giàu năng lượng. Ba mẹ nên hướng dẫn cho con biết cách sinh hoạt tích cực như rửa tay bằng xà phòng trước khi ăn và sau khi đi vệ sinh, ăn nhiều rau xanh, trái cây, uống đầy đủ nước, giữ ấm cơ thể khi trời lạnh, không xem tivi quá gần, chỉ đọc sách trong môi trường có đủ ánh sáng...[4] The goal from the age of 3-4 years old on self-service skills education is to take care of nutrition, health and physical fitness. For children 3-4 years old, building good living habits for them is extremely necessary to help them stay healthy and energetic. Parents should teach their children how to practice positive activities such as washing hands with soap before eating and after going to the toilet, eating lots of green vegetables and fruits, drinking enough water, keeping the body warm when it's cold, Don't watch TV too close, only read books in a well-lit environment...[4]

2.2.2. Stages of developing self-service skills for 3-4 year old preschoolers in daily activities at preschool.

Developing self-service skills is carried out through stages:

- Stage 1: Understanding how to do: In this stage, what skills do children know how to do? In what order do the skills occur?

How to perform each skill? [7]

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- Stage 2: Forming self-service skills: Children know how to apply knowledge in a certain self-service activity. However, carrying out each type of action

Developing self-service skills requires children to pay attention, make efforts and strive.[7]

- Stage 3: Applying self-service skills: Turning volitional actions into automatic actions, by practicing daily.[7]

2.2.3. Daily routine of 3-4 year old children

Authors Sheryl, Deborah Stewart, ... have built a children's daily routine that includes different activities from the time they arrive at school to the time they leave, including: children moving to music, playing physical games, Next, children work in play corners according to their personal interests and needs. They carry out their own review, testing, and experience activities with new content to prepare for the next day's activities.

G. A. Soltseva has designed the content of each activity in the daily routine for 3-4 year old children and is very interested in designing the content of each activity towards the purpose of educating self-help skills. service for children. For example, the time

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to pick up children (receive children, check body temperature, chat with children's parents, teach children to undress themselves, fold clothes, put clothes and lockers, put on gym uniforms themselves). , choose your own game....)

Authors Nguyen Thi Hoa, Nguyen Thanh Huyen,... pointed out the content of children's daily routine including activities: Picking up children, learning activities, outdoor activities, playing activities, eating , sleeping, afternoon activities, returning children.[2]

In the preschool education program issued by the Ministry of Education and Training (2009), the daily living regime of preschool children includes the following activities: Picking up children, playing, morning exercise, studying, and activities in kindergartens. corner, play outdoors, eat meals, sleep, eat snacks, play, do activities as desired, prepare to leave and return children [1]. With many different approaches, studies have clearly shown that the daily routine of 3-4 year old children includes age-appropriate activities in a day from the time the child goes to school until the time the child leaves home. . On the other hand, at each age there will be an appropriate time distribution for each activity. Accordingly, the daily routine of 3-4 year old children includes activities with appropriate timing as follows: [1]

STT	Work	Time
1	Pick up children, do morning exercise, take attendance	80-90 minutes
2	Learning activities	15-20 minutes
3	Outdoor activities	15-20 minutes
4	Play activities	25-30 minutes
5	Having lunch	60-70 minutes
6	Nap	150 minutes
7	Eat a snack	20-30 minutes
8	Afternoon activities	70-80 minutes
9	Return the child	60-70 minutes

The daily routine of 3-4 year old children is different from other ages in terms of time for each activity and the teacher's role in organizing activities. Children 3-4 years old are in the stage of physiological and psychological development but are not yet complete, their ability to withstand external influences is still limited, and their attention span is not yet stable. Therefore, the time spent on activities for children is also different from other ages.

For example: children sleep more than 4-5 year olds, 3-4 year olds study less (15-20 minutes) than 4-5 year olds (20-25 minutes), play time is less (15-20 minutes). of children is less...[1]

2.2.4. Daily living regime and self-service skills education for 3-4 year old children.

Self-service skills are qualities in a child's psychology. Educating children on self-service skills is to help them become confident, active, and independent people in life, creating for them a solid personality foundation, contributing to realizing the goals of preschool education. [3]. From there we can understand:

Educating self-service skills for 3-4 year old preschoolers through the daily routine of preschool is a process of interaction between educators and children through the organization of activities in the preschool regime. daily activities to best educate children on self-service skills.

Through activities in the daily routine of preschool children, children can come up with their own activity ideas and choose their own activity content. For example, through play, teachers create opportunities for children to come up with their own ideas about the game, choose the play angle, play content, and play roles, through which children can assert themselves. This is an opportunity that adults give children, helping them boldly and confidently express all their needs, interests and abilities, from which adults can grasp them to have appropriate impacts, helping children develop. Promote children's self-service skills in activities.[5]

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Through the game, she creates a situation where there is a shortage of toys, so children have to think for themselves to find replacements to fulfill the content of the game. Or, through the teacher assigning tasks to children such as cleaning utensils, taking charge of the classroom, arranging toys in the classroom... children will have to find their own ways and means to solve situations. situations during the implementation process to complete her tasks herself.[3]

Thus, it can be affirmed that daily living regime plays a very important role in the process of educating self-service skills for preschool children. Teachers need to organize activities in their daily routine regularly and continuously, giving children the opportunity to practice, strengthen and develop self-service skills for 3-4 year old preschoolers. in daily routine at preschool.

2.2.5. The development of self-service skills for 3-4 year old preschool children in daily activities at preschool.

When still at preschool age, children do not yet have the necessary skills to serve themselves in their daily activities at preschool, and everything they do requires support from teachers. dressing, scooping rice, putting on shoes, folding blankets and pillows, getting food, etc. Therefore, when children are 3-4 years old in kindergarten, teachers need to form the necessary skills for them. Let children serve themselves in their daily routine at preschool young. From there, children can serve themselves starting from the simplest and smallest tasks without needing the teacher's support, and this also helps teachers have more time to do tasks. other in class.[8] The development of self-service skills is proportional to the child's development. The older they get, the more sustainable, clear and positive the development of self-service skills becomes. At the age of 3-4 years old, children's independence develops strongly, they want to work like adults, they want to do it themselves without needing help from adults.

However, 3-4 year old children are not aware of the difference between their subjective wishes and their real abilities. Therefore, children's operations and actions are still clumsy, lacking precision and dexterity. Children do not yet understand why they act this way or that way, so their perseverance and effort are not high. During activities, children may give up and not complete the work. However, there are fundamental changes in children's behavior, moving from spontaneous behavior to social behavior. Although this move is only the beginning, it is a good basis for the next stage.[7]

Although young preschoolers develop self-service skills in certain daily activities, these manifestations are random and require direction to develop. development. At the same time, these manifestations contribute to affirming that self-service skills education in children's daily routine must start from preschool age.[7]

2.2.6. Content of self-service skills education for 3-4 year old preschoolers in daily activities at preschool

Self-service is a full-time job. Putting off this "work" can harm your confidence, relationships, and joy in life. Self-service is an important part of living a happier and healthier life, as well as helping you become more connected to the community in which you live. [3] Children who know how to serve themselves have characteristics such as: putting on their own shoes, washing hands after going to the toilet, cleaning up toys after playing, etc. Children who know how to serve themselves have the following symptoms: serving themselves such as getting food during lunch, folding blankets after waking up, brushing their teeth after finishing lunch,... knowing how to maintain personal hygiene. take care of body parts. Maintaining personal hygiene and taking care of body parts are basic life skills that preschool children need to protect themselves, repel the risk of hand, foot and mouth disease, respiratory infections... and independent in life.

Therefore, from an early age, parents need to tell their children the importance of these tasks and teach them how to perform personal hygiene activities such as washing hands before eating and after using the toilet. comb your hair, brush your teeth regularly, feed yourself, wear clothes properly, put shoes in the right place, put trash in the right place, don't watch TV too close, read books in a place with adequate light... know how to manage Handling and cleaning personal belongings.

In order for children to have neat and tidy skills, adults need to teach children how to use toys, clothes, pens, books and notebooks... effectively and reasonably. Children will know how to put toys, clothes, pens, and books in the right place if their parents guide them and set an example.[3]

2.2.7. Some factors affecting the education of self-service skills for 3-4 year old preschoolers in daily activities at kindergarten

2.2.7.1. Genetic factors affect the education of self-service skills for 3-4 year old preschoolers in daily activities at kindergarten

Family side: some parents pamper their children too much and always do everything for them without teaching them, letting them do it themselves. Or some children lose their parents at a young age, so they lack love and guidance, so they don't know how to serve themselves.[2]

- Most parents are not fully aware of the importance of training children's self-service skills; Can't control yourself to guide your child to the right place when the child is slow to learn or refuses to concentrate when given instructions but lets the child figure it out on their own or does it for them.[2]

2.2.7.2. Factors of body development that affect the education of self-service skills for 3-4 year old preschoolers in their daily routine at preschool

Genes and environment affect child development. Genes are the blueprint for development, containing regulatory information about your child's appearance, behavior, physical and mental health and more.

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The information in a child's genes comes from the parents themselves. The environment is a child's experiences from home, school and community. The environment affects language, independence, and how children cope to overcome difficult times or build relationships.[8] As children develop, genes and environment influence each other. The way genes and environment work together affects a child's development.

For example, how a child responds to a stressful situation depends on his or her mood (mostly determined by genes) and the relationships he or she builds with other individuals in his or her environment (usually family).

Children are born ready to learn, and their brains develop through use. Therefore, children need a stimulating environment with many diverse activities, helping them have fun and learn while also having many opportunities to practice what they have learned.[8]

Other factors such as nutrition, physical activity, health and living area also have a great impact on a child's health and development.

2.2.7.3. Educational factors affecting the education of self-service skills for 3-4 year old preschoolers in daily activities at kindergarten

Many parents do not teach their children properly or always neglect their children, causing them to not know how to serve themselves. Always protecting your children too much makes them not want to serve themselves but always rely on adults, creating the habit of relying on others. Gradually, children will not have the skills to serve themselves without adults.[7] Self-training has a very broad category, but in this study we only discuss four basic areas of life: physical, intellectual, emotional and social training.[7] Practice serving yourself first by:[3]

+ Train children to eat, rest, and exercise fully and on time.[3]

+ Teach children to balance their time between studying, playing, between family and friends... From then on, children always strive to renew themselves by constantly learning good and new things.[3]

+ If you want to be healthy and beautiful, you must exercise. If you want to be healthy and beautiful, you must exercise. Talk about the importance of self-training, including physical training and sports.[3]

+ Health training is training the body with three qualities: endurance, flexibility and strength. Endurance comes from exercise, increasing cardiovascular efficiency; Flexibility is achieved through stretching exercises; Strength is gained through muscle endurance training.[3]

+ Children always like to listen and follow what they see and hear. Therefore, regularly jog with your children, take them to the park, practice driving, and play physical games with them to help them understand the benefits of physical exercise and participate in a fun way. The main thing is to motivate children to practice themselves[3]

+ In addition to training children in sports skills, it also trains children in morality, helping them to be polite and obedient. [7] Training children from a young age in the above skills is to build a ladder for their future success. Parents should be the first to say thank you to their children and grandparents, regularly take their children to visit their grandparents and ancestors, and stimulate their children's love and pride in their roots and nation. Regularly take children to bookstores and choose suitable books for them, and participate in children's book festivals; Take children to visit historical relics... and effective educational ways for children to train themselves.[7]

3. CONCLUSION

Educating self-service skills for 3-4 year old preschoolers in their daily routine is an important task, contributing to forming a solid foundation for the child's comprehensive development. Skills such as feeding oneself, dressing oneself and maintaining hygiene not only help children become independent but also foster self-confidence and a sense of responsibility. Through practicing these skills, children not only practice self-service abilities but also develop necessary social skills, such as sharing and collaborating with friends. Creating an environment that encourages children to practice and try is essential, helping children feel proud of their abilities. Furthermore, self-service skills education also helps children build good habits, thereby forming positive personality and life values. Therefore, focusing on self-service skills education not only benefits children's personal development but also creates responsible and independent citizens in the future.

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