

IDE Master Graduation

Project team, Procedural checks and personal Project brief

This document contains the agreements made between student and supervisory team about the student's IDE Master Graduation Project. This document can also include the involvement of an external organisation, however, it does not cover any legal employment relationship that the student and the client (might) agree upon. Next to that, this document facilitates the required procedural checks. In this document:

- The student defines the team, what he/she is going to do/deliver and how that will come about.
- SSC E&SA (Shared Service Center, Education & Student Affairs) reports on the student's registration and study progress.
- IDE's Board of Examiners confirms if the student is allowed to start the Graduation Project.

! USE ADOBE ACROBAT READER TO OPEN, EDIT AND SAVE THIS DOCUMENT

Download again and reopen in case you tried other software, such as Preview (Mac) or a webbrowser.

STUDENT DATA & MASTER PROGRAMME

Save this form according the format "IDE Master Graduation Project Brief_familyname_firstname_studentnumber_dd-mm-yyyy". Complete all blue parts of the form and include the approved Project Brief in your Graduation Report as Appendix 1 !



family name _____
 initials _____ given name _____
 student number _____
 street & no. _____
 zipcode & city _____
 country _____
 phone _____
 email _____

Your master programme (only select the options that apply to you):

IDE master(s): IPD Dfl SPD

2nd non-IDE master: _____

individual programme: _____ - - _____ (give date of approval)

honours programme: _____

specialisation / annotation: _____

SUPERVISORY TEAM **

Fill in the required data for the supervisory team members. Please check the instructions on the right !

** chair _____ dept. / section: _____
 ** mentor _____ dept. / section: _____
 2nd mentor _____
 organisation: _____
 city: _____ country: _____

comments
(optional)

 |
 |
 |

! Chair should request the IDE Board of Examiners for approval of a non-IDE mentor, including a motivation letter and c.v..

! Second mentor only applies in case the assignment is hosted by an external organisation.

! Ensure a heterogeneous team. In case you wish to include two team members from the same section, please explain why.

APPROVAL PROJECT BRIEF

To be filled in by the chair of the supervisory team.

chair _____ date ____ - ____ - ____

signature _____

Digitally signed by
J.P.L. Schoormans
 Date: 2020.04.15 23:32:18 +02'00'

CHECK STUDY PROGRESS

To be filled in by the SSC E&SA (Shared Service Center, Education & Student Affairs), after approval of the project brief by the Chair. The study progress will be checked for a 2nd time just before the green light meeting.

Master electives no. of EC accumulated in total: _____ EC

YES all 1st year master courses passed

Of which, taking the conditional requirements into account, can be part of the exam programme _____ EC

NO missing 1st year master courses are:

List of electives obtained before the third semester without approval of the BoE

name _____ date ____ - ____ - ____

signature _____

Digitally signed by
J. J. de Bruin
 Date: 2020.04.16 12:08:56 +02'00'

FORMAL APPROVAL GRADUATION PROJECT

To be filled in by the Board of Examiners of IDE TU Delft. Please check the supervisory team and study the parts of the brief marked **. Next, please assess, (dis)approve and sign this Project Brief, by using the criteria below.

- Does the project fit within the (MSc)-programme of the student (taking into account, if described, the activities done next to the obligatory MSc specific courses)?
- Is the level of the project challenging enough for a MSc IDE graduating student?
- Is the project expected to be doable within 100 working days/20 weeks ?
- Does the composition of the supervisory team comply with the regulations and fit the assignment ?

Content: APPROVED NOT APPROVED

Procedure: APPROVED NOT APPROVED

comments

name _____ date ____ - ____ - ____

signature _____

_____ project title

Please state the title of your graduation project (above) and the start date and end date (below). Keep the title compact and simple. Do not use abbreviations. The remainder of this document allows you to define and clarify your graduation project.

start date _____ end date _____

INTRODUCTION **

Please describe, the context of your project, and address the main stakeholders (interests) within this context in a concise yet complete manner. Who are involved, what do they value and how do they currently operate within the given context? What are the main opportunities and limitations you are currently aware of (cultural- and social norms, resources (time, money,...), technology, ...).

space available for images / figures on next page

introduction (continued): space for images

image / figure 1: _____

image / figure 2: _____

PLANNING AND APPROACH **

Include a Gantt Chart (replace the example below - more examples can be found in Manual 2) that shows the different phases of your project, deliverables you have in mind, meetings, and how you plan to spend your time. Please note that all activities should fit within the given net time of 30 EC = 20 full time weeks or 100 working days, and your planning should include a kick-off meeting, mid-term meeting, green light meeting and graduation ceremony. Illustrate your Gantt Chart by, for instance, explaining your approach, and please indicate periods of part-time activities and/or periods of not spending time on your graduation project, if any, for instance because of holidays or parallel activities.

start date _____ - _____ - _____ end date

MOTIVATION AND PERSONAL AMBITIONS

Explain why you set up this project, what competences you want to prove and learn. For example: acquired competences from your MSc programme, the elective semester, extra-curricular activities (etc.) and point out the competences you have yet developed. Optionally, describe which personal learning ambitions you explicitly want to address in this project, on top of the learning objectives of the Graduation Project, such as: in depth knowledge a on specific subject, broadening your competences or experimenting with a specific tool and/or methodology, Stick to no more than five ambitions.

FINAL COMMENTS

In case your project brief needs final comments, please add any information you think is relevant.

Appendix

Appendix A The research interview data

Interview guide- Parents

45 minutes in total

Introduction

3 minutes

Hi! I'm happy to have this conversation with you. I'm doing graduation research and I would like to learn about how your life changed because of the COVID-19 and home online education. You are free to express your thoughts. There is no right or wrong answer, I just want to know your experience during online education in the quarantine period. Don't be anxious about the interview. You can behave in a way that can make you relaxed.

Basic demographic information

- How old are you?
- What's your job?
- What is your highest level of education?

General family status

- How many children do you have?
- How many people are there in your family?

Life change

10 minutes

- How did your work status change during the quarantine period? Did this have an influence on your economic status?
- What kind of measures do you take to reduce the risk of yourself and your family being infected?

Involvement on children's learning

15 minutes

- How long do you spend per day to involve your child's (children) study?
- (If you have more than one child, how do you allocate the time?)
- What kind of activities do you do to help with the child's study?
- What factors will influence your motivation on the involvement?
- What's the most challenging part for you to assist your children's learning? How did you overcome it? Could you share some successful/memorable experience with me?
- How do you encourage your child when he/she lack the motivation to learn? What kind of means are proved to be effective?
- How do you communicate with school/teacher about the child's study progress? How will this influence your way of assisting their study?
- Did you make special rearrangement in the family to create a better learning environment for your child?
- How do you think of online courses? Did it meet your expectation of education quality?
- What effect do you think the transition to online education will have on your child's learning ability and learning process? (positive aspect and negative aspects)

Education in general

10 minutes

- How has your parent-child relationship changed? What do you do when you have a conflict with your child?
- Do you consciously control the time your child spends on digital screen? How did you do it?
- When you don't have time to tutor your children, who will you ask for help? Will you ask your child to follow the same behavior rules when he/she with other caretakers?
- Do you think you have an appropriate expectation of your child? How do you rank the importance of the following factors in your child's development?

Mental health, physical health, social ability, academic performance

- (If you have more than one child, when they have conflicts with each other what measures do you take to calm them down?)

Family time

5 minutes

- What is the most relaxing time for your family?
- Have you tried to organize some activities to help release the stress of your children and other family members? How did it work?

Interview-1

Y: the interviewer

F: the participants

Y: I just want to know some information about your life change and the education of your child in online education during the quarantine period. There is no right or wrong answer, you just need to talk about your experience and feelings.

F: ok.

Y: Has your work been affected by the epidemic?

F: I'm a teacher. During the epidemic, all schools are required to stop normal educational activities. The outbreak began just during the winter vacation. At first, we thought that when the winter vacation ended, that is, in March, school would start as usual. But in late March, the global outbreak became severe. There have been many new imported cases in China. So the school start date has been **delayed**. So I have to stay at home. Although the epidemic situation in our province is now under control, it is still **uncertain** when I can come back to school. For the homeroom teachers, they do not like online education. Because the students are very **inefficient** without the face-to-face communication. But as a music teacher, I **don't have much pressure**. One is because there is **no exam** for this course. The other is because the school only arranges one music class a week. I don't need to prepare courses and do after class tutoring every day like those homeroom teachers. I only need to upload a recorded course per week. Perhaps because there is no exam for the course, neither students nor parents pay enough attention to it. Students also **showed little interest** in the courses I uploaded, and few students responded to me. They mainly concentrate on learning mathematics Chinese and English. So I don't have much stress.

Y: Do you feel pressure because students don't value your courses?

F: No. I don't need to make the course by myself. There are lots of excellent resources online. I just need to choose some courses online and upload them. The duration of each course is not very long, about **ten to twenty minutes**.

Y: Have you changed your schedule these days?

F: Sure, I have a different schedule now. We get up at around **5:40 am** and set off to school at 6:20 in the morning on school days. Recently, my daughter usually gets up at **7 o'clock**, sometimes at 7:30. For other schedule, there is not much differences.

Y: Do you reduce your outdoor activities during this time?

F: In February, the epidemic was very serious. Passes are required when entering and leaving the community. The vegetable market is only open for a few hours a day. Many stores are closed. The streets are much less crowded. **People are also cutting back on activities like going out and exercising**. The outbreak has been in remission since this month. Many shops and gyms are gradually returning to business.

Y: Does your child go out these days?

F: She sometimes goes out to play these days. Because she spends a lot of time looking at the electronic screen in her online class every day. We were worried that it would do **harm to her eyes**. She usually completes the course at noon. We allow her to **go out and play with other children** in the afternoon. In school, there are some physical classes and mandatory outdoor

activities. These are all good for her health. But now at home, we cannot provide her with professional outdoor exercise guidance. She is just having fun.

Y: Has your mood changed during this time?

F: When the epidemic is serious in February, I pay attention to the news about the epidemic every day. When I saw that many people were infected, especially when many medical staff were infected, I was very depressed. The first thing I do after getting up every day is to browse news related to the epidemic. Recently, as the outbreak has eased, I feel much better. I have to get up early and come home late every day during the school days. I leave at six in the morning and come home at six in the evening. I felt tired those days. Recently, I stay at home and don't need to go to work. I feel relaxed.

Y: How do you balance your work and family life during the quarantine period?

F: My wife and I are both subject teachers, so we don't have as much pressure as homeroom teachers. I'm a music teacher and she is a science teacher. She also serves as the subject director at school, so her work pressure is slightly heavier than mine. In fact, during the epidemic, both of us had less work pressure than usual. The two of us will take turns to urge our child to learn. Most of the time, her mother is responsible for doing this. My wife helped my daughter take videos of reciting texts as the teacher asked and uploaded the homework. I was less involved, and she rarely asked me for help on the study. Some of my colleagues, especially the teacher in charge of class, are under great pressure. On the one hand, they need to worry about and help with their children's study. On the other hand, as head teachers, they are worried that students with low self-discipline neglect their study during this period. The efficiency of online teaching is not as high as expected. I work with a colleague whose child is in sixth grade, at a critical time between elementary school and middle school. So she is worried about her child's study and hopes to come back to school soon.

Y: Have you educated your child about the epidemic knowledge during these days?

F: Of course. She stayed at home for almost a month and a half. At that time, only one person in each family had a pass to get in and out of the community. In my family, I have the pass and go out to buy food every day. She can't get out of the neighborhood. In the community where I live, out of the protection of children, almost no parents will let their children go out. In recent days, the outbreak has been less severe. I allow her to go out with wearing a mask. Sometimes I tell her that the weather is getting warmer these days, and if you're playing outside and there aren't a lot of people around, you don't have to wear a mask. But she insisted on wearing masks all the time. She takes this issue very seriously. When I go to the market every day to buy food, I meet many people. We cannot maintain a sufficiently large distance. If there is a confirmed case among the people in the market, then I have a great chance of being infected. Recently, however, there have been no new confirmed cases in my city, and people are gradually relaxing their vigilance. When my wife and I talk about the news about the epidemic, my daughter listens to it and sometimes involves. Gradually she learns the knowledge.

Y: Did she take the initiative to learn about the outbreak?

F: Yes. The school regularly sends out documents to let them know what to do during an outbreak. A few days ago, the school organized an activity of designing hand-copied newspapers to make students pay more attention to the epidemic-related knowledge. The school also asked the children to shoot a speech video, which is also about the epidemic. Schools did a good job of educating students about the epidemic.

Y: Did she has the desire to go out during the quarantine time?

F: No. Sometimes when the weather is great and I asked if she want to go out. She said she didn't want to go out because her friends stayed at home and no one went out. Sometimes she talks with her friends on the phone. They have a lot to talk about.

Y: Yes. They prefer to talk with peers. And how long do you spend on her study every day?

F: I don't spend much time participating in her study. As I mentioned before, her mother is more involved. Every morning her mother would copy down on a piece of paper the assignments the teacher had given out in the group. Because my daughter is near-sighted. We want her to minimize her screen time. My daughter sometimes wakes up in the morning and starts doing homework without breakfast. My wife also helps my daughter film a video of her reciting the text and send it to the teacher. Sometimes my daughter asks her mother when she

comes across a problem in her homework that she can't do. But that's very rare. **She doesn't like to ask us for help.** Because **if she asks me a question, usually I'll come up with a few similar questions for her to do.** **She thought it was too much trouble,** so she wouldn't ask us questions. Sometimes I would ask her if she had a problem that she couldn't do. But this situation is still relatively rare. The time we involve in her study is about **half an hour at most** every day. She is in the sixth grade of elementary school, and her self-discipline is not bad. We **don't have much worry about her study.** Sometimes when she spends time with her pet rabbit at home, I will **urge her to finish her homework** before playing. But I can imagine that for some parents, they would **sit beside the child the whole day to push the child to study.** Because some children have **poor learning efficiency** and do not have strong **self-discipline** when they are alone. If parents do not stay with them, they will only play and not study at all.

Y: Does your daughter take the online courses alone?

F: **Occasionally we will accompany her for a while.** She has online lessons twice a day. One is in the morning, she watched the recorded courses. and one is in the evening from 6:00-7:30, the teacher will answer some questions and summarize the completion of the homework on the day. Besides these courses, she takes English courses during weekend. That is an extracurricular course. When the **teacher broadcasts live for tutoring, my daughter does not want us to participate in her study.**

Y: Why does she not want you to involve?

F: **She likes to stay at her room alone and close the door. I don't know the reason exactly.** To be honest, some of her English courses already involve knowledge of complex grammar. I haven't been exposed to this knowledge for a long time. **I can only understand a small part of the knowledge. It didn't make much sense for me to attend the lecture with her.** Now she **didn't allow us to enter her room.** It may be because she feels **embarrassed.**

Y: Do you have more communication with her teacher these days?

F: The teacher **does not assign much homework** during this period. Probably because my daughter is in sixth grade. **The sixth grade students are better at learning autonomy** than younger children. The teacher will review the completion of the homework in the learning group every day. The teacher will point out those who have not completed their homework. But I don't know if the teacher will communicate with the parents of the students who haven't completed the assignment. My wife and I are both teachers. When my daughter makes mistakes in her homework, my wife and I usually help her correct them. So **we basically don't have much communication with the teachers.**

Y: What factors do you think will influence her motivation to learning?

F: To be honest, she was **reluctant to take the head teacher's class,** including Chinese, English and math. Because compared with other classes, **the head teacher's class will bring her more study pressure due to many exams and tests.** **Learning these subjects is like taking Chinese medicine to her. Although the medicine was bitter, she had to take it.** She is more **relaxed in other courses.** When she was at school, she is **looking forward to other subjects besides Chinese, mathematics and English.** But during these days, the situation is just the opposite. Not that she has a great interest in Chinese mathematics and English, but she knows that these are the tasks she **must complete.** Occasionally she would **complain that the homework is too much** and she does not want to do it. She has some **negative emotions** during these situations. But that **doesn't happen very often.** Sometimes we will **lead her to have more positive emotions** about her study. She spends a lot of time every day **listening to stories** on Himalaya (An audio sharing platform). She also spends some time with her **pets.** These activities **distract** her from the study. But the child is **not a learning machine.** **Listening stories can enrich her knowledge and playing with pets can make her happy.** She loves to **talk about animals with her friends.** This kind of activity can become a kind of **motivation** for her to learn.

Y: Does she reduce the communication with friends during the quarantine time?

F: She has her own phone now. She has instant messaging software like WeChat on her phone. But **she rarely communicates with her classmates and friends.** She usually communicates **only two friends.** And she also had to consider **whether her friends would have time to chat with her.**

Y: Do you think she is less interested in learning than before?

F: Yes. When she was in school, she eagerly looks forward to classes other than Chinese

mathematics and English. But **at home, she has more interesting things to do**. Those courses are **not attractive** to her any more. So she **doesn't take these classes seriously**, and sometimes she **doesn't even take them**. To be honest, we don't want her to focus too much on the screen. That's too bad for her eyes. So **we allow her to do so**. And it's not as **interactive** as it was in school. While listening to the online class, she was only **passively accepting knowledge** and had **no opportunity to think actively**. Before she took the initiative to think, the video already showed the answer. This made her gradually **lose the habit of active thinking**. And **it's unclear for us that if she has understood the knowledge and to what extent she mastered the knowledge**. Even if she does not fully understand this knowledge, **she does not want to take the initiative to ask**. Because knowledge is still a very **boring** thing for her. But when she was in school, **the teacher has a clear understanding of her learning situation**. The teacher helps the students to figure out difficult problems timely. I expect that after the resumption of school, children with low autonomy will have more difficulties in learning. Even a very smart child can't perform well without self-control.

Y: Did you buy new devices for her online learning?

F: At the beginning we considered buying an iPad or laptop for her. After discussing with my wife, we thought that the time she watched the video class was relatively short, and the mobile phone could meet this demand. During the weekend, her English class is relatively long. We use mobile phones to **cast screens on TV**. The TV screen is **bigger and displays better**. Although sometimes there was a delay of the cast on TV. In general, it's quite good. So we didn't buy new devices.

Y: Do you take special measures to help your daughter to relieve eye strain?

F: Absolutely. Some time ago I took her to do an eye test. Every day we do **some activities to relieve her eyestrain**. I took her to **go out to relax**. When she has focused on the screen for a long time, I **ask her to have a rest**. After she finishes class in the evening, I **play cricket** with her every day. She doesn't like playing cricket very much, **especially when it becomes a mandatory activity**. After that, I will ask her to do **some exercises** to relax her eyes. These are the activities we do every day. But not all parents can be like us. We can stay at home with her the whole day. For some parents, one of them will give up work and accompany the children at home for their studies. There are also some parents going to work and leaving the child at home alone. **They can't know how long the children would spend on the phone** and if they are using the phone for study.

Y: Have you adjusted your schedule according to her study time?

F: Yes. **Her study is the most important thing**. We try not to watch TV when she is studying. She stays in her room and closes the door when she has online courses. At this time, if we watch TV, we **adjust the volume to a very low level**, fearing that it will affect her learning. Although her learning efficiency at home cannot be as high as at school, I think the impact is not great. **I am quite satisfied with the quality of her homework**.

Y: How do you think online education during the special period?

F: Everything has advantages and disadvantages. **The good side is that during this time, self-disciplined children will perform better than others**. But she is still in elementary school, and this impact will not be great. After they return to school, they can make up for the knowledge in a month or two. Online education is the only choice during the epidemic. But **some parents can't understand this measure**. They think that **online education places the onus on parents**. Especially for families with **two children**, the situation is very difficult. The **parents can't collaborate well with the teachers**. Some parents **give up monitoring their children after a few setbacks**. Most parents are **willing to comply with the teacher's request**, although they may have some **complaints**. As a parent, I actually have a **selfish** idea. During this period of time, my daughter has **more time to relax and play** compared to her day at school. When she was in school, the rest period was relatively short, and I was very worried about her eyes. When she takes online classes at home, she can have more free time without affecting her academic performance. **It made me feel very happy. I even wish this would last a little longer**.

Y: Does she arrange the schedule herself every day?

F: She **plans the most of learning activities herself**. We will urge her to complete the learning task as soon as possible so that she has more time to play. She usually finishes her homework

before noon every day. It is up to her to decide what assignment to write first.

Y: Did you share your experience with other parents or communicate with them during the period?

F: Not really. Occasionally, I talk with my colleagues about the children's learning. Most parents want their children to go back to school as soon as possible.

Y: Has your relationship with your child changed during this time?

F: There isn't much change between us. **We usually spend longer time with children than other parents.**

Y: What do you usually do when you have a conflict with her?

F: **I just let it be.** I will be **irritable** when she is **unwilling to study.** **My attitude may not be very good,** and she is also irritable. So the only solution is that both of us **calm down and don't talk to each other for some time.** Children nowadays have **their own opinions and tempers.** **Their performance at school is completely different from that at home.** Sometimes we have conflicts and she cries. More often she chose not to talk with me. After a while, our conflict will be resolved.

Y: Do you ask others for help when you can't stay with your child at home?

F: No. We spend time with her at home almost every day. For some parents, they might not have enough time to stay together with their child and they choose to **send their child to relatives' homes or to the homes of some educators, hoping they can take care of the child and maybe help with the study.** For me, this hardly ever happens.

Y: What would you rank the following factors on the development of your child? Such as mental health, physical health, social ability and academic performance.

F: The mental and physical health is the most important. Sometimes I see **kids who are doing well in school but are stressed out and suffer from depression.** **I don't want my child become like that.** I hope she can be happy. And the social ability is also important. **In daily life, we also teach her how to deal with things in some situations.** Learning is very important, but not the most important. **Studying well can make her more confident.** We certainly hope that she can perform well in her studies, but **there will always be someone better than her.** **I never asked her to be the top one in her class.**

Y: What is the most relaxing time with your child during a day?

F: **She is not willing to exercise or play with us.** Because these **exercises are designed to relax her eyes, not for fun.** That's why she doesn't like it. But she has some favorite activities. For example, when she is playing with a rabbit, **she likes to invite me to see some interesting behaviors of the rabbit.** She likes to **share** with me some skills the rabbit has learned. She also likes to grow flowers. I think it should help her develop some hobbies. So I bought her some flower seeds. She told me she wanted some succulent plants and I bought them for her. I believe that **planting flowers can cultivate her sentiment.** **She likes to chat with her mother after going to bed at night.**

Y: Are these new hobbies?

F: No. I think **her hobbies are inherited from me.** When I was a kid, I liked planting flowers and animals. We used to be so busy at work that we didn't have enough time and energy to take care of a small animal. But we **have more time during the quarantine period** at home. She cried and begged us to buy her a rabbit, and we agreed. In the process of raising rabbits, she did **gain a lot of happiness.** At the same time, it also makes some troubles, which makes me angry. The rabbit is not as good as kittens and puppies, it bites everything. **Although I get angry sometimes, I just let it go because I don't want to upset my daughter.** Growing flowers is very successful, the flowers bloom beautifully, and **she has a sense of accomplishment.** **I appreciate that she can benefit from these hobbies.** I also hope that she can exercise more and love music, but she doesn't like these very much. So I didn't force her to do these. **It depends on her interest.**

Y: Are you responsible for different aspects on her education?

F: No. It's not that I don't want to participate in her study. **Sometimes she dislikes us participating in her study.** She did not want us as parents to teach her some knowledge, she prefers to listen to the teacher. **She has a different attitude towards us and towards the teacher.** She listens to the teacher more carefully. **She is more willing to obey the teacher.** She has a

positive attitude in online classes and likes to answer questions from teachers. But she doesn't like us to involve in her study. She occasionally asks her mom for help. **We also want her to develop good habits. But sometimes you can't jump the gun.** Her **self-reliance is not very good.** But in the current situation, it is not easy to cultivate her independence. We sometimes **worry about her safety and will not let her cross the road alone.** Sometimes I ask her to take me across the street, but she resists. Because she knew **she could always rely on me, she doesn't want to be independent.** We have been with her almost since she was born. This led to **her being unable to do something independently.**

Y: That's it. Thank you for your time.

Interview-2

Y: the interviewer

S: the participants

I have no idea about the what's going on about his study...He doesn't allow me to enter his room. If I want to get into his room, he would lock the door immediately and then I tried to talk to him, he won't response to me anymore. I just wanted to find two pairs of socks in his room, he did not let me enter the door.

Grade 6

Mother

48 years old

Own a small cosmetics shop

Y: How was your child's study going on during the quarantine period?

S: He was supposed to go back to school on March 1st. However, due to the impact of the epidemic, the school start date was postponed. Students were asked to be quarantined at home. I am worried that his **eyes** will be greatly hurt by watching the electronic screen for a long time. It's inevitable that his degree of myopia will increase during the quarantine period. If the quarantine time was just a few days, it wouldn't influence too much. But we have **no idea about how long it will be.** He is nearsighted with about 3.0 diopters and it's still getting worse. During the first several days of the online courses, I have no idea about everything. We don't know how to operate the software and all those things. I couldn't help much as a mother on his study. Fortunately, he was able to learn to operate by himself gradually with the help of his teachers. At the first week of online courses, the teachers also didn't know how to manage things. **They changed the rules and required different things every day.** We can only follow what they asked. We felt **ill-prepared and helpless.** As **older parents** (nearly 50 years old), it is difficult for us to do these things (technical issues) well. Maybe the situation is better for younger parents (20~30 years old.) we can't help and let him go. He needs to figure out everything on his own. The school start date has not been announced. I have no idea about **how much he has learned** during this period of time. My husband also discussed his learning status with me, he said, of course we can't say that the child didn't study at all, but **without the supervise** of the teacher, we can't have a clear understanding of his performance. There is no test to indicate that what position he will be in **his class ranking** and if he has mastered the knowledge well. Actually, He is in a better condition these days. I feel like I haven't been able to understand him lately maybe because he's recently hit **puberty and he's a little bit of a rebel.** He refused me and his father's approach and did **not want to communicate** with us. He didn't want us to watch what he was doing. He felt that we did not **trust** him enough. He need to use his father's phone to do his online courses, once he got the phone, he **locked the door of his room to prevent us from entering.** How can I trust him for this kind of behavior? His dad said that after he got the phone, he couldn't just use it to learn. He definitely plays games or other applications but we have no way of knowing what he is doing. My child wouldn't stay with me at the same room. **If I enter his**

room, he will leave right away.

Y: what digital devices he used for the online courses?

S: He uses his father' phone. His father has two phones so he gives one to our kid. I only have one phone and I need to go to work every day so I can't give my phone to him for the online courses.

Y: What study tasks does he usually use the phone for?

S: He uses the phone to upload the homework every day. He was asked to upload it to the class group and sometimes the teacher will check the completion of the students' homework. His homeroom teacher contacted me twice during the quarantine period. One was because he **didn't finish his homework and lied about it**. That day, I just came home after a long day's work. I asked him if he has finished his homework. He said he has done. When we were about to turn off the lights and go to bed, the teacher called me and asked me why he hasn't upload his homework. Then he started to do the homework and sent it to the teacher. And the teacher asked again because he only finished one of the homework. After this I realized that he was holding his mobile phone but did not focus on his studies. I can only guess, but I **cannot really know what he is doing with the phone**. Another thing is about the time he spent on the class. The software they used for the online courses is called DingDing. The teacher can check how long the student was on the courses. **The whole course that day was about 77 minutes but the teacher found that my kid only was online for 1 minute**. When the teacher sent the screenshot of how long every student was on the courses, I just knew the situation. I can't imagine what he was doing during the 76 minutes and I was extremely angry about this. I really feel **crumbled**. He was supposed to go back to school on the 20th of this month. I have been looking forward to it. I'm glad his days of online classes at home will be finally over. However, on the 19th, it was decided that school would not start again because there are three new confirmed cases in our province. The news **filled me with despair**.

Y: Does the school often change the start date?

S: The news was not informed by the school. I know it through some organizations that help students study after class. The notice from these organization is credible.

Y: Is there an official notification from the school?

S: Not yet. About one week ago, the students are asked to go to school to fill in a health form. I thought this indicated that they should go back to normal school life soon.

Y: About the after-school tutoring organizations, do they still open for the students?

S: No, **all these organizations are closed now**. There isn't any official notice from the government so they cannot reopen.

Y: Does your child still take some extracurricular courses during the weekend?

S: He takes those courses online at home. He takes English courses, composition training courses. All these courses follow the same schedule as usual. This always makes me feel **frustrated and irritated**. After all, just **watching the phone and listening passively** is so different from the normal classes. I just have **no idea about how much he can master the knowledge**.

Y: What's the schedule of his online courses?

S: For the extracurricular courses (during the weekend), from 8:00-9:30 is the composition training courses and from 10:00-11:30 is the English courses. During the weekdays, they have curriculum. **课程表照片** From 7:00-8:00, they are asked to get up and prepare for the courses. From 8:00 on, **the courses are arranged just as the normal school schedule**. There are also break time in between, which you can do some exercise just as in school. But the **exercise** just a suggestion from school, my son **never participate in such activities**. During this period, his **homework time becomes endless**. He takes the phone to his room and locks the door every day after dinner. He told me that he was doing the homework of several courses following a sequence and then uploaded them to the group chat. I was wondering that why he cannot do some homework during the day because there is enough free time during the day. **He's just procrastinating, putting off all his homework until the evening**.

Y: Does he need your help in uploading all the homework?

S: At first, I assisted him for several days and then he started to do all these things himself. For some of the recitations assignments, he would record a video (He recited the required text with

his eyes closed) and send it to the teacher.

Y: After finishing all the homework, when does he usually go to bed?

S: He always likes to procrastinate. Sometimes 8:00 pm, sometimes 9:00 pm. I don't want him to study too late so generally I will ask him to go to bed before 9:00.

Y: Does he change his eating/exercise/sleeping habits during the quarantine period?

S: **All the schedule becomes a mess.** During the normal school life, I will make sure that he eats breakfast every day. I won't let him to go to school without eating a nutritious breakfast. But now, I wake him up at around 7:00 in the morning, but he still doesn't want to get up. Like this morning, until 7:40, I'm still urging him to get up otherwise he can't catch up the first class. He should be ready and online at 7:50. In this case, **he has no time for breakfast.** I have to go to work during weekdays and my husband stay at home with him sometimes. I want him as least drink some milk or just have something to eat for the breakfast. But he just skipped the breakfast. **His father is not as strict as I am to him.** When my son said he did not want to eat, my husband allowed him to do so, and he would not force him to eat. And until noon, he eats lunch. His eating habits are not like normal. He was originally a thin person, and now he **doesn't have a regular eating routine.** This makes me very worried about his **health.**

Y: And how about the sleeping habits?

S: For sleeping habits, I try to keep it the same as the normal school life. After all, he is still a pupil. I tried to keep him from staying up late and going to bed before nine.

Y: And how about the other activities? Does he do some outdoor activities during the period?

S: I think he is kind of love staying at home now. **Even I asked him to go outside, he didn't want to.** He needs to dress up if he goes to outside. **He is just too lazy to dress up and would rather keep staying at home.** I need to push him to go outside. The physical activities are largely decreased. Every Tuesday, Thursday and Saturday from 1:00-2:15 pm, the P.E. teacher suggested the student to run or do some exercise at the gym. He just went once and then gave up. He said that he had too much homework to do, so there wasn't any time left for such physical activities. **He always has various excuses.**

Y: Is this mandatory?

S: No. This is a voluntary activity. **My son is getting lazy** now and he is not willing to move. He has been at home for so long, his hair is already very long. I told him many times, hoping he could go out and get a haircut, but he would not go out. And yesterday, finally, he went to the barber shop and cut his hair by bike. As long as he wants, he can ride bicycles around the city. He even wanted to ride my electric car before. I did not agree to his request for safety reasons. But now, **he just prefers to stay at home and go nowhere.**

Y: Was he reluctant to go out because he was worried about the outbreak?

S: No. This has nothing to do with the epidemic.

Y: Will he do some protection when he goes out?

S: He wears a mask when going out.

Y: Does he has any social life during these days? Such as hanging out with friends?

S: No. Actually, he is a person who is very good at socializing. The children like to play with him. But he isn't allowed to go out to play these days. During this time, **there were almost no children playing outdoors in the community.** He did make several phone calls with his friends. His dad asked what were they talking about. He just said it was all about the study.

I really don't know when the outbreak will end. I feel very anxious every day. Actually, **he is also anxious.** He was quite happy when he heard the news that they can come back to school several days ago. But I **have no choice but to wait for the notice** from school. This really worries me a lot.

Y: What is your main source of stress during this time?

S: Of course there are some stress. First, my daughter (his sister) studies and lives in Japan. I'm quite worried about her situation. I'm so worried about her that sometimes my nose bleeds when I wash my face in the morning. **I can't say that my anxiety has reached an unbearable level, but my heart has never been able to settle down.** It's just like hanging in the air. I can't imagine what I can do if she gets infected in Japan. The only thing I can do is to have some video calls with her, but she is a little tired of my advice. I always repeat the same thing to her because I am really worried about her. I wish she can take care of herself well. Second, **when I was working at the store, I can't help but worry about my son's learning.** If he stays at school as normal, I'm

quite relaxed during the worktime. I don't need to worry about him. But now, **my mind can no longer concentrate on work**, especially at the first several days of the online courses. Luckily, my husband stayed at home to accompany him these days. Otherwise, if my son is staying at home alone, we can't give a phone to him without any supervision for a whole day. **Although I am at work, my heart is very uneasy and I always feel that there are many things to worry about**. This has been going on for a long time. Sometimes I reflect that **my son can't be a child forever**. He will always grow up and I can't worry about him all the time. Sometimes I don't want to worry too much, I hope he can learn to handle these things himself. I'm even trying to contact **psychologists to learn more about how can I do better in educating him**. I visited a psychologist in my city and wanted to ask her how should I deal with my kid's education problem. Unfortunately, she wasn't at home that day. During this period, I **beat him twice because I was angry about his learning attitude**. My husband complained that I was like a stepmother. A stepmother is not as anxious as I am about his studies.

Y: Could you talk more about why you are angry about his attitude?

S: As I mentioned before, he **lied** to me that he had finished all his homework, but he hadn't. and the other thing was that he was only online for 1minute for a 77-minute course. **I couldn't control my emotions because I was extremely angry. I even burst into tears. I don't know what I'm aiming for**. I have spent eleven years accompanying him from his birth. I also **want my own life**, I want to have a decent job and make some money. Now I have a job and I can't stay with him the whole day. I don't know how to describe the emotion exactly. I have a feeling he may have reached **puberty**. Since he entered the sixth grade, he became **disobedient**. He started to have his own opinions. I feel he has been working against me.

Y: Have you ever talked to him about this?

S: He **refused to talk to me** about this issue. He doesn't communicate with me openly. I don't know if I'm wrong in the education style. Maybe it's my problem. You know, I'm a kind of strong person and I don't want to beg him for doing something. He sometimes **prefers to communicate with his father**.

Y: ahhh. And how does he communicate with his father?

S: Before the online courses, they get along quite well with each other. They are like good friends. But after he started taking the online courses, his father stays the whole day with him. **His father becomes irritable and they often quarrel on his learning issues**. My husband has also **lost patience** on him, and their relationship is **not as good as before**. My husband often worries about my son doing other things with the phone instead of using it for academic purposes. My son is now keeping a distance from me, and I can hardly get close to him, let alone communicate calmly with him. I really have no solution. I have followed an **education expert** on the short video platform (kuaishou) these days. The expert is experienced in various education problems from young children to high school students. I listened one of his courses this morning, but this is a **paid project**. They only published some introduction courses on the video platform and if you want to know more, you need to pay for it. It's 1098 yuan a year (about 140 euros). I think it's a little **expensive**, so I'm still hesitating whether to buy this course. I don't know if I should change my parenting style during his adolescence.

Y: And do you ask his teacher for some help during this period?

S: If the teacher doesn't contact me, I **don't want to bother her too much**. The teacher had a lot of work to do and there were so many students in the class. I don't want to trouble her too much about my children. If the teacher takes the initiative to contact me, it must be because my child is not performing well in some ways. **I'm not kind of person who contact with the teacher in a daily basis**. I only talked with her when she contacted me. I don't want to be too utilitarian to get closer to the teacher. The teacher once approached me because of my child's learning attitude. He didn't perform well in the exam, and he didn't care. The teacher felt that he was lack of enough motivation on study. I believe that my son can perform well in his study. But now he is just not in the same direction as us. I just feel that **there is a distance between us**. Maybe it's also because I'm **old** now. Especially me, it is probably in **menopause** now. I **can't manage my emotions well** during this period. If we can have a good communication with each other and he can have the motivation for study, I believe he can have a quite good academic performance.

But he has a disadvantage, he is not very steady. He is very clever but he can't get down to earth on his studies. He didn't devote himself to studying wholeheartedly, and always **distracted from other things**.

Y: Do you think online courses is transferring some responsibility from the teacher to the parents?

S: Indeed, **this put much more pressure** on me. One day, he will go back to normal school life. Under online education, there are some small test. When I asked my son if he know how to figure out a problem in his study, he always answered he knew. He spends some time on his homework every day. Sometimes, if he has difficulties in a problem, he would watch the course several times and try to find the solution. But these are all I can know. I know he is doing his homework and listen to the courses every day but **there is no way to measure how much he has learned**. I have no idea about this as a parent. I'm not sure I should communicate more with the teacher to know more about his learning process.

Y: That's true. If you can communicate more with the school and his teacher, you know more on his study. And do you have any communication with other parents about the education problems during this period?

S: Not really. Only several times when I meet other parents on the road, we briefly talk about it. My husband said that the **situation was quite similar for every family** now. One of friend also told me that her daughter didn't do the homework sometimes. For the primary school students, only very **few of them have high learning autonomy**. Most students can't have a good self-control. I feel that 80% students need a strict supervision from their parents for a desired learning efficiency. For the top students, I think their situations should be better. They might have their routine sand keep a high efficient learning life even at home. **For my son, especially at the first several days, I felt that he didn't have a routine to follow**. Recently, he gradually got used to this kind of life, and the situation started to get better.

Y: Do you think he like online courses?

S: I can't say he hate online courses. After all, **he can have access to the phone** these days. If he didn't take online courses, we have strict regulations on the use of phone. He was not allowed to use the phone in the normal school life. We also don't watch TV before. After he taking online course, he was asked to watch News Feeds every day on TV and make some important notes. But for my son, he has no interest on this. He only did it for a few days as required by the school, and then gave up. **I'm tired of being in charge of him every day**. Sometimes I also told him that you should do it yourself. I feel that he is still a child, he can't have a clear goal and motivation in learning like junior and high school students. **He always has various excuses to extend the time of using the mobile phone**. I'm really enough of this but I have no way to change the current situation.

Y: Is the mobile phone the only tool he uses for online courses?

S: We can also use the phone to cast a screen on the TV. But he doesn't like this way. At first, for the composition training courses, the teacher asked us to cast on the TV. We spent some time to figure out how this works. But if he uses the TV, he need to study at the living room. He doesn't like to stay at the living room so we just gave up. He prefers to use the phone at his room. He also complained that the cast on TV has some problems of network delay. I **don't know exactly about these technical issues**. I tried to persuade him to use the TV because the TV screen is larger and relatively less **harmful to the eyes** than using a mobile phone. But he rejected this suggestion. It was too difficult for me to communicate with him.

Y: Under what circumstances do you think his enthusiasm for learning is high?

S: It's a hard question...I don't really know. When I was with him all the day, I talked about his sisters, who are all both good at studies. I hope he can follow his **excellent sisters as an example** and study hard. I have taught him this since he was very young. I have high hopes for him that he will become the **best of these children**. Such hopes have been told to him many times since childhood. At that time, he was also highly motivated to study hard. His dream school is Renmin University of China. But now he **doesn't want to talk about these dreams with me. I have no idea about what he is thinking**. A few days ago, he said that his dream was to be a soldier. I don't think being a soldier is a good choice. This profession is too dangerous. I am also not a mother who is good at encouraging children. My sister often praises my son. She thinks he is excellent in many aspects. **She suggested that I should encourage him more. But I just can't do it**.

Whenever I see his attitude to study is not serious, I can't say any encouraging words.

Y: And do you think he lack of motivation to study sometimes?

S: I don't think he has such moments. Last time, because he only was online for 1 minute, his father and I made a cruel decision to leave him alone. I packed up all his textbooks. I told him not to continue the courses if he didn't want to. We gave up about his study. I told him that he can drop out of school. And then **he cried. He assured me that he would study hard from then on.**

Y: and what kind of activities he does at home besides learning during this time?

S: He likes do some cooking at home. He sometimes learns to use air fryers according to recipes. He can make baked buns, baked sweet potatoes, grilled meat, potato chips and so on.

Y: Does he learn these things himself?

S: A recipe was included in the air fryer, and he learned to cook with that recipe. He was quite happy about this. He is very fond of food. Before, he always explored delicious food everywhere. As long as he says he wants to eat a certain kind of food, I will try my best to satisfy him. **He doesn't need to worry about any trivial matters other than studying.** Sometimes I also asked him, all you need to do is study, why can't you concentrate on it? I heard that one of his classmate lived in a house in very poor condition and had many inconveniences in his daily life. **We have done our best to create a good living environment for him, just for him to concentrate on his studies without any other concerns.** I believe he actually understands these truths. Maybe he didn't listen to me because I taught him in a wrong way. I wanted to find a Psychological Education Expert and consult about our problems. It would be good for both of us to **learn how to get along with each other.**

Y: I can understand that this is a really hard situation. And does he communicate with his sister regularly?

S: No, he hardly talks with his **sister**. Their age difference is 13 years, so they don't spend much time together. Occasionally his sister would talk to him about learning, but **he did not want to listen**. I think what my daughter said is more convincing than what I said, but still can't impress him. Maybe he **may agree with what we said in his heart, but I have not seen any change in his behavior**. However, his cousin often praised him. His cousin did not have any academic requirements for him. She feels that he has performed well in all aspects. I think maybe he is just **too young to understand the importance of study.**

Y: Do you and your children talk about other things in life at home besides studying?

S: **Most of our conversations are about learning.** Sometimes I talk to his dad about us and he wants to be a part of it. But I'll ask him just listen quietly and not get involved in adult business. He is not that kind of mature child.

Y: Do you think it is more effective to encourage him or to be strict with him?

S: I admit that I **rarely encourage** him. Most of the time I am very strict with him, and sometimes my attitude is not very good. My sister sometimes advises me to encourage him more. To be honest, it's hard for me to do that.

Y: Have you and your husband had any disagreements about his education?

S: My husband sometimes yells at him during this period of time. Before the online courses, it's me to criticize and discipline our son. This makes my son tend to think when I disagree with what he does, he can turn to his father and ask for help. Then my husband usually agrees with my son. I think **my husband is a little spoiled him**. The reason why my son is disobedient may also be related to the way of education of us. For example, when it comes to buying toys, as long as my son wants, my husband will promise to buy him. There are already many toys at home. My son has no major shortcomings, but there are many such minor problems. I am also reflecting on it. **If my husband and I can unify our opinions** in front of our son, it will be much easier to educate him. **But the truth is, my husband is on my son's side, and the two of them are against me.** So sometimes this makes me feel tired.

Y: How long does your husband spend per day to involve your son's study?

S: My husband occasionally goes out to deal with his own affairs. We actually have **no ability to provide him any help in his studies** based on our education level. He can only rely on himself in studying. As parents, we can only **provide good food and life necessities** for him. We can only be responsible for preparing his daily meals so that he can concentrate on his studies. He

usually **refuses us to sit beside him** to supervise his study. My husband usually stays in the living room, and my son stays in his own room. My husband is generally responsible for **reminding him** that he should have a meal or **supervising** whether he is using a mobile phone to study instead of other recreational activities.

Y: What do you think is the most important factor in your son's development?

S: For me, the academic performance is my main focus. After all, he is a boy, and I hope he can enter a good university in the future and choose a good major. I don't have much worry about his social ability, because I think he is a very social person. I believe he will have a good performance in social skills in his work life. Others are very willing to become good friends with him. I think he is a very emotionally intelligent kid. I hope he can be better than his sister. I have **high expectations** for him. I am quite worried about his study because he is **about to enter middle school**. **This half year is very important because it will determine whether he has a chance to enter a good middle school, which will also influence if he can enter a good high school.**

Y: Are you educating your son and daughter differently?

S: It is different in many ways. I actually did not spend much time and energy on educating my daughter. Because when she was a child, I was busy with my work, so I couldn't accompany her. She spent most of her primary and junior high school in boarding schools. But for my son, I have basically been with him every day for these eleven years. I have only recently started my career again. In fact, I have a great sense of achievement in his education in the past eleven years. In fact, he was also a very sensible and obedient and filial child. It is only recently that he has reached puberty and many things have changed. I **put a lot of time and energy into my son**. I also invested a lot in cultivating his hobbies. He has been taking extracurricular classes such as Fine arts, English, martial arts and so on. Our **financial situation** is better than before, and I can provide him better support in terms of material things compared to my daughter.

Y: Indeed, the economic conditions and other aspects have changed a lot. And all the environment has changed.

S: I think maybe this also the reason why it's so hard for us to understand each other. **It's hard for him to be appreciate for all the things he has**. He had simply not suffered, nor had he gone through periods of material hardship. It is also difficult for him to understand the difficulties of being a parent.

Y: He is still a child, it's hard for him to understand all the things that he hasn't experienced. And when your daughter and son have conflicts with each other what measures do you take to calm them down?

S: They rarely have conflicts. His sister would generally avoid conflict and tolerate him. Once, my son held the TV remote control. I asked my daughter to get the TV remote control. My daughter did what I said. But my son was angry and bit my daughter's arm. My daughter cried grievously. I severely punished my son and asked him to apologize to his sister. I think this is the only serious conflict that they have. I won't take sides. **I will judge whose fault it is and demand an apology.**

Y: Have you tried to organize some activities to help release the stress of your children and other family members? How did it work?

S: No. I won't talk to my son about my own stress. I rarely ask him to participate in housework. I always think that **housework is the responsibility of parents**. But I also recently watched a video from an education expert who mentioned that children should be encouraged to do housework from an early age. The expert also said that having children help their parents with housework is a good way for parents to interact with their children. I also reflected after watching the video. My son hasn't made his own bed yet. My husband is a very clean person. Every day after getting up, he would tidy up our room and my son's room. We never asked my son to do any of this housekeeping. Now I **realized that this was wrong**. We should train him to do these things otherwise he will be a **lazy and irresponsible** person. We should **help him form a good habit**.

Y: What is the most relaxing time for you at home during a day?

S: For me, morning is a very busy time. And I also need to worry about the health situation of my old parents. I visit them regularly during weekdays and help them with some cleaning work. Every night after 9 o'clock, I finish all the housework and then lie in bed is the most relaxing

time of my day. During the day, I always have to worry about various things, whether it is the pressure from work or from the child's education.

Y: What's your ideal situation in the education of your son?

S: I've been reflecting on how I can have an **open conversation** with him. I also want to be **his friend** and step into his world. I **lack trust and encouragement** for him. I hope I can trust him more, and **he can feel my trust**. If we can reach a **consensus** or form a **common goal** in his study, I believe he will have an excellent performance. If within three years of junior high school, he can realize the importance of learning and establish a clear goal, I believe he will have a bright future. But now I just don't know how to form a common goal with him. I'm also exploring and learning on how can provide him a better home education. The current education situation is very different from my daughter's childhood. **The experience of educating a daughter is also difficult to apply to a son**. I think my son actually has a learning goal in mind, but he lacks enough internal motivation now. **We can only play a supporting role, the key lies in him**.

Y: Do you usually talk about other topics besides studying?

S: The time we usually spend together is dinner. But this is only about ten minutes, not more than twenty minutes. We also rarely talk at the dinner table. After dinner we are busy with our own affairs. I just can't find the right way to learn about his inner world. He had complained to his father before, saying that I punished him. I also want him to reflect on why I punished him. **I didn't want to punish him, but I punished him because he didn't have a good study attitude**. I think both of us didn't behave well on this matter. I also don't want to be angry with him, it is also harmful to my health.

Y: So you think it's hard for both of you to stand in the other's perspective to think about the problem?

S: Yes. Education is really a very difficult subject for me. Now the social competition is getting more and more intense, and the pressure on young people is getting heavier. I invested a lot of money in my son's education in the hope that **he would lead a better life than we did**. Everything I do is for him to have a better future. But he can't understand me now. Sometimes when I compare my son with other children, I think he is quite good. I heard from a friend that her child was in a class of 50 students, only 36 of whom were online for the courses. **The other 14 students just gave up all the courses and the teacher don't know what they are doing**. It is also difficult for parents to manage their children.

Some parents even dare not be too strict with their children. A few days ago, I heard that a twelve-year-old child had conflicts with his parents because of the online courses, and he ran away from home. **If the way of education is improper, we cannot imagine how serious the consequences would be**.

Y: Yes, it's true. That's basically it. Thank you very much for your time.

Interview-3

Y: the interviewer

T: the participants

Y: I just want to know some information about your life change and the education of your child in online education during the quarantine period. There is no right or wrong answer, you just need to talk about your experience and feelings.

T: Ok.

Y: During the epidemic, where did your main pressure come from?

T: At the beginning, because of the impact of the epidemic, I stayed at home and did not go to work. I am an employee of small company. Unlike people who work for government agencies, their wages will not be affected by the epidemic. I'm worried about whether my **salary** will be paid as usual. It's important to our family's life situation. I'm also worried about **getting laid off**. Now I'm back at work, but the recent **decrease in consumer** has had some effect on my salary.

Y: and when did you come back to your work?

T: It's about the end of February. I stayed at home for nearly a month.

Y: During this time, how has your life routine changed?

T: The outbreak began just during the Spring Festival holiday. People are generally **lazy** during the holidays. We only **eat two meals a day**. We used to visit relatives and friends during the Spring Festival, but because of the epidemic, we can only stay at home this year. At the beginning, I couldn't adapt to this change in life rhythm. I have almost no chance to do physical exercise. What I can do is watching TV or spending time on the phone. After gradually adapting to this kind of life, I realized that I **can no longer be so lazy**. I need to find something to do. During that time, my child's teacher also required him to do some learning activities, such as **preview and review the lessons**. I also asked my kid to **start reading and adjust his schedules** to keep it the same as before. Not knowing when we would be able to return to work and school, I could not indulge myself and my children in decadence. During this period of time, I spend about half a month to get used to this kind of life. It was also an opportunity for me to **slow down and rethink about work and life**. I have the time to pay attention to things that I didn't care about before. But when I got back to work, I couldn't get used to the fast pace of life.

Y: And do you have some changes in the sleeping habits?

T: During this time, I **went to bed later** than usual. At the beginning, I lay on the couch and spend time on my phone every day. **I have no idea about time**. There isn't a set schedule for eating and sleeping. During the Spring Festival, the family is rich in fruits, vegetables and snacks. The refrigerator is also full of food. We eat snacks whenever we are hungry, so we do not eat three meals a day as usual. The only two things during this period are sleeping and eating. **There is no desire for any learning activity or self-discipline**.

Y: And what does your kid do at home during these days?

T: **He plays, watches TV every day or spends time on the phone**. He isn't allowed to get out because of the quarantine measures.

Y: Did he stay at home the whole month?

T: He went out three times this month. And this is because we asked him to go out and do some physical activities. Otherwise, he would **keep staying at home**.

Y: Was it because he was afraid of the risk of infection?

T: I don't think he is worried about this too much. He wears a mask every time he goes out. **He was not as worried as I was**, but when I asked him to wear a mask when he went out, he would listen to me. He also **learns relevant information from various news** every day. Both the government and the media are calling on the public to take protective measures. Because there is too much uncertainty in this epidemic, we cannot know whether we will encounter infected people on the road. So we try to avoid going out.

Y: When do you experience the emotional peaks during this period?

T: Let me think about it. It started with the first confirmed case in my city. The city where I am located is very small, and the community where the diagnosed case lives is only ten minutes away from me. **Since then I started to be scared and stopped going out**.

Y: and do you make extra effort to educate your kid about the epidemic?

T: We talk about it at home, and my kids get involved. But we didn't educate him on the subject in a serious way. We'll just talk about where the confirmed cases are coming from.

He is not a baby, he has his understanding of these things.

Y: These questions are about the epidemic related stress. And next, let's talk about the child's education during this period. When did he start the online courses?

T: I can't remember the specific date. It probably started in mid-February. Since then, his extracurricular classes have been online.

Y: Specifically, what extracurricular courses are he taking?

T: **Math, Chinese, English and calligraphy courses**. Because students are impetuous in this period. His calligraphy teacher suggested **practicing calligraphy to calm down the mood**. But this is not a mandatory requirement, only as a recommendation. Later, teachers from other classes would leave messages and communicate with children in chat groups, but these are not formal classes. When the school informed that the students are not allowed to go back to school, he started the online courses formally.

Y: Does the school require parents to assist their children in online courses?

T: The involvement of parents is necessary. If the parent does not participate, the child **does not**

have enough self-control to concentrate on the courses.

Y: What kind of tools does he use for online courses?

T: He uses learning machine and computer. He didn't use his phone.

Y: What's his daily schedule like?

T: **The teacher arranges the schedule.** He starts classes every day from 8 in the morning until 4:30 in the afternoon with breaks in between. But the key thing is that I have come back to work now. So I can't supervise his study. **This is what I didn't do well enough.** For him, every day when he finishes his homework, he sends it to the teacher, and then the teacher corrects it and gives it back to him. That's all. **The workload isn't heavy.** Every day's homework will cost him **one to two hours at most.** He spends the **rest of the day on his learning machine.** Because I take my phone with me when I go to work, so he doesn't have the access the phone. I will also **take away the remote control of the TV with me,** so he can only look at the learning machine.

Y: Is the learning machine all about learning? Does it include some small games?

T: It contains some games, but all are related to learning. I also don't want him to be completely untouched by anything that has nothing to do with learning. **I hope he can have some spare time.** He also **reads books** during his spare time.

Y: What time does he usually go to bed at night?

T: It's around 9:00.

Y: Does he go to bed at nine before this period of time?

T: He usually goes to bed after nine o'clock. **Because he usually has a lot of homework, he couldn't finish it at nine o'clock.** I come home from work at about six o'clock every day, and then we have dinner together. And after that we talk for a while and watch TV. It's about nine o'clock.

Y: And what's your schedule during this period?

T: I get up at 5:30 am to prepare breakfast for the family. And about 8:00 I go to work and spend the whole day at the workplace. About 5:00, I finish my work and go grocery shopping. When I come home it's about 6:00 pm. After dinner, I tidy up everything and have a rest, it's almost nine o'clock. It is relatively early to go to bed at nine, sometimes later.

Y: When you go out to work during the day, does your child take the online courses at home alone?

T: **His grandmother is with him at home. But she doesn't have the knowledge to help him in his study. So he can only rely on himself in learning.** His grandma prepares lunch for him. She couldn't help him on his study.

Y: Did the teacher ask parents to assist the children in learning?

T: Under normal circumstances, the child can take a picture of the assignment and send it to the teacher. But he needs the phone to send the picture. During the day I take the phone with me so only when I get home from work and give him the phone can he use is to send homework to the teacher.

Y: During this time, did you communicate more with the teacher? For example, did you contact with the teacher to know more about the learning progress of your child?

T: For me, **my communication with the teacher has become more** during this period. In addition to participating in the school's online courses, he also participated in the online class of the extracurricular courses. Sometimes there is nothing I can do about the problems he meets in the process of doing his homework. So **I had to ask the teacher for help.** So the communication between the teacher and me has increased. When he used to take extracurricular courses, his homework was checked by the teacher. I don't need to worry about his homework. But now that teachers teach online, few students are able to pay attention for a long time quietly. He often **failed to concentrate, and his learning efficiency also declined.** Therefore, I need to communicate with the teacher frequently to understand his learning situation.

Y: Did the teacher take the initiative to increase communication with you?

T: Every day, the teacher will carefully comment and give feedback on the completion of each student's homework.

Y: What channels do you usually use to learn about children's learning?

T: I mainly **learn about his learning status through the homework feedback of the teacher.** If my child makes some mistakes in a question, the teacher will ask him to do it again and send the

new result to the teacher for correction. I think teachers are very responsible and they could be very tired during this period.

Y: How long do you spend on his study every day?

T: I actually tutored him for very limited time, that is, a short time after dinner or in the morning. Actually I supervise him, and it is not a tutor. I don't have enough time to help him on specific questions on his study.

Y: What kind of activities do you do to supervise him?

T: It's mainly about checking his homework. I will check if he recites the texts required by the teacher and whether he has completed the exercises as well as whether he handed in his homework to the teacher in time. Sometimes I also check to see if he has completed his homework seriously. Learning attitude is very important. I don't want him to hand a careless assignment.

Y: Do you think sometimes he lack of motivation for study?

T: Of course there are times like this. He is still so young. As adults, we all lack self-discipline sometimes, let alone children. Sometimes I'm addicted to spending time on my phone and can't control myself. Usually at this time he likes to procrastinate. He would have been able to write a good assignment, but he didn't.

Y: What do you usually do in this situation?

T: At first, I will talk to him and encourage him. But if that doesn't work, I might punish him.

Y: Has he been particularly enthusiastic about studying?

T: I don't think so haha. He does have some enthusiasm for composition courses. Because the teacher of this class is eloquent, my son likes it very much.

Y: What factors do you think affect your child's enthusiasm or motivation for learning?

T: I think that the teaching style of the composition teacher can attract the students and make them immersed in that atmosphere. The way of his expression is highly children-friendly, so the children love it. I think there are so many factors that can influence children's motivation to learn nowadays, especially there are many things that make them easily distracted such as mobile phone and TV. And during this time he was also forced to stay at home and not go out. I feel that the distance between people is not as close as it was when I was a child. When I was a kid, I liked to hang out with other children because I didn't have these electronic devices at home. But now there are too many various electronic devices that can attract him. He loves playing games on the phone. He is still a kid, and sometimes I allow him to spend some time playing video games. It's impossible to ban him from playing video games.

Y: Besides playing video games, does he have any other entertainment activities these days?

T: He plays basketball sometimes. He went out to play basketball several times during the month and he also went flying a kite several days ago.

Y: Did he go outside alone?

T: No. He was with his grandma.

Y: And did he have any communication with his friends and classmates these days?

T: Except for occasional phone calls, they basically have no communication. When I'm at home and he can use my phone to chat with his friends through Wechat. When the outbreak was severe some time ago, we hardly had face-to-face communication with other families. The epidemic situation has recently eased, but such communication is still relatively rare.

Y: Does he take the online courses in a private room or in an open place like at the living room?

T: He is at his own room.

Y: Do you think the current form of education is transferring more of the responsibility that should belong to teachers to parents?

T: Everything has advantages and disadvantages. Indeed, some of the responsibilities and workload are put on parents during the quarantine time. It's an opportunity for parents to learn more about the children and have deeper communication with them at the same time. I think the time and energy we spent as parents in the education of our children is not enough compared to the teachers. Although many things depend on the child's self-discipline, I think parents have a responsibility to urge and encourage him to learn. We should also set an example for our children. But now the situation is that I am tired from work every day, and I have

to worry about my parents besides the children. My pressure and burden are heavy. I also hope that I can quit my job and spend time with my children studying at home all day, but this is not possible. I have to choose between my child and work.

Y: Indeed, this is a very difficult choice.

T: Exactly. I work for others. I work long hours every day and have only one or two days off every month. I hope that when our economic status would be better in the future, I can have more rest time. In this way, I have more time to spend with my children.

Y: What do you usually do with the child during your off day?

T: I'm quite busy on my days off. I need to deal with some private things and sometimes I take him to my parents' house.

Y: Do you talk with other parents about the online education and exchange your experience these days?

T: Yes. Every family has a different situation. Every child also has a different personality. Some parents may think that the child is not doing well enough. But I think parents are not good enough. Only when the parents are doing well can they be positive role models for their children. If parents can spend less time on their mobile phones and maintain good reading habits, then the children will imitate this behavior and spend more time reading books. For example, when I came home this evening, I turned on the TV and sat in the living room. I asked him to bring the homework to me and I took a picture with my mobile phone and sent it to the teacher. During the process I checked if he treats the homework seriously. This is not about right and wrong, but about his attitude towards homework. When I was checking his homework, he watched the TV. He deliberately slowed down while taking composition homework so that he could have more time to watch TV. I was thinking if I didn't turn on the TV and came to his room to check the homework he might not slow down. The TV attracted him. On the other hand, watching TV is not a completely bad thing. He can learn about the news from all over the world on TV, and he can also form different perspectives on issues. We live in a small city and have limited access to things. I hope he can broaden his horizons by watching TV. But there are also many entertainment programs on TV, which can only bring temporary happiness to him. Later, he will find that these entertaining programs don't really make much sense. Like today, I don't think I should turn on the TV. It was my fault that I didn't set a good example for my child.

Y: How would you describe the degree of trust between you and your child?

T: It's a difficult question.

Y: For example, what topics do you usually talk about?

T: There is not specific topic. He sometimes shares with me the interesting knowledge he learned from the learning machine. When I got the feedback from the teacher about his homework, I would talk with him about his study. We don't have a specific topic.

Y: And what do you talk about during the dinner?

T: We usually start supper at six o'clock in the evening. The entire dinner time is about ten minutes. Because he had a course at about 6:30. I would talk about some things that I encounter at work during the day. And after his course, we sit together watching TV. He likes the TV time.

Y: What do you think is his favorite moment during the day?

T: I think he's happy that he doesn't have to go to school these days.

Y: What do you think of the online courses? Do you think it's positive or negative?

T: I do not know exactly. I prefer he come back to school. During his normal school life, the teacher is in charge of his study during the weekdays and we as parents are responsible for his study during the weekends. I think it's good. As people say on TikTok (a Chinese video platform), the children are as energetic as the animals at home. Parents are eager for their children to return to school.

Y: Did you ask him to spend more time outdoors to keep healthy these days?

T: I don't know if it's because he's used to staying at home and not going out or the children nowadays just don't like to hang out with friends. He seldom wants to go out now.

Y: When you have a conflict, how do you deal with it?

T: In fact, I didn't have much conflict with him. The worst case is that he didn't finish his homework. Usually I will ask him to make up these assignments within a certain time.

Y: Do you think his autonomy in learning has improved during this time?

T: No. **He is still kind of lazy.**

Y: Did you set some behavioral rules for him when he is at home these days?

T: I asked him to clean his room and wash his socks every day.

Y: Did he form new habit these days?

T: We sometimes play poker together.

Y: What would you rank the following factors on the development of your child? (mental health, physical health, social ability and academic performance)

T: I will put the health first. I think **he's happy these days because there's no one to restrain him or control him.** So I don't have a lot of worries about mental health.

Y: What is the most relaxing time during a day?

T: I enjoyed it when I got through the phase of extreme anxiety and got used to the slow pace of life. I have been busy working before, and I have never had the opportunity to relax and think about what I really want. I heard that there is a custom in a country that people do nothing but think about life in a prescribed day. Like climbing a mountain, I always want to go up, but never enjoy the roadside scenery. The only thing I care about is the result. Sometimes the results are not satisfactory. **I used to be too anxious.** It may be affected by the anxiety of the entire society. I don't know what I am exactly anxious about every day. Actually this period of time is **an opportunity for me to get away from the anxiety.**

Y: What's your ideal situation on the child's education?

T: I haven't thought about it yet. I hope I can have a new job which can allow me spend more time with him in the future.

Y: Has your relationship with your family changed during this period?

T: I think it's good for the whole family to have more time spend together during the quarantine time. Like me and my husband, we only had dinner time to talk before. After the dinner, I'm busy in cleaning the kitchen and he watches TV or spend time on his phone. And then it's about 10:00 and we go to bed. There is not much time to chat and relax together. And then we get up at 5:00 in the morning and start our own busy day. **Recently, we have more time to communicate with each other.**

Y: Does your husband also involve in the child's study?

T: **Sometimes he checks the homework** when I'm reading or I'm busy with other things. But most of time, I'm responsible for my son's study at home.

Y: Are you and your husband responsible for different aspects of parenting?

T: Yes. In the evenings, my husband watches TV and chats with the kids. In the last two nights, **he accompanied our son to read the text and helped him in reciting the text.** I help with him in English homework.

Y: Have you and your husband ever disagreed on the education? Or do you have different parenting style?

T: **We are quite in agreement on his education.** For example, my son didn't finish his homework the other day. There were 9 assignments to be finished. I was **angry.** When I asked him if he had finished his homework, he lied to me that he had finished it. I was angry not only that he didn't finish his homework, but that **he had lied to me.** I asked my husband to bring the shoehorn. I asked my son to put his hand out and I asked him, how many times do you think I should **beat** you today? My child is **a little scared and crying.** My husband handed me the shoehorn. But in the end, I didn't beat him. I just hope that in this way, **he can realize the seriousness of the problem and correct his mistakes in time.** Then I asked him to complete these assignments in a few days. And **if he still doesn't finish the assignment, I will punish him then. We are not too strict with him.** As long as he finishes his homework on time every day, we will allow him to spend some time playing video games or watching TV. I think **proper recreational activities are good for his health.**

Y: Do you worry that there will be some damage to his eyes due to the long time he spends on online courses?

T: Yes. I will ask him to **take some leaf flavonoids to relieve eye strain.** During the epidemic, he was **specially equipped with a pair of glasses.** I'm afraid that he spends too much time on the screen every day and his nearsightedness will deteriorate.

Y: Do you worry that online courses will affect your child's learning progress?

T: Yes. **My son is not a very self-disciplined person.** For children with high self-discipline, online education may not have much impact on them. But my son is at home, and **I can't provide him with enough supervision.** So I hope he can come back to school as soon as possible.

Y: Will he feel unaccustomed to this kind of education when he starts online courses?

T: **At first, he was interested in online classes out of curiosity. But after about a week, online courses can't attract him and became a kind of frustration for him. He is just forced to take these courses.**

Y: Do you think he is under some pressure in the online courses?

T: Not at all. He doesn't have any pressure. He is quite happy these days.

Y: Do you help him in planning the day?

T: I don't need to do this. During the weekdays, he spends his day according to the school schedule. **His extracurricular classes on the weekend are very full.**

Y: Does he feel the extracurricular classes are too much?

T: Maybe he feels that's too much, but I feel that's good. All extracurricular courses are to assist him in his academic performance.

Interview-4

Y: the interviewer

F: the participants

The first son: Fourth grade

The second son: kindergarten

Y: I just want to know some information about your life change and the education of your child in online education during the quarantine period. There is no right or wrong answer, you just need to talk about your experience and feelings.

F: ok.

Y: Has your work been affected by the epidemic?

F: My work hasn't been influenced much during this period because I **work in online education industry.** But my **husband is busier** these days. He is an online education teacher. He **works longer** than before and he needs to prepare more learning materials for the students. Before the epidemic, I was quite relaxed every day. But because we are staying at home during this time, **housework** such as washing clothes and cooking is **much heavier than before.** I feel **tired** due to this housework.

Y: Did this influence your schedule, like the eating and sleeping habits?

F: The eating schedule doesn't have much change. We eat three times a day but **each meal is later** than before. We **get up one hour later** than normal school days. We also **cut back on outdoor activities.** During the school days, on my way to pick up my children from school, we sometimes go to somewhere to play for a while. However, recently I have a lot to do at home. I supervise the learning of two children while doing a lot of housework. I couldn't take my little son out while I was watching my eldest son study. The time of sleep has not changed much from before.

Y: Did this have an influence on your mood?

F: Everyone was **nervous** at first. We stayed at home and dared not go anywhere. Recently, with the ease of the outbreak, we go out for a walk when the weather is nice. For me and children, staying at home for a long time makes us feel **uncomfortable.**

Y: How long would the children spend on outdoor activities?

F: The children seldom go out during this period. They sometimes **hang out or play in the neighborhood.** **Not more than twenty times** in the several months. They only **went out of the neighborhood** about **three or four times.** I **drove them to a place far away** where there are

almost no people, so that they can **ride a bike** or do other activities. Recently, there was a new confirmed case in my city. So I forbade them to go out again.

Y: Do you do anything to protect them when they go out?

F: I asked them to **wear a mask** when going out. When there are few people, I will allow them to take off their masks. I **don't take them to places like the supermarket** where there are a lot of people. For me, when I have been to a place with a lot of people, I disinfect when I get home. In the early stages of the epidemic, every time I came home from the outside, I **disinfected my clothes**. The **house is also thoroughly disinfected**.

Y: Do you educate your children about the situation of the epidemic?

F: We rarely watch TV at home, and I limit the time they use the phones. My family and I are very concerned about the development of the epidemic. The children's **school give out some materials about the epidemic and ask them to learn about it**. Some of these materials will teach them about the **greatness of health care workers**. The school also asked them to **design epidemic-related posters**. Their teacher asked them to **watch some related documentaries and write reviews**. We **did not specifically teach** them about the epidemic situation. We usually discuss the epidemic situation at home, and they will **listen to** it. I just told them to wear a mask when going out and **wash the hands frequently** at home.

Y: Do you think they are worried about the epidemic?

F: **They don't worry too much**. But they wash their hands frequently and wear masks when they go out. **It's already a habit**. They also make an effort to avoid crowded places when going out.

Y: Do they have the desire to going out for playing?

F: They have no strong desire to go out. When the outbreak is severe, **no one goes out, so they don't want to go out**. During this period, I enrolled them in some online courses.

Those online classes have equipped teaching AIDS, like some toys. **Playing with these toys at home can make them less willing to go out**. Sometimes I accompany them to **read books** or the children learn to **play the Chinese fiddle** from their **grandfather**. I try my best to **enrich their lives**. Recently, my little son always wants to go out to play, because he feels too boring at home. I take him around the house to **play for a while**. **We won't go very far**. He **dug some earth** around the tree with a small shovel. It made him **happy**. He also likes to **play ball** outside. When he met **other children** near home, he ran to them and wanted to play with them.

Y: Does he keep in touch with his friends at kindergarten?

F: No. For my little son, we don't have contact information of his classmates. So basically they don't keep contact with each other. Once he met his classmate when he was playing in the community. They played together for a while. For my first son, he has a Wechat group including all his classmates and the teacher. The teacher does the tutoring and gives lectures in the group chat. He sometimes **chats with his friends through Wechat**. He went out to **play with his classmates in the neighboring community two or three times**.

Y: How long do you spend on the children's study every day?

F: About **2 hours for each child**. Some time ago, my eldest son's learning efficiency was ok, but recently his **learning efficiency has decreased**, so I had to accompany him to study. I spend about two hours with him on his **extracurricular** homework. I **have to be with my younger son for the online courses**. Because the duration of the course is relatively long, a class is about one and a half hours. And the teacher spends about half an hour to lead them to preview and review the courses. In total, I spend about 2 hours with my little son. It's not only me, **other family members** also involve in their study. My father often teaches my eldest son to **play the Chinese fiddle for about ten minutes and several times a day** recently. It depends on the child's interest. If my son is happy with this, they play the Chinese fiddle together for a longer time. Sometimes his grandfather taught him to **practice calligraphy**.

Y: What's his learning schedule?

F: He has a similar course schedule with the normal school day. But **he didn't follow the school schedule at home**. For example, from 8:00-8:40 is the Chinese course. The teacher gives a lecture through voice message in the group chat and then makes some homework evaluation. From 8:50-9:20 is the math class. And after the lecture, the teacher arranges some assignments for the students to practice. **The teacher corrects the homework submitted by the students and records the completion of each student's homework**. At first, the teacher checked everyone's

homework and gave detailed comments. But then the school did not want to put too much pressure on the students, teachers are only allowed to conduct random checks.

Y: If the teacher doesn't check, how do you know the correctness of your child's homework?

F: That's what parents do. After the child completes the homework, the parents need to check the correctness according to the answer in the book. Parents with enough knowledge help to correct the mistakes and explain to their children. Parents who don't have the knowledge would seek help from the teachers.

Y: And when could he end the course during the day?

F: According to the school curriculum it's from 8:00 am-4:00 pm. Courses such as art, P.E, ideology and politics, legal system, and music are all included in the schedule. Teachers also provide some related learning materials. For example, the P.E teacher uploaded some exercises that can be done at home. Students can choose the movements they are interested in to practice. To be honest, we didn't follow the school curriculum strictly. I asked him to finish the homework of Chinese, math and English. We don't pay much attention to the rest of the courses. When he finished all the assignments of the important courses, I take him to go out to play and rest.

Y: Why do you chose not to follow the school curriculum strictly? Do you have some special considerations?

F: It's mainly because that I don't have enough time and energy to accompany him for all the courses. He does not have enough self-discipline to maintain efficient learning. And another reason is that I hope he can keep a high learning efficiency so he can have more time to do other things. I think the school courses are not challenging for my son. He usually spends the most time on Chinese homework. For the math course, I believe that he already mastered all the required knowledge and he only needs to finish the homework. As for the English course, he has exceeded the level required by the school and these assignments are not enough for him. I find more English practices for him to prepare for the middle school. So I prefer he to finish the school homework early and spend some time in extracurricular English practice. Of course, if he can finish the homework quickly, we can have more time for outdoor activities and entertainment.

Y: How do you coordinate the time spent with each child?

F: Sometimes their classes have time conflicts. Because all the online courses are recorded, we can replay later. When they need to take courses at the same time in separate room, I leave the older son alone and sit with the younger son. We recently added a computer so that the two of them can take classes at the same time without affecting each other. When we only have one computer at home, I let the older son take courses first. The younger son's class was not in such a hurry so we can watch the recorded courses later.

Y: Does their dad also involve in their study?

F: No. My husband is too busy with his work. He has to work longer than usual. I'm responsible for the children's study and my parents help me when needed.

Y: Did you communicate more with teachers these days?

F: For my older son, I only communicate with his teacher when I have some difficulties in helping his homework occasionally. I believe that his teacher is quite tired these days. He needs to do many things and communicate with parents every day. Every day parents take their children's temperature and send it to teachers. The teacher needs to records the data. At the same time, they need to arrange the homework and deliver the school notice to parents. If there are no special circumstances, the parents don't want to bother the teacher.

Y: Does your child lack of the motivation to study sometimes?

F: Of course. Sometimes he doesn't study hard. He was so careless when he did his homework yesterday that he was always playing. He spent two hours writing only 39 words yesterday morning. I asked him what he had done during the two hours. He replied that he was in a trance. He wasn't playing with his phone or iPad, he was just staring into space. And today he spent 1.5 hours writing only 4 sentences. I talked to him and hoped he would be more efficient. I was angry yesterday so I beat him. I don't know if he wants to get my attention or the learning tasks are too much for him. When I asked him why he did this, he just didn't answer. As a fourth grade primary school student, his self-control is still not good enough. When he was in school, the

teacher always watches his state, which makes it easier for him to concentrate on his study. But at home, he could not maintain a good learning attitude. I found that when his Chinese teacher asked them to transcribe some wonderful sentences in the text that described colors, **he didn't do it**. He only completes the homework assigned by the teacher and **omit the necessary thinking process, which leads to a poor study outcome**. **He always felt that the days of online classes were still holidays. He loses the tension of normal school days**. He **always wants to play**. He finishes his school work almost every morning. And I started to spend 1.5 hour every day coaching him on extracurricular material in the afternoon from last week, **preparing the knowledge for the middle school**. Maybe these tasks bring him some pressure. Even if he finishes his school work, he still needs to take extracurricular courses. **This may cause him to deliberately lengthen his homework time and take every moment to relax and play without parental supervision**.

Y: And do you think there are moments that he is enthusiastic about study?

F: In fact, he got the first place in his class in the final examination. I didn't spent much time coaching him on his academic tasks at school. I believe **he has the ability to perform well in learning**. However, during his day at home, I found that he was much less effective at learning at home than when he was supervised by a teacher at school. I think that **with his current self-control, he cannot yet learn a course completely independently**. Because he prefers playing, extra-curricular learning tasks will make him feel stressed. There used to be a period of time, he was able to complete the homework in class and after class very well. His learning enthusiasm is also very high and I do not have to worry about his study.

Y: And why he was so enthusiastic about study at that time?

F: Let me think about it...Maybe it's because that I set up a **reward system** for him. If he behaves well, he can get some points. At the end of the week he can use these points in **exchange for corresponding rewards**, for example, sometimes he can **get some money**. As he grew older, we use this less. Sometimes **he would suggest me to use this reward system again**. But I think this is a bit of a **hassle** so just **gave up**. Given the recent situation, I am considering whether to reuse it to encourage him to learn. But sometimes there are already **a lot of housework**, and the two children are **naughty**. So I am sometimes **irritable**. **Sometimes I can't understand why he does such a simple thing so slowly**. So I scold him or beat him when I'm irritated. But this **brutal approach has proved ineffective**. Even if I beat him, he would not get better. **I beat him yesterday, he forgot again today, and continued to procrastinate**. So I'm more **inclined to give him some positive** encouragement.

But I'm not sure it's more effective. Maybe I should talk to him more, or **he seems to be automatically blocking what I'm saying**. If this method still doesn't work, I'm thinking of **reducing the homework** a bit.

Y: Does he have any resistance when you tutor him?

F: No. My elder son is actually a very **kind and filial** child. But he can be **a bit stubborn**. Once I found his handwriting was not very neat so I asked him to rewrite it. He not only rewrote it but wrote it several more times. **He sometimes likes to split hairs**. But **under normal circumstances, he wouldn't disobey me**. He listens humbly when I tell him anything.

Y: What factors will influence your motivation on the involvement of his study?

F: Sometimes I don't want to tutor him to study particularly. What I have done is not good enough. I'm an **emotional person**. When I have been **busy with many other things and feel exhausted, I especially do not want to tutor him to study**. I feel extremely tired. When **he did not act according to the schedule I planned for him, I would feel very frustrated**. Sometimes he **needs me to sit next to him and scold him severely**, he would do his homework carefully. My enthusiasm for coaching will be much lower in such situation. I was able to teach him a lot when we were both in a good mood and I had a lot of free time and he was obedient. **I don't want to bother the teacher too much now because I still have the ability to help him with his study**.

Y: How did you adjust yourself in such situations?

F: I usually put it down. After I adjusted my mood, I come to him again.

Y: What's the most challenging part for you to assist your children's learning?

F: I think it's **patience**. I am **anxious** regardless of what he does. Whether it's watching him writing, holding a pen or sitting, these things make me feel anxious. **He is slow in doing**

everything. I just want to push him faster. It's too difficult for me to not lose my temper. The challenging part is not the knowledge but the patience. It's too hard for me to control the emotions. When I'm in a bad mood, if he does anything wrong, I might hit him. I couldn't control my anger. It's killing me.

Y: Do you have any successful experience in educating him?

F: I feel a little frustrated about educating my eldest son. However, from the feedback of other people, such as his teachers and classmates, he is an exceptionally good boy. Maybe I'm too critical. I always think there is room for improvement in his personality and his academic performance. Maybe I expect too much from him. I always wish he would work harder. I tend to focus on his shortcomings rather than his strengths. In fact, he is very polite to others and filial to the parents at home. He is also very serious in his study most of the time. He is only occasionally impetuous and not very steady. My second son is a very efficient student. He has a large vocabulary and recites articles quickly. He likes reading. I actually don't have a great sense of accomplishment in their studies. Because I think they can be better. I think the part with sense of accomplishment is that they have been eating well recently and are in good health. Every day I devote myself to making all kinds of delicious food for them, which makes me feel very fulfilled.

Y: Did you make new changes at home for their online learning?

F: Certainly. I prepared 2 computers for them. I rearranged the study. They need to use a lot of teaching aids for online classes, especially my younger son. He has several boxes full of teaching aids. I prepare the study materials before each class. The two of them are in separate rooms for the online learning otherwise they disturb each other. I also got a new phone, the previous one was too old. Because I need to take pictures of their homework and send them to the teacher with my mobile phone every day. I buy them everything they need for online classes.

Y: Some people think that the online class transfers the pressure that should belong to the teacher to the parents. what do you think?

F: I think it's an opportunity for parents to spend more time with children. They used to spend most of time at school. There is little time for home schooling. Actually, for a parent like me, the quarantine time is a good opportunity to help children in learning extracurricular knowledge. I like to have the period to plan extracurricular learning content for them.

Y: How do you think of online courses?

F: I think online classes have more positive effects. They like online courses and I like some of the courses as well. Some teachers' lectures are very good. They are taking a course on traditional Chinese culture, and I buy them relevant books to further understand this knowledge. These courses broaden their horizons and enrich their knowledge. They are taking the course together. I think it's good. One thing that's not so good is that I've been joining a lot of chat groups recently because of their online classes. And it's annoying. I don't have enough time to read all the messages. I talk to the teacher if I have questions on the course. One negative effect is that using electronic screens for a long time causes great harm to children's eyes. He uses the phone several hours a day for classes and homework, which sometimes makes his eyes red with fatigue. Although his eyes were already dry, he wanted to play video games when he finished his homework. But there was nothing he could do about it. He has no other way to have fun. Then I took out his Legos to reduce his screen time. He prefers video games than Legos. The phone is very attractive to him. So I started limiting their screen time. I don't allow them to use phones or computers except for online classes.

Y: Do you share your experience in educating children with other parents during this period?

F: We do not meet now, so we only communicate occasionally. Every family is similar. One of my friends is already at work, so she doesn't have much time or energy to take care of the kids. Sometimes we will communicate because we want to buy the same exercise book for the children. Her child doesn't work hard without her supervision.

Y: Does he communicate with his friends and classmates these days?

F: They play online games together sometimes. Every Friday they make an appointment to team up and play video games. A game lasts about forty minutes.

Y: Do they show the desire to go back to school?

F: Not for my older son. My little son wants to go back to kindergarten so he can play with his

friends.

Y: Did they form any new hobby these days?

F: They like to **build airplane models and play Lego**. Sometimes I read books for them or let them **listen to some story-telling audio** on the phone, hoping them to form good reading habits. My little son was supposed to take piano lessons from March. However, the lessons are canceled due to the epidemic so we can only wait for new notice. My elder son is **taking basketball course** once a week from last week in the community. This is not to cultivate any hobbies, but just hope that he can **have some exercise**. He stays at home every day and lacks exercise.

Y: Do they often play together?

F: They often play Lego together. Sometimes they quarrel, but **the elder son tolerates the younger son**. When the older son is in class, the **younger one gets bored and wants to play with his older brother**. So I need to sit with the younger son and accompany to take an online course.

Y: How do you deal with conflicts between you?

F: I tried to **convince him first**, and if that didn't work I would **hit him**. Sometimes he can **understand my words but he just doesn't do what I want**. Sometimes he can only remember for a while, and then he **forgets my words**. I have tried **various methods**, but none of them are very effective. **I combine punishment and encouragement**.

Y: Do you and your husband share the same educational style?

F: We generally **have the same view on education**. He is more **irritable** than me. He usually works with a lot of very good students from the school, who are very intelligent and highly disciplined. So when he looks at our son, **he thinks he is too slow and has bad study habits**.

My husband gets angry easily. I think, after all, they are still children and they need to **develop good habits slowly**, so **I'm more lenient with them**. I allow the children to play with Legos, but **my husband thinks it's a total waste of time so he doesn't allow them to play**. I prefer to give my children some time to do what they like. **If I just beat and scold them, they might be in a bad mood, which is not good for their health**. We are consistent in front of the children. **If we have any disagreement on education, we communicate privately**.

Y: What do you do if your two children are in conflict?

F: If there is any conflict between them, they will complain to me. I find out whose fault it is and try to **persuade** them to admit it or to **tolerate** it. If I'm busy with something else and don't have time to judge what's right or wrong, I separate them temporarily. Sometimes they fight over a toy and I take it away when neither side gives in. **I try to give them time to calm down**.

Y: What's your expectation for your child?

F: I have great expectations for them. I hope they **learn well and have their own hobbies**. I don't want them to waste time. Specifically, I hope they can enter a good middle school and university. After graduation, they are able to **support themselves**. **It is best that they can live happily**. But for **now they are not very happy**. For my elder son, he always needs me to supervise him. I think he's a little depressed sometimes because of my discipline. I am always not very satisfied with his life and study habits. **I'm also looking for ways to make him more confident as he grows up**. I hope they are healthy.

Y: What topics do you and your children usually talk about?

F: I read stories to them at night. Usually I **teach them some knowledge about life**. During the recent outbreak, for example, I told them to dress well and avoid to catch a cold. They would **share their sense of accomplishment with me**, like when they built a beautiful new model airplane. They rarely talk about school life if I don't ask during the normal school days.

Y: What is the most relaxing time during a day?

F: The time after lunch. At this time, I usually take a nap and the children play in the living room. I also feel relaxed after ten o'clock in the evening when they sleep. **I have some time to read news and have a rest**.

Y: Have you tried to organize some activities to help release the stress of your children and other family members?

F: I bought a horizontal bar. People stay at home for a long time during this period, sometimes we feel all over sore, so **we exercise with horizontal bars**.

Y: What's your ideal life at home?

F: My husband is too busy with his work now. It would be ideal if **he could participate more in children's learning**. But he has been working under a lot of pressure recently and there is nothing he can do about it. It would be nice if **my husband can take the children to do some physical exercises**. My husband is not very good at talking about study with such a young child. As he is a junior high school teacher, he is more used to chatting with older children. I am mainly responsible for children's primary school education. My husband will be responsible for the children's junior high school education. During the epidemic, **my housework was too heavy**. I usually have time to go to the gym occasionally. But now it's impossible. I go to the market to buy some food and prepare breakfast in the morning. After breakfast I clean the kitchen and the house and wash the clothes. **With the children at home every day, the house gets dirtier than usual. I have to clean the house more often**. Then it's time to prepare lunch. After lunch, I have to accompany the children to study in the afternoon. And then it's dinner. **Every day is stressful**. Usually I just need to prepare a lunch for my little son. But now I have to prepare three meals a day.

Interview-5

Y: the interviewer

F: the participants

First son 10 years old, 4th grade

Second son 3 years' old

Y: I just want to know some information about your life change and the education of your child in online education during the quarantine period. There is no right or wrong answer, you just need to talk about your experience and feelings.

F: Ok.

Y: Did your work influenced by the epidemic?

F: Yes. I am now responsible for a lot of epidemic prevention every day. Because my job involves external communications. So sometimes I have to do some research. I feel **stressful** these days. If the factory has a bad economy, we may be **laid off**. This is the main source of my stress. And recently, the factory stopped production because my department did not take good protective measures. And my **health has been affected** recently. Especially when I come home from work every day, I get very **angry** when I see my children **haven't finished his homework**. I am very **emotional and crazy** in such situation. Sometimes I **scold him and even beat** him. I beat him **2 or 3 times** during the quarantine period. I **regret** it every time I beat him.

Y: Did you change your daily routine during the period?

F: I basically **don't exercise** these days. I don't run much because my joints are not very good. But sometimes I take my kid to exercise. I **can't sleep well** recently. **I used to go to bed at 9 o'clock at night, but now I can't sleep until 11 or 12 o'clock. Sometimes when I see the news about the epidemic, I was getting depressed.**

Y: Are you getting better according to the recent ease of the epidemic?

F: No. Others may be relaxing, but for our factory, we are **more nervous**. With the new confirmed cases imported from abroad, we are more **worried**. Because we **don't know for sure** if the drivers of our factory have been to areas where the risk of infection is high. I am responsible for understanding these situations.

Y: Do you educate your child about the academic?

F: I won't let the children go out. I only allow him to go where there are fewer people. We have **prepared** a lot of **alcohol and hand sanitizer** at home. We spend twice as much time washing hands as usual. Every time I go home I disinfect myself with alcohol. We've **stopped ordering takeout recently**. We cook at home. We are not sure if the person who delivers the food is infected with the virus. And we also not sure about the safety of the food.

Y: Does your kid have his way to learn about the epidemic?

F: Yes. He is taking online courses so he has the access to the computer. The school asked them to watch epidemic related videos and he browsed related news online. He also read books about germs and so on. Now children can learn things efficiently on the Internet by themselves.

Y: Do you think he is worried about the epidemic?

F: Yes. He never wore a mask before. He resisted wearing a mask. Now he puts on the mask every time he goes out. This is not what we ask him to do, but he has this awareness and has formed a habit. He disinfects his hands with alcohol and hand sanitizer every time he throws out the trash.

Y: Could you talk about your daily schedule these days?

F: He gets up and dresses himself at around 7:00 every morning. He is independent. After the breakfast he starts to learn at about 7:30. I leave for work at nine every day. In the morning, he practices English and does homework. I don't want him to watch the iPad for a long time. I turn the iPad off from 9:00 to 12:00. After I came home at 12:00 at noon, I turn on the iPad again. So during 9:00-12:00 he reads some extracurricular books. We don't have TV at home because we rent this house near my work place. I bought him some magazines and books about puberty knowledge. He plays LEGO sometimes and watches some videos on manual training on iPad. At noon, I would take food home from the canteen or he would go to the canteen to buy food, because our house is close to the canteen. In the afternoon, he works on the school homework and takes the online course. But it's not effective. If the teacher teaches for 45 minutes, he can concentrate for a maximum of 20 minutes. If I'm there for him, he can stay focused for a long time. At around 6:00 pm after dinner, I start to supervise him doing his homework. I checked to see if he could recite the text that the teacher asked and to see how well he could master the English words. After he finished the homework and I finished the checking it's already 9:00 pm. And then we listen to some stories together for 20 minutes and I make sure that he can sleep before 10:30.

Y: Why he can focus on the study more when you are with him?

F: He is kind of afraid of me. I am very strict with him. He performed very well when I was with him, including writing neatly. For the last two weeks, when he was doing his homework alone, he only finished the relatively simple questions, and he didn't want to think. For example, for some topics such as finding synonyms and antonyms, he doesn't take the initiative to find information himself, but prefers to ask me for help when I return home. His self-discipline in learning is relatively poor, he always wants to rely on me. This may be related to my parenting style. Sometimes when I'm short-tempered, I blame him for not doing such a simple question. He is always waiting for me to tell him the answer.

Y: Are you trying to give him some hints and guidance?

F: It's not like some hints, I almost give the answers. For example, he only finish 80% of the homework, which is the basic part like vocabulary and sentences. When it came to reading comprehension, he gave up, waiting for me to explain it to him when I got home.

Y: Did you communicate more with his teacher these days?

F: No. I seldom communicate with his teacher, unless I want to know something about buying study materials. We don't have much interactions.

Y: Are you responsible for checking his homework? Or the teacher?

F: For some difficult questions, he asks me to check first and then he uploads it in the group chat to the teacher.

Y: How long do you spend on his study?

F: About 3 hours a day. I spend about 1 hour in the morning and 2-3 hour in the afternoon in his study.

Y: Did you spend the same time on his study before the quarantine period?

F: Before the epidemic, I hardly spent time on his studies. I need to spend lots of time taking care of my parents those days and I hardly came back home. He doesn't go to school these days. He follows me to work every day.

Y: When does he take the online classes?

F: He takes the online course from 7:30-9:00 in the morning and then from 9 he does the homework during the weekdays. During the weekends, he takes extra-curricular online classes

for about 2.5 hours and I sit with him during these courses.

Y: What devices does he use for the courses?

F: He uses iPad for the school courses and computer for the extra-curricular online classes. And he has a learning machine.

Y: Is there any time that he lacks the motivation to study?

F: He didn't do well in math at the beginning, especially in the triangle knowledge. He couldn't understand some of the lectures and he had difficulties in finishing the after-class exercise. This made him upset and didn't want to study. He likes English so I don't need to supervise him in English. And he is poor at reading and understanding articles. He lacks enthusiasm for studying subjects he doesn't like.

Y: How do you help him in such situations?

F: I am usually strict with him and rarely encourage him. I usually criticize him when he does not perform well. But sometimes I encourage him when the teacher gives him an A+. He said he seldom got an A+ and the other students must have envied him. He was happy and I praised him. Maybe I am too strict with him, I think he is not very confident. I only encourage him when he is doing well. I rarely encourage him when he is not performing well.

Y: Is there any time that he is enthusiastic about study?

F: He is enthusiastic when being encouraged. For example, in his extracurricular course, if he performs well, his photos can be displayed in front of children across the country. This is very attractive to him. He therefore hopes to perform better in order to get the opportunity to display his photos. Previously he ranked about 200 among more than 400 people. Now he is in 14th place. This is a very big step forward. And this course is very attractive to him because a lot of knowledge is hidden in the designed game, waiting to be discovered. His learning process is like exploring in a cartoon. For example, he can get a key in the game by answering some triangle related questions correctly.

Y: Do you lack the motivation to tutor him sometimes?

F: Yes, sometimes. For example, I have taught him the same knowledge many times, but when I tested him again, he still couldn't do it. I feel very depressed. It may be because I didn't teach him properly. He may not have understood the knowledge, but simply memorized it. And after several days he forgot again.

Y: How did you adjust yourself during such period?

F: I beat him twice because of such situation. For example, the teacher arranged several homework, he did not complete any one. Even if he completed it, he didn't do it carefully. His homework was mostly wrong answers. I also have a lot of work pressure every day. When I got home, I found that he did poorly in his homework. So I was so angry and beat him. And another situation is that when I asked him what he did with the tablet, he replied that he used it to study. But I know that he was not studying but watching some videos because I can monitor his behavior on the tablet. I limited some apps on the tablet so he can only watch videos about manual training. I was angry that he lied to me so I beat him.

Y: How did he react after you beat him?

F: In the past, every time I beat him, he would admit mistakes and promised to never make such mistakes again. But after I beat him the day before yesterday because of the homework, he ran out of the house. Later he returned home. It struck me especially hard. I'm thinking that I shouldn't beat him. I realized that there was something wrong with my parenting style. I never thought he would run out of the house. After he left, I went out to look for him but couldn't find him. At that time, I was very regretful and scared. I was very afraid that I would lose him.

Y: Have you talked with him after he came back?

F: Yes. I apologized to him and said that I should not beat him. But I've done that before, so I don't think he trusted the apology. After we talked, he had a good attitude. He finished his homework carefully. But I think his good performance will only be temporary.

Y: What's the most challenging part for you to assist your children's learning?

F: The challenging part is that I had little involvement in his previous upbringing. Since last year, when my second son turned three years old, I have been gradually involved in my first son's study. I think he sometimes won't talk to me that much. For example, when I explained a problem to him but he didn't understand, he didn't ask me. But when he was figuring out a

similar problem, I found that he couldn't solve it. I see my nephew sometimes, when he can't solve a problem he asks his mother to explain it over and over until he can do it. But my son never wanted to talk to me too much.

Y: You mentioned your younger son. Has your participation in the study of your eldest son been affected after the birth of your second son?

F: Yes. I can't 100% focus on the eldest son. I spend 60% of my energy and time in my younger son. I can't always guarantee that the time allocated to them is exactly equal.

Y: Indeed, it's hard to keep a balance. Some people think that the online class transfers the pressure that should belong to the teacher to the parents. What do you think?

F: I don't think so. I appreciate for this opportunity to spend more time with him. Before the quarantine time, I only spent about half an hour communicating with him after dinner every day. Now we can spend 3-4 hours a day together. And I think he's grown up pretty quickly during this time. His independence has improved and he is able to do some simple housework. He can tidy up his table, make his bed, boil water and brush his shoes now. I think it's good.

Y: Did you ask him to do these things? Or did he want to learn to do it on his own initiative?

F: At first I told him to do these things and now he already used to this. He can do simple housework. I never thought he can go to the cafeteria to buy food on his own. But he can now. He can even cook instant noodles by himself when he is hungry. I'm supervised by what he can do now.

Y: What does he think of these changes?

F: He was proud of it. He sometimes shows off to his cousin that he can wash his own socks and do things by himself.

Y: Does he communicate with his friends these days?

F: They almost have no communication. Parents have strict control over how long their children use their phones. We don't allow him to use Wechat after the online courses. He only plays with his best friend these days. They have played together since childhood, and their relationship is very good. Sometimes one of them was writing and the other was reading. Or one was running and the other was riding a bike. They are always together. They sometimes whisper. They are in different school. My son's school is 30 kilometers away from where I live. Recently, because of the epidemic, my son was able to live in the house I rented, so they have more time to play together.

Y: Do you sit with him when he was taking the online courses?

F: He takes the courses from 7:00-9:30 alone in the morning. If his learning effect is not satisfactory, I would accompany him to watch the course video again. He didn't learn very well in the course that had no interaction. He was inattentive during class. Sometimes I do the housework while he is in the online class. His eyes are on the screen, but he's actually hearing what I'm doing. For his favorite English class, he is always keeping focused.

Y: Does he take the courses in his own room?

F: No. We rent the house and there is only one living room and one private room here. So he studies in the living room.

Y: Did you communicate with other parents on education these days?

F: Yes. I found that other children are in the similar condition as my son. Sometimes we share experience with each other. For instance, I asked my friend how her child learn English words and accumulate some good composition vocabulary. We talk to each other about what extra-curricular classes the children are taking and what books they are reading. We also shared unhappy experiences. My friend told me that today her child was using the phone calculator to do math problems, which made her angry.

Y: Have you learned a lot from others' experience?

F: Yes. My son is not good at triangle knowledge so I asked my friends how her child learn the knowledge. She suggested me to help my son practice more.

Y: When you don't have time to accompany your children, would you ask others for help?

F: Yes. Sometimes when I was busy, I asked my friend for help. She is the mother of my son's best friend. I sent my son to her home so my friend can supervise the two children together. I told my friend what homework my son needed to do and hoped she can help me supervise him to complete that homework.

Y: How do you communicate with each other?

F: He **rarely talks** to me. He asks me for help in studying such as how to pronounce some words. In addition to study topics, he would chat with me according to what I wanted to talk about. **He took the initiative to tell me something positive about what he did well.** He chats with me at dinner. **He talks about his study, his favorite military knowledge like different types of fighters, the interesting things he met in the summer camp, and what he played with his best friend.** Recently he entered **adolescence**, he asked his **father** what is the **difference between boy and girl**. We bought him books related to puberty knowledge.

Y: Does his father involve in his study?

F: His **dad** used to **involve in his study** and communicate with him **one or two day each week**. **Recently**, his dad found a new job and was on a business trip so **they had no chance to communicate**.

Y: Do you and your husband share the same educational style?

F: **His father is more patient than me, and he likes to give examples to explain the knowledge so that our kid can understand it more easily.** For example, his dad used ropes or chopsticks to demonstrate when explaining the knowledge about triangles. He is better than me in the aspect. **My husband is very good at using the objects in every life to teach him knowledge.** He uses building blocks to teach when explaining the knowledge of the solid geometry. He also bought Rubik's Cube for this.

Y: Do you have any disagreement on educational philosophy?

F: **In general, we don't have much disagreement. I dominate and he goes along with what I said.**

Y: The online course increased screen time. Did you ask your child to do more exercise to relieve visual fatigue?

F: Yes. He **runs 3000-4000m and skips rope for 20-30 times every day with some other physical activities**. These activities are good for his eyes and his health.

Y: Do you usually do other things together besides you accompany him to study?

F: Yes, **he helps me in housework** sometimes. He helps me sweep the floor before I mop it. He also helps me with some **simple chores**, such as taking out the garbage, watering the flowers and feeding the fish. He did the dishes after dinner from time to time before the epidemic, but **now I do all the cleaning work to make him more concentrated on his study.**

Y: What entertainment activities does he usually do every day besides studying?

F: He **rides the bike and skips the rope** every day. **He doesn't like sports like running, but he does it because I ask him to.** He also plays **hide-and-seek** with his best friend and they **chase each other**. He is **not an outgoing child**. he **only plays with his two best friends**. He and one of his friends sometimes go to **play basketball** together. When he was **alone**, he **built some toy cars or did some handwork**. He likes **reading books and comics** as well.

Y: How long does he spend on these activities?

F: About **2-3 hours including one-hour exercise** in the evening.

Y: What is the most relaxing time during a day?

F: When I finished checking his homework and washing, lying on the bed. It's about **after 9:30 pm**. **We are relaxed and read books together.**

Y: Does this a new habit during the epidemic?

F: Yes. **We start reading at night from the quarantine period.** He asked me about words he didn't understand during the reading. At the beginning, he **asked me what was Covid-19 and so on**. We usually read for 20 minutes and he goes to bed.

Y: How did you relieve the stress during the quarantine period?

F: I spend time on Tik Tok (A Chinese video social application) to relax. **I get instant pleasure on Tik Tok, but later I realized that I have wasted so much time on it.** I used to like reading a book or watching Korean dramas every month, but now these habits are gone. **Cooking is also a way for me to relax and relieve stress.** I cook for my son on weekends, like making dumplings.

Y: Do you form new habit during the period?

F: I didn't pay much attention to his study in the past. During this period, I **searched for relevant information and wanted to find the best way to teach him**. It's very **different** from the way I was educated **when I was a kid**. When I was a kid, I learned everything by rote. We don't ask why and don't know the reason behind. **They are asked to understand it first and then memorize.**

The teacher teaches them some good skills in memorizing and understanding, which is better than the time I was young. **When the complex knowledge is broken down, it's easier for the children to understand.**

Y: What's your expectation for your child in mental health, physical health, social ability, academic performance?

F: The health is the most important thing. Especially during the epidemic, I realized that life is the most important. And second, the mental health is also vital. And social ability and communication skills are important for him. The learning is not the most important thing. I hope he **can have a skill and work and live happily**. I want him to be able to do what he likes and **take responsibility**. I don't expect too much of him. His father and I are not full-time undergraduates. I just hope he becomes a full-time undergraduate. **I hope he is better than us**. As for his job, **he can do what he wants**, even as an engineer.

Y: What's your ideal status on his education?

F: I hope he can **communicate more** with me. **If he is confused, I hope to be the first person he wants to talk to. I hope we can be more intimate**. For example, when we go out, I hope he can hold hands with me. **He used to hold my hand and never leave me, but now we hold hands less and less. I think it might because I'm too strict with him so he is getting away from me**. Although he didn't say it, I can feel some changes in our relationship since the birth of my second son. **He never complained that I prefer his younger brother, but I can feel that he might have such ideas**. When I buy a new toy, he tentatively asks if it's for his brother. I wish he could be more **open** and communicate more with me and others. I hope he can have a **happy childhood**.

Y: How do you deal with the special time period that he is **entering adolescence**?

F: I bought a book several days ago. I found that he had been curious about and asked me things when I came to menstruate. I'm not sure if I should be more private about this. **I don't really know how to talk to him about it. So I bought the book and told him relevant knowledge**. His father communicates with him about this as well. I'm afraid that he would be more curious if we didn't explain clearly to him, which would have a bad influence on his growth. So we communicated about this including how he was born.

Interview-6

Y: the interviewer

S: the participants

3rd Grade in primary school, 9 years old

Y: I just want to know some information about your life change and the education of your child in online education during the quarantine period. There is no right or wrong answer, you just need to talk about your experience and feelings.

S: Ok.

Y: How did your life influenced by the epidemic recently?

S: She needs to start online courses at 8:00 in the morning. She doesn't want to get up so **I need to wake her up** before the classes. I need to **take her temperature** in the morning and tell the teacher. For her study, I **push her to study and remind her to send homework to the teacher on time**. I have these extra things to worry about during these days.

Y: What's your daily routine during the quarantine period?

S: She follows the school schedule. I wake her up at about 7:00. She practices reading in English at 7:30 and starts online courses at 8:00 in the morning. From 8:00-9:00 she takes Chinese and math courses and from 10:00-11:00 is the English course. She does eye exercises in between. The afternoon is self-study time from 13:00. The teacher answers questions and assigns homework during the time. After she finished the homework I **check for the correctness**. She sometimes does **preview and review**. The time is not that strict, she can have a rest when she

finished all the tasks. And all the courses end at around 16:00. We go to sleep at around 20:00.

Y: Is there any change in the amount of homework for children during this period compared with before?

S: My daughter said that she has **less homework** these days.

Y: Does she have the same schedule as the school days?

S: On normal school days she gets up at 6:00 in the morning. She is **happy** that she can **get up later these days and have enough sleep**.

Y: How does she take the online courses?

S: **Teachers give lectures via voice**, and rarely use video. Each course is about 40 minutes and sometimes longer.

Y: Did you change your eating/exercise/sleeping habits during the quarantine period?

S: She **eats more** these days. When she was at school, I didn't know how much she ate. Every meal at home is made according to her taste, and she eats more. During this time, she gained weight. As for exercise, during lunch break, if there is enough time, **she goes out with the children** in the neighborhood and they play together.

Y: How long do they play together?

S: At least 1 hour. Normally it's about 1-2 hours. She stays alone for 2-3 hours a day. In the afternoon, the courses end at about 16:00 and sometimes the English course ends at 15:00. The English teacher asks them to do course preview from 15:00, but normally she starts to play already.

Y: And who does she play with?

S: Her classmates, the children in the neighborhood and her cousin. **They have much more time play together than before**. When they were at school, they only have several short breaks to spend time together. Now they have the opportunity to play seesaw or hide-and-seek at home. Sometimes they are so happy that they don't want to go home.

Y: And what does she do when she is alone at home?

S: She **read books, draws and does homework**. She also likes **play with the cat**. She likes to **play with a liquid** that, like plasticize, can be squeezed into various shapes. It's very popular among children these days.

Y: Does she go out less these days?

S: Yes. From the lockdown in Wuhan until now, the farthest she has gone is her grandmother's home. She **went out 3 times in total**.

Y: And do you go out a lot?

S: I only go out to buy some food. Sometimes my husband does the grocery when he comes back from work. So I don't need to go out often.

Y: And what measures do you take when you go out?

S: We **wear masks and wash hands** after we come home. We disinfected our furniture and the floor every day when the epidemic was severe. We don't disinfect that much because recently the situation is better.

Y: Did you teach your child about the epidemic knowledge?

S: She **watched the news** sometimes and she talk it with us. **The funny thing is, she was talking to her cousin about the epidemic once and I overheard. They were discussing how severe the situation in Wuhan and they were quite worried about it.** I had no idea that kids as young as they were paying attention to and discuss this matter. She would not ask me about the epidemic. But she has the consciousness of taking good sanitary measures. **She told me she knew how to wash her hands properly and showed me.** The school also **send out some documents** to provide guidance in WeChat during the quarantine period. The school prohibits students from going out of the city. The school checks every day whether the child has gone out of the city. If someone has to go out of the city, they need to report to the school.

Y: What devices does she use for online courses?

S: She uses my phone. Recently, I had an idle phone, so I gave it to her for her online class.

Y: Do you sit with her when she is taking online courses?

S: I **rarely accompany her** for the online courses. I often do the housework in the morning and she takes the courses alone. In the afternoon, after she finished the homework I check for her. I want to cultivate her habit of checking homework herself, otherwise she is always careless.

When she finishes the homework, she sends it to the teacher and the teacher evaluates it. For the English course, the teacher gives the answer to the students and ask them to correct the mistakes themselves. Then the teacher explained and analyzed the answers that students were doing not well during tutoring.

Y: Does the teacher communicate with parents about the completion of children's homework?

S: It started only a few days ago, not before. Online classes have been around for a while **now, and some students stated to be not serious on their studies**. They didn't hand in the homework unless the teacher asked them for it. So recently the teacher started to evaluate the children's homework completion status in the WeChat group. The teacher **praises the students who have completed the homework well and criticizes the students who have not** completed or handed in their homework. The teacher hopes that they can be more disciplined. **At the beginning of the online class, the teacher asked parents for opinions on the online class and encouraged us to communicate with her.**

Y: Do you want to communicate more with her teacher during this period?

S: Not really. I don't want to talk to her teacher that much. My child is fairly obedient. If I educate her when she isn't doing well, she would listen to me. She usually does what the teacher asks. I don't have much to communicate with her teacher.

Y: How long do you spend on her study every day?

S: About **1 hour**. I help her to check the homework or accompany her to recite the text and so on.

Y: Does your partner also involve in her study?

S: I spend more time on her study than her dad. My husband usually isn't at home during the day. When he came back in the evening, he **accompanies her to recite the text** sometimes. But **it's mainly me to supervise her on study**.

Y: Does your child lack the motivation to learn sometimes?

S: **She gets upset when she needs to do her homework**. I think all the kids are like that. Whenever the teacher assigned homework, she began to worry. At this time, **I encourage her to start writing as soon as possible, so that she can have fun after finishing her homework**. She is still too young. When I was a kid, I don't think my mom need to push me to study. Nowadays each family usually has only one child. It is easy for parents to spoil their children. **Doing homework seemed a painful thing to her**.

Y: Have you ever asked her, why did she dislike to do the homework?

S: **It's not because the homework is difficult, it's just because she wants to play**. Her cousin lived with us the other day and she always wanted to play with him. She was in a hurry when I ask her to do her homework. Her cousin is in the second grade and has less homework. Sometimes she doesn't listen to me when I teach her. **She is more obedient to her teacher**. After the teacher arranged the schedule for the students, they could be more disciplined.

Y: What factors will influence your motivation on the involvement?

S: I have a **quick temper**. Every time when she is careless, I would be **angry**. When I explained a question to her, **my tone was not very good**. My husband complained that I should be more gentle when I teach her. Sometimes when I educate her at home, she contradicts me. So at first I hoped that she would return to school as soon as possible and leave the task of teaching her to the teacher. Gradually, when **I told her many times, she sometimes listened to me and admitted her mistakes**. I also realized that **my tone of voice and attitude might not be very good**. My husband said to me that if I continue to do like this, our daughter might doesn't want to ask me for help when she has difficulties in her study. I sometimes **reflect on myself**.

Y: Will you apologize to your child when you get angry with her?

S: Yes. For example, she made a mistake in her math homework yesterday and I asked her to write it for 10 times. Reluctant as she was, she finished it with tears in her eyes in the end. When the teacher evaluated the homework in the evening, she was the only one of the six students in her class who got all the questions right. All the other students make the same mistake as her and the teacher asked them to write it for 10 times. Then we all laughed. I asked her if it made sense for me to make her write ten times. Then **she admitted that it was bad behavior for her to do her homework carelessly**. **She understood that I corrected her mistakes for her own good**. I was very strict with her when she did the homework carelessly. **Sometimes she can't accept it**.

Then I will let her understand the importance of seriousness. Recently, she has been doing math problems and checking herself. She seldom makes mistakes now. This is a **great progress**. It is a good and a bad thing for me to correct her when she does something wrong. The good side is that after I criticize her, she would do it again and check it seriously. She makes progress gradually. The bad thing is that **she thought I was too strict with her**. She would ask me, don't you ever make a mistake? But after I corrected her and she was able to get all the questions right, **she was also very happy and began to understand me**.

Y: What's the most challenging part for you to assist your children's learning?

S: She is now in the third grade, and I have the ability to tutor her for most of what she has learned. **I don't know some words for English**. But I search the pronunciation and meaning of words **on the Internet and then teach her**. Sometimes she doesn't listen to me because she thought that **what I talked was different from what her teacher told her**. I would give up my opinion and let her ask the teacher for help. It would confuse her if I insist on my opinion.

Y: What do you think you are doing well in educating her?

S: I tend to **develop her self-learning ability**. My sister sits with her child all the time when her child is learning. I don't agree with her opinion. I want my child can **learn independently**. When I was busy with housework I don't have the time to accompany her. So she needs to do the homework alone and if she has difficulties she can ask me for help and we can solve it together when I finished my own things. I don't want her to get into the habit of relying on me for everything. It is a way to show love to accompany their children to do homework all the time, but I think parents would be too tired. **The parents have their own things to do. It's impossible to stay with the child all the time**.

Y: Do you think she takes online lessons at home will be a burden to you?

S: Sometimes I hope she can come back to school as soon as possible. But I also **worried her health and safety** if she can go back to school due to the epidemic. Sometimes I need to work and leave her alone at home, she feels boring and lonely and I worry about her safety. But for my neighbor, she has two children and one is 3 years old and one is 9 years old. For her, she hopes the children can go to school early because she can't manage it with two children staying at home. I am not busy at work now, so most of the time I can stay at home to study with her.

Y: Would you ask others for help when you cannot be with her?

S: Everyone is busy when I am busy, so I rarely ask others to help. When she was at home with her cousin, I lock the door and leave my phone for them. I told them to call me if something happened.

Y: Would you communicate with other parents on educating children during the quarantine time?

S: Yes. I talk to my neighbor sometimes. We talk about their performance in homework, like kids sometimes doing their homework carelessly or not handing it in. **We communicate things that make us angry**. She told me that she went out for work yesterday and when she was back, her child told her that he had handed in the homework. My neighbor didn't figure out the truth. So she asked the teacher why the teacher kept saying that her children did not turn in the homework angrily. The teacher replied that her child only handed in one assignment but he was required to finish several assignments. My neighbor was **embarrassed and angry** with her child. She **misunderstood that the teacher wronged her child** because her child insisted he has handed in the homework. **People of my age, when we chat with friends, we usually discuss children. But sometimes, my child doesn't want me to discuss her with other parents**. So I try not to talk about her with other parents in front of my child.

Y: Have you learned from other parents in educating?

S: Yes. I have discussed with other parents whether we should spank the children. One mother said that she never beat her child. Her child is very obedient. **After listening to her, I reflected on myself**. Sometimes when my child is disobedient, I get very angry. I think I'm her mother and she should listen to me no matter what I say. Sometimes I would **apologize to my daughter and admit that I had spoken in a bad way**. Most of the time I regretted after blaming or beating her. **I can't think when I'm angry**. I just want to know why she is so disobedient. I admire the kind of parents who never get angry with their children and can tolerate them.

Y: How did you do when she doesn't want to study or do homework?

S: I bought her additional exercise books of Chinese and mathematics so that she can practice

what she has learned. She hates this. **She feels that she has done a lot of practice questions at school, so she doesn't want to do more.** So she usually told me that she only completed one page. Sometimes she encounters the same problem in the exercise book I bought for her in the school test. At this point, I let her know that I bought her these additional exercise books so that she could have a deeper understanding of the knowledge. **She realized that doing more exercise is a good thing for her study. She will understand that it makes sense to do this, and her hard work is not in vain.**

Y: Did you encourage her?

S: I **rarely encourage** her. I once saw such a view in a video. If you promise your child to buy him toys if he can study hard, the child will become a purposeful learner. If the child wants something, I can buy her. **But I don't want her to study purposefully in order to get this thing.** I won't decide whether to buy her something because of her academic performance. **I hope she can feel the joy of learning and a sense of accomplishment in the process of autonomous learning. I don't want her to associate learning performance with material rewards.**

Y: Does she take online course at her own room?

S: She stays at her own room. I don't want to bother her when she is on the class.

Y: Would you limit on her screen time except for online classes?

S: Yes. I would set a time for her to use the phone and she won't spend more time on the phone.

Y: Some people think that the online class transfers the pressure that should belong to the teacher to the parents. what do you think?

S: I don't think so. Her teacher is very responsible. **Children's learning should not only be the responsibility of teachers. Parents should also supervise their children to learn. Parents should take corresponding responsibility instead of handing over everything to the school and teachers.**

Y: Do you think it's an opportunity to learn more about your daughter on her study?

S: Maybe. When she takes online courses at home, she doesn't need to sit upright like she did at school. When she was in class at school, she must have listened carefully and less distracted. **She has different behaviors and attitudes when facing teachers and parents. She is more relaxed at home.** Her study status at home is definitely not the same as her study status at school. When she does her homework, she is in a good state. She does it carefully when no one is bothering her. I think **home is a place where people relieve stress.** I don't want her to be as nervous and constrained at home as she is at school. **I don't want to create a school-like atmosphere at home that will make her escape.** I don't want her to be stressed at home with lots of rules. I prefer she to be relaxed at home.

Y: Do you think she is under pressure to take online classes at home?

S: I don't think she has much pressure. She only feels a little pressure when she is doing her homework, and she relaxes the rest of the time. **When she went to school before, she had maintained a state of tension since getting up in the morning.** Before going to school every morning, she was busy preparing various things in a hurry. There is no need to strictly follow the school's schedule when at home. There is no need to eat at a fixed time. She can eat when she is hungry. **She can dress and wash her face slowly after getting up in the morning.** I think it's good.

Y: How do you think online courses?

S: I think it's good. The bad thing is that she increases the screen time, which is **bad for her eyes.** I heard that online courses are popular abroad. When children don't want to go to school, they can learn at home. The children are less stressed at home. **I think children have too many learning tasks in school now, which makes them feel very tired.** When she is at home, she is nervous during the course but she can relax more during the rest of time. She can be happier. She doesn't need to stay in a state of tension all day. I think this is a good thing for her.

Y: Do you worry that the online courses are not as good as the ones in school?

S: Not that much. It depends. I think as long as the child is not very stupid, the influence will not be too big. For children who are slow learners, parents may have more pressure. After all, online classes are not as easy for children to understand as face-to-face lectures.

Y: Does she keep in touch with her classmates during these days?

S: Yes. **They have a group chat and they sometimes have video chat together. They were talking about what they were doing at home and sharing some funny things. They chat at every break,**

sometimes by text. One of my daughter's friends is chatting with her all the time. She talks too much. So I asked my daughter not to chat while writing homework. This is too distracting.

Y: How do you think online course has influenced your child?

S: Her ability to understand has improved. After all, she needs to understand by herself in many cases without the guidance of a teacher. She needs to mark some key points with her own understanding.

Y: What's her favorite subject and why?

S: She likes English best because the English teacher is gentle.

Y: Does she have extra class during weekends?

S: She has been taking dance class during weekends from last week. Before their dance school reopens, teachers also send out videos about basic dance moves and let them practice at home. The students are asked to send their practice videos to the teacher because for dancing. It is impossible to not practice basic skills for a long time.

Y: How has your parent-child relationship changed during the quarantine time?

S: Sometimes we have conflicts. Like yesterday, my husband advised me to leave her alone because she was more obedient to the teacher. The teacher is more effective in educating her than we are. But if my child was named and criticized in the class group for failing to complete his homework, I feel ashamed and embarrassed. Sometimes I get angry and I tell her I don't want to deal with her anymore. She felt afraid at such times. She wants me to discipline her. In the morning, I always urge her to do things quickly. She would say not to always urge her because she knows the time. But I couldn't help but hurry her. I am a more urgent person while she is a slower person. We have different personalities. When I consider the issue from her perspective, I understand that in fact, time is sufficient at her own pace. I can't help but worry about her all the time. It may be because I have only one child, and all my attention is focused on her. If I have two children, I might not keep focusing on her like this. My daily life revolves around her.

Y: Do you have any idea that when they can come back to school?

S: No. We are waiting for the notice from school. I read on the news that there have been confirmed cases in cities where children have returned to school. I was worried that my children would be at risk if she went back to school. Even if she can go back to school, the corresponding isolation measures are very troublesome. They need to eat in different time. I can accept her returning to school when the epidemic is under control. Our biggest worry as parents is the child. She is our focus. A friend of mine got sick during the period when the epidemic was serious because she feared her child was at risk of infection. She worries who will take care of the child if she becomes a confirmed case. When my daughter is at home, I think the probability of her being infected is very low, and I can control what we are exposed to. But if she returns to school, there are too many factors beyond my control. If there is a child with fever in her school, even if the child is not infected with this virus, I will be very worried. After all, children have close contact and it is difficult for them to keep social distance.

Y: What's your expectation of your child? For example, how do you rank the importance of the following factors in your child's development? Mental health, physical health, social ability, academic performance.

S: I think physical and mental health is the most important and then is the academic performance. I hope she can have a space to release pressure when she is stressed. I hope she can speak up when she is under pressure and communicate with me. When she is under great psychological pressure and chooses to bear everything alone, she can easily go to an extreme. Even if she studied well, it would be useless. Now the children's mental capacity is very poor. I educate her not to laugh at other classmates when they are not performing well. Everyone makes mistakes. I asked her what she would think if she made a mistake and people laughed at her. I taught her not to judge people by their academic performance. If classmates have difficulties in learning, I hope she can help them rather than laughing at them. I hope she can be healthy physically and mentally.

Y: How do you communicate with each other every day?

S: She told me what she had talked with her friends and what her friends do at home.

Sometimes she also chats with her father. Her father is more patient than me. **She likes to chat with us.**

Y: Do you and your partner share the same opinion on the education?

S: Sometimes we have disagreements. Her father is dominant. He doesn't allow me to be angry with our kid. **Her father loves her so much and even sometimes spoils her.** He blamed me for my bad attitude towards our daughter. He used to oppose me in front of our child. Later I told him that he couldn't do this anymore. **If we have different opinions, we need to discuss it in private. Otherwise, what we say has no deterrent effect on her because she thinks that her father would support her to be against me.** My husband followed my advice after that. I would not be satisfied that he dotes on the kid too much, but he cannot help himself to satisfy all her demands. He said his heart melted when he saw his daughter crying. People always say that daughters are daddy's little lovers, which is probably something all dads can't resist.

Y: Are you in charge of different parts of her study?

S: No. She likes to study with her dad because he is more patient. The recite the text together. **I tend to point out her mistakes.**

Y: What is the most relaxing time during the day?

S: I can **take a nap** at noon. That's a relaxed time. After I urged her to finish her homework, I would probably take a nap about two or three in the afternoon.

Y: Have you tried to organize some activities to help release the stress?

S: I think she is also a little depressed staying at home every day. So **I took her out for exercise.** There is a hill near our house. I took her to **climb the mountain and breathe the fresh air during weekends.** Sometimes I take her out for **a run** in the morning. When she was at home, her mouth never stopped, and she was eating all the time. So I want her to do more physical exercise. But I saw a doctor saying that it was necessary to eat well and nutritiously during the outbreak, otherwise reduced immunity increases the risk of infection. So I changed my mind again. Making sure she eats well is a priority, and exercise may not be as important.

Y: What's your ideal education at home?

S: Parents and children can **discuss more.** After all she is still young. **I hope that she can understand that all I do is for her good gradually. I don't want to force her to study.** At first, I want her to take dance and painting class during weekend. She told me that she didn't want to take painting class and I agreed on her. I don't want to force her to do this. I hope she can decide what course to take according to her interests. For things she doesn't like, even if I force her to do it, there won't be a good result. The ideal situation is that we can communicate and discuss things together.

Interview-7

Y: the interviewer

S: the participants

4th Grade, 10 years old

Y: I just want to know some information about your life change and the education of your child in online education during the quarantine period. There is no right or wrong answer, you just need to talk about your experience and feelings.

S: Ok.

Y: Did your life influenced by the epidemic?

S: My life has not been greatly affected because daily necessities are still abundant and there is no shortage.

Y: Does your daily routine has changed during this period?

S: No. We follow the same schedule as usual. I spend most of the time at home before the

epidemic. So my life has not changed that much.

Y: Does the epidemic influence your emotions these days?

S: Yes. I experienced a periodical change in emotions. When the first confirmed cases appeared in my city, I was **scared**. Because the diagnosed case was very close to the neighborhood where I live. And I don't know much about the COVID-19 at that time. Then the government asked all the citizens to stay at home and if they want to go out, they must wear a mask. I realized that **the situation was extremely serious**. So I stayed at home for about half a month and gradually I **calmed down**. I found that my life didn't change that much. At the beginning of March, there were 3 more confirmed cases in my city. It made me **nervous again** after I was already relaxed. And now the 3 confirmed cases have recovered so I can calm down again.

Y: Do you want him to return to school as soon as possible?

S: Yes. After all, **school education is more formal than home**. The child cannot always stay at home. **He needs to interact with his classmates**. At home, he can only communicate with his parents. He needs to communicate with his peers. **At home, all my attention is focused on his study, which causes a lot of pressure on him. His emotions are affected. I want him to go back to normal school life.**

Y: Do you restrict him from going out during the quarantine period?

S: Yes. He can't go out as he wants. I allowed him to play outside in an open place once or twice a week. I forbid him to go to the indoor playground.

Y: Will he resist when you don't allow him to go out?

S: He sometimes shows the desire to go out to play. He said he wanted to get out and get some fresh air. But I told him that the doctors were too busy under the situation. If he was infected with COVID-19, the consequences may be very serious. I tell him some of the worse cases I have seen on the Internet in the hope that I can scare him so that he will not want to go out.

Y: When he goes out, how long does he play each time?

S: About 2 hours.

Y: Does he meet with his friends when going out?

S: No. He is just with me. Meeting friends involves social distance. I try to avoid that. **When we go out, we wear protection goggles, masks and sometimes gloves**. We also take a small bottle of disposable **hand sanitizer** with us.

Y: Does he understand all the measures?

S: Yes. **He has an understanding of the seriousness** of the COVID-19. He takes all these measures himself without my reminder. He has a **strong sense of prevention**. Every time we come back, he washes my hands carefully.

Y: How does he get relevant information about COVID-19?

S: I educate him about the knowledge and he **learns from the materials given by school**. They were asked to **design a poster** to explain what to do during the outbreak. The teacher also asked them to **take a video** to show what efforts they have made to prevent the epidemic. **To reduce children's anxiety, the school encourages children to read at home**. Then the students need to take pictures of their reading and send them to the teacher. During this time, the school requires children to do some hand-written newspaper or other online activities on some important festivals, such as Arbor Day or tomb-sweeping day.

Through these activities, children won't feel disconnected from school life.

Y: Does he worry about the epidemic?

S: I can tell from his behavior that he is worried about it. **He is taking these protective measures very rigorously**. Originally, as a boy, he didn't pay much attention to details. Recently, he has the awareness to keep distance from people and wash hands frequently. He attaches great importance to these protective measures.

Y: Could you tell me about your daily schedule these days?

S: From March 2nd, we basically followed the school schedule. He usually gets up before 7:00. During normal school days, he needs to get up at 6:00, now he can get up later. He sometimes **has a hard time getting up**, and I need to get him up. He starts the study at 8:00 in the morning from **preview and review** the courses. He spends the whole morning on different courses. There some activities like radio gymnastics or skipping rope in between. In order not to disturb the

residents upstairs and downstairs, he usually does these activities at 9:30. We also left a note for the residents upstairs and downstairs to tell them that we might do some sports activities during this time period. If there is some noise, I hope they can understand. We have lunch at about 11:30. After lunch is the reading time. And from 14:00 he starts learning again. We have dinner at 17:00 and after that he can arrange the time freely. We basically follow the same routine as he does at school. That way, when he gets back to school, he can spend less time getting used to school. He goes to bed at 21:30. He usually go to bed at 21:00 when he goes to school. Recently, he stayed at home, he would not feel the tension of going to school, so **he would go to bed later.**

Y: What's the school schedule in detail?

S: There is a suggested course schedule from 8:00-16:00. I asked him to finish all the school tasks in the morning and in the afternoon he can have some time to **learn about the weak subjects.**

Y: Did you arrange the schedule for him?

S: Yes.

Y: And what's your schedule during the day?

S: **My schedule is based on him.** I accompany to study. When he doesn't need me, I do some housework, prepare meals and read books.

Y: How long do you spend on his study every day?

S: I spend **4 hours** on him. I help him to preview new courses, it's basically to **teach him the knowledge.** And I check if he finished the homework carefully and **supervise or push him to study.**

Y: How's your communication with teachers these days?

S: There isn't big change. The main communication between us is the homework feedback. I can see the evaluation of my son's homework from the teacher through DingDing (a Chinese workplace app that combines office admin and collaboration functions) on the phone. If there's mistake in his homework, I help him to correct it. **The teacher and I don't have much private conversation through WeChat.** We parent **reports the temperature** of the children to the teacher in the morning every day through WeChat Mini-program.

Y: What devices does your son use to take online courses?

S: It's not taking online courses, it's more like tutoring and guiding. The teachers provide some good learning resources online and the students can learn themselves. The teachers arrange a small amount of homework to check the children's learning. **If the children encounter common problems in the learning process, the teachers explain and guide.** **The main purpose of online education at home is a preparation for the formal school courses.** When they come back to school, they will start the formal courses and the teacher will teach the knowledge again. He has a phone so he uses it for online learning.

Y: Do you limit his screen time during the period?

S: **I allow him 10 minutes' game time in the morning and 10 minutes in the afternoon.** And if he takes online courses for a long time I cancel his game time. Children generally **overuse their eyes** during this time.

Y: Is there any moment that he lacks enough motivation to study?

S: Yes. At the beginning of the online courses, **he felt it was new and interesting.** After about 2 weeks, he felt that online classes were **no longer attractive and began to become lazy.** His learning state is not so good and sometimes he cannot concentrate.

Y: How do you do in such situations?

S: **I sit with him and watch him to study almost every day for the first two weeks.** And from April, he is getting used to the new study rhythm. He is able to learn by himself.

Y: And do you lack of the motivation to supervise him to study sometimes?

S: Yes. I just watch him to study all the day and there is **no comparison** to others. There is no formal exam to test his learning results. I need to find some test questions myself to test his learning results. I'm anxious about his study. The main struggle is his Chinese. His Chinese foundation is relatively weak. **When I tutored him and his performance was not satisfactory, I would feel strong anxiety.**

Y: Do you experience such anxiety during this period? Or is this always the case?

S: During this time, I had deeper and closer contact with him. So I noticed that he is weak in Chinese. In the past, he stayed in school most of the time every day. I didn't have the opportunity to learn more about his learning situation. I didn't have much time to focus on him before. Now I have enough time to know about his study. I realized that he was weak for the Chinese subject in study, and this can hardly improve in a short time. So I'm extremely anxious. Online education has some limitations while it's also an opportunity for the children offset their weakness.

Y: How do you relieve this anxiety?

S: At first, I can't control my emotions. I often get angry with him. I'm starting to get my head around it. This is not something that can be done overnight. This is a long-term process. During this time, he still made some progress in the study of Chinese. To ease my anxiety, I sometimes divert attention to other things. I avoid staring at him all the time. I spend some time on my own things.

Y: How does he behave when you sit with him when he is studying?

S: He doesn't like me to do so. This brings him a lot of pressure. I criticized him when he made mistakes when writing his homework or when he was not writing neatly. I can't control my emotions. He feels upset. Over time, he did not want me to accompany him to do his homework.

Y: What's the most challenging part when you involve in his study?

S: The difficult part is not the knowledge. The knowledge of primary school is relatively easy so I can tutor him on these subjects. He is now in the fourth grade, and he will be in junior high school in two years. The transformation of learning methods is very important. But I haven't found an effective method on guiding him through the transition. This makes me anxious. I'm trying to look for information and methods on different learning platform. I want to find an effective method which can be suitable for my son.

Y: What kind of learning platform are you looking for?

S: Some WeChat official accounts like China Education News, Parent-child education platform. Sometimes these platforms have conflicting views. I ignore this point of view and choose the education method which is accepted by most platforms. I tried it out to see if it works for my child.

Y: Are you preparing for middle school already?

S: Yes. I'm preparing for it all the time. I'm thinking how to choose a better school for him. But until now I haven't decided to choose which one.

Y: What factors would influence your choice on the school?

S: I consider the proportion of students entering schools of a higher grade, the faculty and school culture.

Y: Can you share with me some successful and unsuccessful experience in educating your child?

S: I am satisfied with myself that I have been with him throughout his growth. The long-term companionship made me know him well. I know about his hobbies and his friends well. I have an accurate understanding of how he handles problems. In terms of educational philosophy, I believe that being a good person comes first. Every child is inherently different in learning ability. I don't have high expectations or ambitious goals for him in study. But I was very focused on guiding him to develop the right values. He often does not know what is right and what is wrong. My most important requirement for him is to be polite. My child has done a great job in this regard. He has impressed the teachers and parents of his classmates with his good manners since kindergarten. I think these good qualities are more important than learning. I have been teaching him how to say thank you and show kindness to others since he began to learn how to speak. What I am not satisfied with is my lack of patience in teaching children. I thought back to the time before my child was four years old, when he was in kindergarten, and I maintained an accepting attitude toward him. I did not judge the right or wrong of his behavior from the perspective of an adult. When I find out that he did something wrong, I think about why he did it and how I should guide him. But when he went to kindergarten, I compared him with other children. When I found out that his language expression ability and reaction ability are not as good as other children I wanted him to be better. Because of the comparison, I began to be critical of many of his actions. I put forward higher requirements for his walking posture, sitting

posture and learning. I had high expectations for him, but he could not meet my demands. My attitude towards him changed. I used to talk calmly with him. When I lost patience, I started yelling at him. I began to express some negative emotions to him. This is a what I really want to change now.

Y: Would you talk to him after you yelling at him?

S: When I yell at him for a little thing that I shouldn't be mad at him, I then calm down and reflect on myself. I apologize to him and hug him. I said sorry to him for hurting him. Whenever this happens, I worry about his mental health. I'm afraid he had a psychological shadow when he was growing up. So I apologize to him and pray for his forgiveness. I hope he can understand that I love him.

Y: Does he accept your apology?

S: Yes. My child is a very kind boy. He accepted my apology and admitted that he did not do well enough. He told me that he should not do it as before, and should not speak to me loudly. He said he should not lose his temper with me and he won't do it again.

Y: What do you think are the best ways to encourage him?

S: He is 10 years old now. Material is still very attractive to him. For example, he likes Legos and books. He likes comics but I didn't buy him often because I think this kind of books is like fast-food culture, which is only for instant pleasure. The comics can't help to build a complete knowledge structure. But I know he does like it. When he performed well for a while and got enough points, I promised to buy him a set of comic books or Lego toys he wanted. This kind of encouragement works for him.

Y: How could he get the points?

S: He can earn points through good learning performance, helping me with housework, and good behavior. For example, when he talks, he likes to use some mantras. He always likes to repeat 'that is, that is...' when speaking. I asked him to avoid repeating this mantra when he spoke. If he can guarantee that his mantra does not exceed five times in one day, he gets one point. He can get the points from different aspects. We have a whiteboard at home, and I record the points he got on the whiteboard. I regularly count how many points he got to check whether he can exchange for what he likes. 白板照片

Y: Does he take the online courses at his own room?

S: Yes. His room is quite and he stays at his room alone. Sometimes I accompany him to take the courses.

Y: Does he interact with his classmates during the class?

S: At the beginning of March, the children find it quite new and interesting to take online courses. The children need to use the phone for a long time to watch the video materials sent by the teacher. It's inconvenient for the parents and children to use one phone together so many parents bought new phone for the children. When they got their own phone, they communicate with friends through WeChat. They had a high enthusiasm for chatting during the period when they just started online classes. But recently they have gradually become accustomed to this way of teaching, so their enthusiasm for communication is not as high as before. He sometimes chats with his friends after lunch through his phone watch.

Y: Does he have a passion for learning sometimes??

S: Yes. His favorite subjects are English and math. Like other boys, he naturally prefers mathematics. He likes English is because he likes his English teacher. He has a strong interest in English. He doesn't like Chinese at all. He always suffers when he learns it. He doesn't like writing Chinese compositions in particular. Every time the teacher assigned homework, he would be concerned about whether the composition task was included.

Y: Did you communicate with other parents during the period on children's education?

S: Yes, we communicate and learn from each other. I asked other parents how they guide their children's in developing learning strengths. I also asked them how they usually communicate with their children. We talked about how to talk to our children so they wouldn't rebel against our words. Sometimes I disagree with other parents. There is a parent particularly hopes that the teacher can discipline the child severely. No matter how the teacher treats the child, the parent agrees 100% with the teacher. I disagree with this. I won't fully support the teacher without

understanding my child's situation and ideas. I want to build a sense of security for my child. Some parents like to inquire about their children's scores and class ranking in school examinations. I don't like that either. I think he is still in primary school now, and there are many factors that affect his grades. I won't do these things. So I'm not going to focus too much on his ranking and his score at this stage.

I guess I won't pay more attention to his grades until he gets to middle school.

Y: Some people think that the online class transfers the pressure that should belong to the teacher to the parents. what do you think?

S: I don't think so. I think learning can be done in different ways, both at home and in the classroom, for the purpose of increasing knowledge.

Y: How do you think of online courses?

S: First, the child cannot concentrate on the courses as he did in school. Especially for their elementary school students, **the concentration has dropped**. For middle school and high school students, the impact on them should be smaller. **For young children, eye contact with teachers in the classroom can keep him passionate about learning**. But now he can't see the teacher's face, which greatly affects his concentration. Second, **children don't understand knowledge deeply**. Teachers can answer children 's questions through classroom interaction at school. And children are more likely to remember the knowledge. But now thought online courses, even the teacher still can answer questions the children have less time to think about all the questions themselves. **They are just watching and listening but not thinking**. Their brains are slowing down. So my child cannot understand the knowledge well.

Y: Do you think this influenced his learning ability?

S: I think this helped him to **develop self-study ability**. Because of the authority of teachers, children usually fear teachers. In general, children are passively learning under the supervision of teachers. **Now the children need to rely more on themselves on study**. So online courses cultivate his self-learning ability and self-discipline.

Y: How has your parent-child relationship changed during the period?

S: When I didn't supervise his studies, our relationship was good. We can chat happily or do something else together. **Whenever I supervise his study, our relationship becomes tense**. I think this knowledge is very simple but not for him. **It's not one day or two days, I can pretend to be patient. But it's already two months and I have lost patience with him**. So our relationship is sometimes tense and sometimes relaxed.

Y: How do you deal with is when you have conflicts?

S: **When we are all angry, we ignore each other**. We focus on our own things. After a while, most of the time I would first find a topic to start talking to him. **I am afraid that he will be psychologically hurt, so I will take the initiative to find him to make up. I think most of our conflicts are my fault. It's mainly because I have a short temper**. Whether we have conflicts depends on me. If I could talk to him calmly and not yell at him, he would not conflict with me. He was not extremely resistant to learning, such as not writing homework. I looked back at the time when we had a conflict, and most of the blame lay with me. When I yelled at him, he also yelled at me. **From the perspective of traditional culture, his behavior is unfilial**. But I read in some educational books that parents should be kind to their children at all times. From my understanding, I yelled at him and he yelled at me in turn. This is a normal reaction. He is also an emotional individual. **I can understand his behavior. I think he is still very dependent on me, and I did not give him enough security**. The way I guided him through his education needs to be improved. No child is born with a short temper.

Y: What does he do at home every day except studying?

S: I asked him to **rope-skipping for 1000 times** while the school asked them for 200 times a day. I hope he can grow taller through this exercise. He plays the piano for 1 hour and reads books for 1 hour every day. This is not the requirements of school. Occasionally he also **plays checkers** with me.

Y: Does he have extracurricular classes on weekends during the quarantine time?

S: Yes. In addition to the school curriculum, he also takes three extracurricular tutoring classes online during weekends. Two hours each for Chinese math and English classes. These courses can help him better understand the knowledge taught in school.

Y: Does this impose a burden on him?

S: No. He is looking forward to taking these courses. He likes the courses and really wants to learn it.

Y: Did he develop any new hobby during the period?

S: Yes. He wants to learn to paint. He wanted to sign up for a painting class, but I said no because I think this would take too much time. He began to teach himself to paint in his free time during these days.

Y: What do you do together at home?

S: He likes to share the books he read with me. We listened to the radio station that shared the stories of famous books on the phone while we were eating, and then he discussed with me about the interesting parts of the stories. He is willing to share with me the people and things he read in the book.

Y: Do you share your life story with him?

S: Most of my chats with him are with educational purpose. When he shares the people in the stories I try to guide him to learn from it. I told him that he should learn from the outstanding characters in the book. I realized this was not very good, as it would reduce the enthusiasm he shared his life with me. I always want to tell him what to do.

Y: Are you sometimes be too busy to study with him?

S: Yes. Sometimes I deliberately not accompany him, so that he can arrange that time by himself. When I need to go out, I leave him at home alone.

Y: Does your partner involve in his study?

S: No. He is not at home during the period. I stay at home with my son. His father usually doesn't care about his learning. Mainly, I am in charge of tutoring his learning.

Y: Do you and your partner ever disagree about how to educate your children?

S: No. We hold the same view on his education.

Y: What is the most relaxing time during the day?

S: It's after lunch when he is reading and I read books, spend some time on the phone or take a nap. He learns himself in the afternoon. And then I study with him in the evening.

Y: Have you tried to organize some activities to help release the stress?

S: We stayed at home in a blue mood. I take him for a walk sometimes. I invited my sisters to go for a walk along the beach and chat with each other. It helps me to get away from the stress.

Y: What's your ideal situation on his education?

S: I hope we can respect each other and communicate equally. We can learn together. I don't want to suppress him with the authority of the parent. I don't want to force him to do things. I want us to be equal. I wish we could talk things over together instead of me guiding him as a parent.

Interview-8

Y: the interviewer

E: the participants

10 years old, 4th Grade

Y: I just want to know some information about your life change and the education of your child in online education during the quarantine period. There is no right or wrong answer, you just need to talk about your experience and feelings.

E: Ok.

Y: How does your life influenced by the epidemic?

E: I stay at home so the most stress is about the child. During this period of staying at home, I was stressed financially and emotionally. Although I don't go out to work, there is still some financial pressure. I stay with him all the day so sometimes I have tangled feelings.

Y: Is there any changes in your daily routine like eating, sleeping and exercise?

E: Yes. During the most serious period, we keep staying at home for about a whole month. When the situation is getting better, I **take him out for some exercise in the gym**. There is not much change in the sleeping time. He is 10 years old and needs enough sleep. I make sure that he can go to bed at 8:30-9:00 at night. Before he went to bed, I **read books or chat with him for a while**. He wakes up early in the morning. He usually gets up at about 6:00 am and sometimes earlier. After he woke up, he read for a while. Before the quarantine period, he went out to play during the day. Now he spends all the day at home, we sometimes have conflicts. Sometimes it's my fault, sometimes it's his fault. We all suffer from this. He is just a child, **most of the time it's my fault when we have conflicts**.

Y: Do you have protective measures when going out?

E: He **wears a mask when going out**. We avoid going to crowded places. I don't take him to supermarket and other stores. He mainly goes to the gym to exercise.

Y: How did you educate him about the knowledge about COVID-19?

E: Now everyone has the access to the Internet. He needs to take online courses so I give my phone to him. **He asks for private time and space. I don't know what he is doing with the phone**. He has access to good and bad information. I filter bad information for him when it's possible. Sometimes I allow him to **watch the news broadcast** on TV. He has a general understanding of the epidemic through **worldwide news**. He has formed some hygiene habits these days. He would wash his hands every time he went home. **He takes this matter very seriously**. He didn't have such habits before.

Y: Do you think he worry about the epidemic?

E: Yes. **I can tell from his behavior that he worries about it** although he is a child. He is surrounded by relevant news every day and when we talk about the epidemic he listens to us. He no longer took the initiative to go out. When the epidemic was serious, I asked him if he wanted to go out to play and he said no. Although the epidemic has now eased, he also tried to avoid going out, not even going to the supermarket. I think he got enough information from various sources, so he **has a strong sense of prevention**.

Y: What's your routine of involving his study during these days?

E: He takes online courses in the morning. It's not a face-to-face course, he only needs to watch the video uploaded by the teacher. He takes **Chinese, math and English** courses. Each course is about 10 minutes. When he got my mobile phone, **he was reluctant to give it back to me**. He spends about 2.5 hours on all the homework. He is on 4th Grade now. He solves most of the problems himself. If it's about new knowledge, he asks his teacher for help. **I didn't involve that much**. If he really can't communicate with the teacher, I might try to help him solve it. I don't usually dare to explain the questions to him. **I'm getting a little bit old, although sometimes I know the answer to that question, I don't know if I'm doing it the right way**. He can solve most of the problem himself. His learning efficiency is definitely not as good as when he was in school. I asked him to finish all the learning tasks in the morning so we can take a walk in the afternoon or do other activities. There are not many people in the bookstore now, and occasionally I take him to the bookstore to read. If we do not go out in the afternoon, **he mainly watches TV at home. There is nothing else to do**. When he is in a good mood, he **helps me cook**. During the weekends, he spends most of the time watching TV at home.

Y: How long did you spend on his study every day?

E: **Basically I don't spend time on his study**. His academic performance is ok, he can cope with most of the difficulties in learning. I haven't been involved in his studies much since he was in the first grade of elementary school. I did not spend much time supervising his study, either. I hope he has the ability to **learn independently**.

Y: Do you need to assist him handing in the homework?

E: No. He doesn't need me. **As long as he got the phone, he wanted to be as far away as possible from me. He didn't want me to participate in his study**.

Y: How do you communicate with his teachers these days?

E: I definitely need to communicate with his teacher. My son told me that he didn't want to go to school and I asked him why. He answered that **he was more relaxed at home**. Indeed, he can do whatever he wants when taking the online courses. If he wants, he can take classes in his room and **lock the door**. I ask the teacher about the completion of his homework and whether

he is serious about his homework. The teacher is very **responsible** during this time. He communicates with me about my child's learning situation through WeChat. The teacher has a lot of pressure these days and he is very tired.

Y: How often does the teacher communicate with you?

E: It's about **2-3 times a month**. He didn't have much problems in studying. Maybe because he entered **adolescence**, he sometimes wanted to **decide things himself**.

Y: Do you think there are moments that he lacks of motivation to study?

E: Yes. He is **not a fast learner**. He is a little slow to learn new things. **He is somewhat resistant to learning difficult new knowledge. If he can't master the knowledge well, he feels depressed.** He sometimes asks the teacher for help. I stay with him every day so I **can help him get out of bad mood when needed**. The situation is ok. I helped him to solve any small problems in time. He is only 10 years old now so I can handle these things. By the time he is fifteen or sixteen, I may not be able to solve some of the problems he might encounter during adolescence. In fact, he is now at a stage where **he does not want to listen to me**.

Y: What's the challenging part for you in educating him?

E: **Whether it's right or wrong, as long as he doesn't approve of something, I basically can't convince him. I can't persuade him with my carrot and stick.** He is young now so I can manage it in the end. Take the simplest example, the question about playing mobile games. He kept asking me why he was not allowed to play mobile games. I said that playing mobile games for a long time is bad for the body and eyes, especially it will cause great damage to the **eyes**. He retorted that the other children were playing games. I told him that what everyone does is not necessarily good. After we talked for a while, he began to admit that he could not control himself from playing games. I also admit to him that sometimes I can't control myself to read electronic novels. I know that this will not bring me substantial benefits and hurt my eyes but I can't help myself not to watch. But **I told him that we all need to adjust ourselves slowly and learn to control ourselves. We need to make an effort together.**

Y: Could you share some successful experience with me about your education?

E: We are all parents for the first time. The most important thing is the attitude. I controlled myself to push him too hard and teach him the right values. **Children are too good at imitation. Sometimes when I lose my temper or have a bad attitude, he will learn to lose his temper from me or even go further. But when I have some good behavior, he doesn't imitate me.**

Y: So you believe that it's important to be a good example for him, right?

E: Yes. And this should be a **long-term** thing, not just a day or two. Parents should do this for decades. **Even if you do this for a long time, he may sometimes forget it all in a flash.**

Y: Does he lack of motivation to study sometimes?

E: I don't worry about his study. I read books for him since he was 2 years old so he knows lots of vocabulary. **Whether he wants to go to school or not, he knows that going to school is a must.** He knew exactly what must be done and what must not be done. **He knew in his heart what he should not do but sometimes lacked self-control.** When I asked him something, he always gave me the answer I wanted. But sometimes he can't do what he said. I think he now understands that right and wrong are the first step, as the **execution ability** can be developed over time.

Y: He uses your phone to take online courses, right?

E: yes. I knew he was playing games on the phone when I heard his room was quiet. But when I walked into his room, he immediately reopened the course page. When he played games on the phone, he would admit to me that he couldn't control himself. He **has a good manner of admitting his mistake**.

Y: Does he take online courses in his own room?

E: Yes. At first, I entered his room to check what he was doing in his room when taking online courses. And then he thought it's inconvenient for him so he locked the door during courses. So I only limit the time he spends on the phone. For example, I asked him how much time he need to finish the homework. At first he said 2 hours. But later on, he said 2.5 hours because he wants to have more time to play games on the phone. **I understand his feeling. He is a child after all, and it is in his nature to like playing. That's normal.**

Y: Does he communicate with his friends these days?

E: No. I have strict control over him in this regard. He is still young after all, **I haven't found him chatting with friends via WeChat.** When he is fifteen or sixteen, he will definitely have his own circle of friends. He has not formed a circle of friends for the time being online.

Y: Does he talk to his friends on the phone?

E: No. **I don't allow him to do so.** There is no need to have online communication for him. I am worried that the radiation of the mobile phone would affect his health. But I allow him to play with friends outdoor. He is a little boy, and definitely he wants to go out and play with other children. If he is not allowed to go out, he will be very unhappy.

Y: Did you communicate with other parents on the children's education these days?

E: Yes. We tell each other about the child's disobedient behavior and so on. Parents are very tangled during the quarantine period. We all have the experience of getting angry with children. When we look back at the thing that made us angry, we find that **the fault was not entirely with the child.** If parents can better control their emotions, this kind of thing will not happen. **The primary responsibility lies with the parents.** If the child is not obedient, it's because the adults were not doing well. I envy those parents who have done a good job.

They insist on playing healthy games with their children for years. It can be seen from the behavior of their children that they are well educated. We can see some ideas of parents from children, because children are in a stage where they love to imitate parental behavior. **My son hasn't had many friends now so he is influenced most by us.**

Y: Some people think that the online class transfers the pressure that should belong to the teacher to the parents. what do you think?

E: No, I don't think so. **I think the teacher's responsibility is mainly to teach children knowledge. The cultivation of children's values mainly depends on the parents.** This is a subtle behavior. He can understand if the parents can patiently tell these truths. Although the children study at home during this period, the teacher still needs to correct their homework. Teachers in this period of time is also very responsible and very hard. **Some of the children's work was done so carelessly that the parents didn't want to check it. But the teacher need to check their work on the screen. I can imagine how difficult it is.**

Y: How do you think online courses?

E: When the students were at school, the teacher stressed important knowledge and repeated that again and again so they can remember. After a lecture, the teacher can know whether the children understand the knowledge by exercises and test in class. **Children sometimes don't realize that they don't have a good command of a certain knowledge point.**

If they are in class, the teachers directly find that they do not understand a knowledge point. Now the teacher can only know about the children's learning through their homework, which is not enough. Face-to-face communication is always better than video calls. Children are still young sometimes they **cheat on the homework.** They are used to avoiding everything to do with study. My main concerns these days is about his **eyes.** For the knowledge I believe the teacher would teach them again after they come back to school. I don't think the primary school knowledge is very important. I focus more on his health.

Y: What do you do to help relieve his eyesight fatigue?

E: **I take him out for exercise** every day mainly to relieve his eyesight fatigue. I asked him to use electronic products as little as possible. I limit his time on electronic products every day, but he does not follow my rules very well. **Persistence is a very difficult thing.** He did not do very well at this point.

Y: How do you think online courses influence his learning ability?

E: **Online courses is the only option for us.** Whether it is a large screen or a small screen, the radiation of the electronic products to the eyes is too serious. **He did his homework only to complete the task. He did not take the initiative to learn. He is more interested in video games.**

Y: How has your parent-child relationship changed?

E: I stayed with him at home for a long time and our relationship has been **more tense.** We spend too much time every day together. **They say that distance makes beauty. But we have no distance now.**

Y: How do you do when you have conflicts?

E: We quarreled and then admitted our mistakes to each other. We did so every time.

Sometimes I admit the mistake first, sometimes he first. Basically **we solve this matter in a short time.**

Y: Do you have any idea about when he will return to school?

E: I hope he can start school as soon as possible under safe conditions. His **health and safety** are the most important.

Y: When you don't have time to be with your child, would you ask others for help?

E: That's basically not the case. **My life revolves around him.** I will put off the things that can be put off. If I really need to go out, I'll take him with me. **I hardly ever left him.**

Y: What's your expectation of him?

E: I hope he is healthy. As long as he has food, clothes and fun, it's enough. What I expect of him is that he can **stand on his own feet.**

Y: What do you usually talk about?

E: We don't have specific topics. We talk about everything. I **regulate his behavior**, for example, I ask him to put up the bowl when eating, or ask him to brush his teeth and wash his face on time every day. Every day we talk about such trivial things in life, there is nothing new topic. He **shares something** with me but meanwhile he **keeps his secrets**. If I take my time, he can get him to tell his secret. **He is still a child after all, and the big things in his eyes are not really important.** **Sometimes I can help him with things he thinks are difficult.** That's normally easy for me. So I think communication is very important. I share my story with him so he can **trust** me and share his story. For what happened at home and with neighbors, I choose to tell him what he should know. **I think that as a family member, he needs to understand and participate in some things in the family.**

Y: Do you share the same opinion with your partner on his education?

E: My husband doesn't involve his study very much. **I'll let my husband back me up when it's necessary.** If I cannot handle the situation, I ask him to help me. My husband is a mysterious character in the eyes of my son. My son talks with me more because we spend a lot of time together. Communication between my husband and my son is largely limited to matters that require **decision making**. For example, when my son wants new toys, he never asks me. When he wanted something and he wasn't sure that I would agree to buy it for him, he would talk to his father. **His father usually agreed to his request.** If my husband and I disagree about our educational philosophy, we **work it out privately**. In front of the children, we see eye to eye.

Y: Does he take extracurricular courses during weekend?

E: During the week, he needs to have two days of extra-curricular classes on weekends.

All extracurricular classes were canceled during the epidemic.

Y: What is the most relaxing time during the day?

E: **I feel relaxed as long as he is sleeping. For me, this day has just begun.** He is a child with little sleep time.

Y: Have you tried to organize some activities to help release the stress during the period?

E: I sometimes exercise to relieve stress. I mainly relax by spending time on my phone. I like reading novels on the Internet.

Y: What's your ideal situation of his education?

E: I think it's good that he does what he has to do well. I hope he can **establish the right values**. For our communication, we are now in a stage of **trying to trust each other**. I am very pleased that he is **honest** with me. He confessed to me when he played games on the phone.

Y: What do you usually do when you have difficulty in education?

E: I usually **read books, search online or ask teachers for help**. Most of the time, problems can be solved in these ways. Sometimes I see a good education method in a bookstore or online and I will **try it for several days**. But usually, I **can't hold on for too long**. But under normal circumstances, I can't keep doing it for too long. Sometimes I just forget to follow these educational methods. I sometimes communicate with teachers about his ideas and learning attitude. The teacher will give me some suggestions on how to communicate with him. **Sometimes when he doesn't listen to what I say, I will ask his teacher to teach him.** **He listens to his teacher more than me. He has great trust and admiration for his teacher.** **So he must do as the teacher asks.**

Interview-9

Y: the interviewer

N: the participants

36 years old

5th Grade

Y: I just want to know some information about your life change and the education of your child in online education during the quarantine period. There is no right or wrong answer, you just need to talk about your experience and feelings.

N: Ok.

Y: How does your life change during the quarantine period?

N: The cost of living is the same as usual, so we have more **pressure on our finances**. As a kindergarten teacher, my salary cannot be guaranteed. Because in my city, most kindergartens are forced to close during the quarantine time. Many industries have been hit. There are always many ways for the rich. But for families like us with ordinary economic conditions, **life has been really difficult** lately. I need to take care of the whole family with children and the old. In the past, my husband and I both went out to work to make money. **My husband is now the main source of income for our family**. I am only a temporary worker, and the salary of about 1000 yuan a month is far from enough to support the family expenses. So I'm very **anxious** these days. **I used to look forward to vacation when I was working, but now I am eagerly looking forward to going back to work**. The child needs to take online courses at home and we can't leave him alone. So for me and my husband, there must be one to give up work and accompany children to take online class at home. Fortunately, the kindergarten allows me to work from home.

Y: Has your child been affected by the epidemic? Is he worried about the development of the epidemic?

N: Yes. He has the **awareness to wear a mask** when going out. When he needs to pick up a package he wears the gloves. They are asked to watch **news broadcast** and take notes every day by school and he searches COVID-19 related news online himself. He gets **nervous** when he sees some negative news. He also became happy when he saw some news that the epidemic was easing. He was nervous when the epidemic was serious. **I comforted him and told him how to take protective measures**.

Y: Has your daily routine changed during the period like the eating and sleeping schedule?

N: Our life is **not as regular as before**. **After working from home, the boundaries between work and life began to blur. I have no idea of time**. My sleep is much worse than it used to be. I never stayed up until midnight before the quarantine period. **But now even though I am sleepy, I still cannot sleep**. No matter how late I go to bed every day, I always get up at 6:30 because I need to report my health and temperature to the school at this time. **Listening to music and watching TV is no longer a way to relax, I now feel irritable when listening to music**. I have been in a bad mood recently. However, compared with people living in the epicenter, we are already lucky. Every day they are extremely worried about life.

Y: Do you go out during the period?

N: I rarely go out. I only go out to buy food. I buy large amounts of food each time to reduce the number of shopping trips.

Y: Do you allow your child to go out?

N: Yes. After all he is 10 years old. I allow him to **do some exercise or ride a bicycle** in the community. I can't imagine what it would be like for a younger child. One parent told me that her child was **tearing up the wallpaper** because he was too bored at home. The child **poked holes** in the sofa because he couldn't find something more interesting to do. Some children **cry at home** because they cannot go out to play. **They couldn't understand the existence of the virus because they couldn't see or touch it**.

Y: What's your general day during the quarantine time?

N: I usually get up at 6:30 in the morning. After getting up, I do some housework, just like usual weekends. After eating breakfast, my son starts to study while I'm busy with my work.

Y: Do you sit with him when he takes the online courses?

N: I accompany him in the evening when he takes online courses. He does the homework alone during the day. His recent performance in learning is good, I do not need to worry too much. But I've heard that some kids are a little bit worse off. One of my son's classmates, her mother works in a pharmacy, and her father goes out to work. She takes online courses on her own phone at home. Before the epidemic, *she was a very good and obedient little girl. But recently, when her parents came home, they found that she did not hand in her homework, and the teacher criticized her in the WeChat class group every day.* She didn't take classes every day, just chatting with her friends on WeChat. They are only about ten years old and do *not have the ability to control themselves. They only do what makes them happy.* Because most children can use mobile phones, they can easily find answers to their homework online. So they just *copied the answers* without thinking. When the teacher gave the test, he found that the students could not do any of the questions. This is our greatest distress during this time. I work hard to earn money to give my child a better life. *No parent wants their child to lose at the starting line.* Most families leave a person to study with their children at home. If the child does not have self-discipline to study online at home and no one is supervising him for the period, his study will become too bad. Needless to say, their *eyes* will be hurt by using the phone for a long time. Some children are accompanied by grandparents. The *grandparents* thought that the children were studying when they spending time on the phone, but in fact they did not know what the children were doing with the phones, because they *did not understand these things.* I sometimes chat with my friends during the quarantine time. We are very worried that children will be *short-sighted* because of their online lessons. They are still very young now. If their eyes are short-sighted, they will be influenced by this the rest of their life. But we cannot prevent children from taking online classes because other children are learning through online classes.

Y: How long do you spend on his study every day?

N: He studies from 8:00-12:30 in the morning and I take him out for a walk in the afternoon. We did not go out for a walk every day. When we don't go out, I accompany him at home, and we *do crafts* together to relax. He sometimes takes exercise at home according the online guidance provided by the P.E. teacher. He is now in fifth grade, and *most of his studies depend on himself. I can only do what I can to do for him. I can only take good care of his eating and living. I can make delicious food for him and give encouragement on his study.* I used to order take-out when I was too lazy to cook. In this period, we no longer order take-out. I heard that a delivery man was diagnosed with COVID-19.

Y: Does the teacher broadcast live classes to the children? Or it's a pre-recorded course so the children only watch the course video?

N: During the day he watched recorded lessons by excellent teachers. The teacher gives lecture during 7:30-8:30 pm every evening. The teacher tutored and answered the students' questions. At the beginning, there was no teacher tutoring in the evening because the teacher found that the correct rate of students' homework was very high. However, the teacher found out that because the students can see the homework of each other through the learning software so they copied each other's' homework. *The teacher found that the students' mastery of knowledge was not good through the quiz,* so from April, the teacher began to provide online tutoring to the children every night. The teacher explained important knowledge points and error-prone topics in the tutorial class.

Y: Do you help him in specific questions on his learning?

N: He is mostly on his own. I was able to tutor him in his studies when he was in the first or second grade. Now he is in the fifth grade. Some problems in his homework are difficult for me. For some subjects, I'm not good as my son. *I know the answer to some questions, but I don't know how to explain the process to him, and what I said may not be the same as what the teacher said.*

Y: How did you communicate with his teachers during the period?

N: I communicate with his teacher more recently. The teacher is very responsible. Every morning the teacher sends the children a pep talk or a nice little story to wake them up. The teacher occasionally checks who doesn't get up on time. *It's interesting. After my son sends his homework to the teacher, the teacher will correct it and reply within five minutes.* If the child still

has questions that he does not understand, the teacher explains to him. I heard that his teacher answered students' questions after class one evening at half past eight until ten o'clock. The teacher worked very hard. As a parent, I really appreciate the teacher's hard work during this period.

Y: Do you take the initiative to ask the teacher about the children's learning?

N: Actually no. The teacher's tasks have become more numerous during this period. Because many parents sit with their children during the online class, teachers feel more pressure to teach. Teachers need to spend more time preparing for lectures to satisfy both students and parents. Occasionally school leaders listen to the teachers' online lessons, so teachers are very stressed. In addition to teaching the children every day, teachers have to grade the students' homework and have meetings. The teacher still has their own child to worry about at home. I don't want to trouble the teacher anymore because of my child's problems. I think the teacher may not have enough time to talk to me for a long time.

Y: What device does he use for online courses?

N: I bought him a computer for his online class. He uses my phone for listening to courses and uses the computer for his homework.

Y: Is there moments that he lacks of motivation to study?

N: Yes. The teacher lists all the assignments on a list every day. When he saw so much homework, he didn't want to start doing it. When he was at school, he did his homework for each subject at a different time. Now he need to finish all of your assignments over a period of time. The workload seems to have increased. He is very reluctant to do homework.

Y: And is there moments that he is enthusiastic about study?

N: He likes English. In addition to his English lessons at school, he also has extracurricular English classes, so the lessons at school are easy for him. He is very enthusiastic about learning English. But he finds Chinese and math boring. To improve the learning efficiency of the students, the teacher requires them to hand in their homework before 1 PM every day. It gave my son some motivation to do his homework. He is more willing to learn when he gets positive feedback from the teacher, for example, when he gets an A for his homework.

Y: How long does he spend on the phone and computer every day for learning?

N: About 4 hours. I am worried about his eye health. I ask him to do eye exercises to relieve his eye fatigue when he finished his homework.

Y: Is there anything he doesn't understand in his online class?

N: Yes. Sometimes he could not understand the knowledge after watching the video course several times. Some of the problem solving steps in the recorded video lessons are not detailed enough, so children encounter difficulties in understanding. Fortunately, the teacher will analyze and coach these contents in the evening tutoring class.

Y: Does he like to learn at home?

N: No. He prefers to go back to school. I think he always has trouble concentrating when he studies at home. There were too many distractions at home.

Y: How do you think online classes affect your child's learning?

N: He is more relaxed when take online courses. He isn't as stressed as in the school classroom. But he sometimes expresses his desire to go back to school. It was the first time he felt that he did not want such a long vacation. During his stay at home, he had little chance to communicate with his classmates, which made him feel lonely. I'm trying my best to support his study these days. I try to be his teacher at home but that's too difficult.

Y: Is there any moments that you lack the motivation to accompany him to study?

N: Even if I want to help him learn, I don't have enough ability sometimes. When I was in the primary school I was asked to remember some definitions and texts. Now when I look at his homework, some of the questions are like brain teasers, and I can hardly answer them. All I can do is pushing him to study hard and make sure he can eat well. It is difficult for me to help him with difficult problems in his study. For questions I really don't know, I sometimes search the Internet for answers. I heard from my friend that her child complained that the parents could not help him when he met with difficulties in study. Her child does well in school, but he is naughty and doesn't study hard at home. My son is relatively doing well compared to him. Some of my

colleagues' **children cry at home because they can't do their homework**. So my colleagues had to search the Internet for answers so the children could copy them directly. Parents are cornered. They **do not want to trouble the teacher** and call the teacher for help, so they can only find a solution by themselves. Some parents even went to the education bureau to report the teacher because the teacher assigned too much homework. There is also a comparison between parents. Many parents are beginning to **understand the teacher's hard work**. They used to think that teachers were so relaxed that they just had to stand on the platform and give lectures every day. Now parents spend the whole day with their children every day, they can **appreciate the difficulty of teachers**. Parents can understand their teachers more and have more **respect** for them. In the past, parents would have a negative influence on teachers because of their criticism of their children. Now parents have to deal with conflicts with their children at home so they can understand the situation of teachers. Teachers need to be patient with the students all the time.

Y: Did you have conflicts with your son these days?

N: I have no conflict with him, he is very obedient. But I heard from other parents that they quarrel with the children every day.

Y: How would you motivate him to learn?

N: I promise him that if he finishes his homework well, I would **make delicious food for him or take him out for a walk**. He's growing up now, and **he doesn't like too childish a pat on the back**. I am an open-minded person. I don't want to arrange too much study time for him every day. **I prefer a combination of work and rest**. I allow him to play games if he finishes his homework on time. **It is already very depressing for children to study every day**. I allow him to play games for about half an hour every day, and I also allow him to watch some of **his favorite books and TV programs**. In this case, it is easier for me and him to become friends, and our relationship would be closer. **I have been in a bad mood recently because of some things. My son was very worried about me and he often comforts me not to be angry**. I now sometimes **regret** that I was too strict with him, leaving him in a very tense state every day. He is now entering **puberty**, and my husband has also talked to me about how to communicate with him in recent times. **We are also trying not to treat him as a child, but to slowly communicate with him in an adult manner**.

Y: Do you and your partner have differences in educating children?

N: Sometimes we have differences. I am an emotional person. When I'm in a bad mood, I get angry with the child and sometimes even beat him. **My husband won't be against me in front of the child. But afterwards he blames me for beating the child**. We sometimes disagree but we are **consistent** in front of our children. Otherwise children will feel that they can always rely on one of us and become disobedient. We only severely criticize him when he makes a serious mistake. My son was closer to me when he was young, and now he prefers to spend time with his father. **He likes to talk to his dad about some of his ideas, and he doesn't talk much to me**. I used to be a very gentle person. Maybe my work has changed my temper. I met a lot of things that didn't go my way at work, and when I got home, it was easier to lose my temper. I must be gentle and patient with the children I meet at work. My son was jealous sometimes. He asked me if I preferred my students in kindergarten. But I chose to be a kindergarten teacher also for my son. **I hope to have more experience in educating children through this profession** and I also have more opportunities to communicate with his class teacher because we work at the same school. I'm glad that my son is doing well in his studies.

Y: Did you communicate with other parents about the children's learning these days?

N: We shared with each other what was happening with our children. Some friends tell me that they are **going crazy** every day because of their children's academic problems. They want their children to start school as soon as possible. Parents are almost depressed. Few parents want their children to stay longer at home.

Y: How has your parent-child relationship changed these days?

N: I don't think our relationship has changed so much recently. But I can imagine that for some parents whose children are not doing well in school, the situation would be more difficult these days.

Y: When you don't have time to be with your children at home, would you ask others for help?

N: **I'm with him all the time**. If I need to go out to deal with things, I would take him with me. If I go out alone I leave my phone to him because he needs to use it for the online learning. I don't

worry too much about him staying alone at home.

Y: Does he take extracurricular courses during weekends these days?

N: Yes. He takes English online courses from 1:00- 4:30 in the afternoon. He took a **calligraphy** class on the weekend before, but now he is in the sixth grade, and the pressure to learn is getting bigger. I am considering to let him quit the class.

Y: Will he feel pressure for taking these extracurricular courses?

N: No. He **likes these courses**. He said that he didn't want to stop the English class in any way.

Y: What do you usually talk about with your son?

N: They are asked to read four famous works in China at home. He likes to read *'The Journey to the West'* and he is very happy when reading the interesting stories in the book. But *'Water Margin'* and *'The Three Kingdoms Era'* are not so attractive for him and he doesn't want to read. So I decided to **read the two books** with him and I allow him to **watch the TV series** of the same name. My husband disagrees with me on this but I believe the series are easier to understand for my child than the original books. When he went to school he **shared interesting things** happened at school with me but now he stays at home so we don't talk about his school life. What we talk about the most is about the epidemic. He was very concerned about the news when the epidemic was serious. **He told me that he decided to be a doctor when he grew up**. Before that, he had no clear dreams or goals. He was deeply moved by the greatness of medical staff in the news and hoped to help others like them. **He shed tears when he was moved**. My husband and I support his dream and encourage him to study hard to achieve this. But as parents, we don't want him to do dangerous jobs, like firefighters. We usually chat together at dinner. After supper, my husband lay on the sofa and spent time on his mobile phone. I do all the housework. I dressed up pretty well every day when I went to work before. **I don't need to go out now, and I don't dress myself up. This also made me feel very depressed**.

Y: What is the most relaxing time during the day?

N: I felt very happy and relaxed at the **beginning of the holiday**. But now I spend so much time at home that I'm in a state of anxiety. In fact, my house is so small, the only thing I need to do is some housework every day. **Doing it would upset me, and I was not in the mood for other recreational activities. I am irritable every day. I couldn't sleep on the couch. The food has become less delicious**. I don't do a lot of exercise every day, so I don't feel hungry. My bad mood can also put pressure on my children. Although my family is not short of food or drink, I just cannot get used to the feeling of emptiness of staying at home for a long time without going to work. I am not happy every day. I used to go shopping to relieve stress. Now I can't go shopping because all the shops are closed.

Y: What's your ideal family life?

N: We can tidy up every morning, the adults go to work and the children go to school.

We would come home at night and talk about the **interesting things** that had happened during the day. Nowadays, **study takes up too much of children's time**, so he cannot guarantee a high efficiency when studying for a long time every day. I don't think it's a good idea.

Appendix B The evaluation interview data

- The interview questions

Test for the parents about the functions

- Could you describe how you use the product?
- How long did it take to finish the drawing and the communication?

- What kind of problems did you encounter during the process?

Test for the parents about the experiences

- Do you feel relaxed/ Get out of the stress when using the product?
- Will you feel it an extra burden to use the design ?
- Do you think it is easy to use?/too complex?
- will you use it one more time? Do you think it could be helpful to improve your communication with your child?

Do you have any suggestions for the improvement of the product?

Test for the children about the functions

- Could you describe how you use the product?
- How long did it take to finish the drawing and the communication?
- What kind of problems did you encounter during the process?

Test for the children about the experiences

- Do you think it is interesting?
- What do you like about the product and what do you dislike about it?
- Do you think it is easy to use?
- will you use it one more time? Do you think it could be helpful to improve your communication with your parents?
- Do you have any suggestions for the improvement of the product?

- The description of the design for participants

这是一个帮助亲子更轻松地进行对话的一个小工具。

设计背景是，在疫情居家隔离期间，孩子们要上网课，期间遇到的不适应以及学习自立性还不够等问题会让孩子们压力增加。同时，家长们也因为对疫情本身的担心以及由居家隔离产生了工作及经济上可能存在的压力而背负了一些压力。同时，由于家长和孩子的相处时间比以前要更多，在双方压力都很大的时候，更容易围绕学习上的问题以及其他生活琐事产生冲突矛盾，或者在矛盾激化的时候互相发泄负面情绪。

所以，这个设计希望能够帮助孩子和父母跳脱出这样一个高压紧张的交流环境，进行一些轻松的对话。同时通过积极开心的对话，增加互相的了解，也有助于减少冲突的产生，从对方的角度思考问题。

设计概念是通过一个时间穿越机器，用户可以选择穿越到很久之前过去的某一天，很远之后未来的某一天，或者最近（向过去到昨天，上周，向未来到下个周末）。同时，在每个时间区域，使用者可以选择一些准备好的比较积极有趣的话题来进行穿越之旅。（如果有比较想要聊的话题，也可以自定义）在选择好时区和主题之后，家长和孩子可以按照要求，画出理想中的那一天，或者回忆中的那一天。在画好之后，家长和孩子可以针对画好的图画来进行交流。通过这种方式，双方可能会了解到，针对同一件事，对方看事情的角度以及对事情的期待，从而在这种积极的氛围中互相加深了解。

完成一次交流之后，可以对这次交流进行评价。这有利于在之后系统向用户推荐他们更感兴趣的话题。

在进行几次交流之后，用户通过累计使用次数来获得奖励勋章以及奖励。通过多次使用，亲子间能够逐渐拉近距离，找到有兴趣的共同话题，提高沟通质量，增强亲子间的依恋。

This is a small tool that helps parents and children to conduct conversations more easily at home under significant stress.

The design background is that children have to take online lessons during the home isolation period of the epidemic. The problems encountered during the period, such as unsuitability and insufficient learning independence, will increase the children's pressure. At the same time, parents are also under pressure of work-related issues and financial matters caused by home isolation. It is easier for parents and children to have conflict around learning problems and different life trivial matters in such a situation. Therefore, they could probably vent negative emotions to each other and hardly have a positive and relaxed conversation.

Therefore, this design aims to help children and parents escape from such a high-pressure and tense communication environment and have relaxed conversations. Through active and happy dialogue, increasing mutual understanding will help reduce conflicts and see problems from the other side's perspective.

The concept is a time-travel machine that allows users to choose between a day far in the past, a day far in the future, or the recent past (yesterday, last week, the end to the next weekend). Simultaneously, in each time zone, the user can choose some positive and exciting topics prepared for the journey. After selecting the time zone and topic, parents and children can draw a picture of their perfect day or a day they can recall. After the drawing is done, parents and children can communicate with each other about the drawing. In this way, both parties may learn about the same thing, the other's perspective and expectations, thus deepening their understanding of each other in this positive atmosphere.

After the conversation is finished, the users can evaluate their user experience. This helps the system to recommend topics that users are more interested in later on.

After several times, the user accumulates the number of times they use to earn MEDALS and rewards. Through use it again and again, parents and children can gradually close their distance, finding the common topic of interest, improve communication quality, and strengthen the parent-child attachment.

- The demo video

<https://vimeo.com/user99677366/review/483096679/baca4f72aa>

- The online prototype

<https://xd.adobe.com/view/3dc9de16-f056-45c1-bd26-048a76c001b5-689a/>