

Psychology education starts at home

Prof. Olga Zvereva of Moscow State Pedagogical University reports on projects which disseminate psychological knowledge among parents of young children.

Work continues on the dissemination of psychological knowledge among parents. In conjunction with the psychology students the problem of “The adjustment of three-year-old children to kindergarten” was studied. Parents are essential in helping a child to adjust well to kindergarten. In the “settling in” period, kindergarten staff and family should unite to support the child, but in this case support by the family is key.

A personal profile form was created, to be completed for each child and her/his family. This profile is based on the ways that parents supervise their children’s behaviour and how they meet their vital needs, their psychological development, their personality skills. Parents are expected to help their children go through the period of adjustment (or adaptation), however, the parents themselves need psychological and pedagogical support in this period.



Certain activities were therefore held, with the aim of supporting parents in this way, including: a parent conference, individual consulting, parent-child educational projects and training with the use of role-playing games. Parents were invited to a meeting on the topic "What is ‘adjustment’ and what does it depend on?" Classes for parents were also held on the following topics: psychological characteristics of age, daily routine, self-management, etc. These interactions with parents were intensive and totally ‘immersed’ them in the educational aspects of child-rearing.

Finally, parents were provided with recommendations which had been drawn up for each child. The psychologists referred to, for example, the changing nature of the child as they develop, and the crises of children at three years old. Follow-up individual consultations were conducted for parents on topics such as eating behaviour, and their children’s games and activities.

The results of this work showed increased success of children’s adjustment. Similar work has also been conducted with the parents concerning pre-school education.

If you would like further information about these projects, please contact Prof. Zvereva, at zverev59@mail.ru.

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