

幼儿午睡活动问题及对策研究

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摘要: 幼儿午睡活动是幼儿园一日生活中重要的环节，但也是一个被人容易忽视的环节。日常生活中，确保幼儿午睡的高质量，对幼儿身体发育、注意力、记忆力等方面的发展具有重要的意义。午睡对幼儿十分重要，但在幼儿园午睡活动环节的实际观察中却发现幼儿午睡活动存在着许多问题。所以教师对幼儿午睡活动的组织和幼儿午睡活动问题的解决都关系到幼儿健康成长以及幼儿园教学活动正常开展。

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本研究采用了文献法、观察法、访谈法。对幼儿午睡活动问题进行分析，并分析产生的背后原因，总结解决午睡问题的方法。了解教师对午睡活动的组织，发现问题，提出适宜的组织方法。

研究发现幼儿午睡活动存在如下问题：新来的教师不知道如何去处理午睡中出现的和更好的引导幼儿午睡；午睡前的活动组织的很随意甚至因为时间有限不进行、午睡前没有做好环境的准备；午睡中睡姿错误、玩小东西等不当行为、入睡困难、教师玩手机；午睡后幼儿赖床、在床上大声讲话、不会自己整理衣物叠被子；大部分教师都没有安排午睡后的活动。针对以上出现的问题解决对策：教师应该丰富幼儿午睡活动的相关知识，提高对幼儿午睡活动的科学认识和重视程度，并通过教学反思和自我学习提升午睡活动的组织能力；加强午睡管理制度；加强家园合作，家长要积极地配合幼儿园的午睡工作，另一方面也要加强对幼儿生活卫生习惯和自理能力的培养。

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关键词: 幼儿午睡活动；组织

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Study on the Problems and Countermeasures of Children 's Nap

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Activity

Abstract: The activity of early childhood nap is an important link in the daily life of kindergarten, but it is also an easy to be ignored. In daily life, ensuring the high

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quality of young children's napping is of great significance to the development of children's physical development, attention, memory and so on. Napping is very important for young children, but it is found that there are many problems in napping activities in kindergarten. Therefore, teachers' organization of early childhood siesta activities and the solution of the problem of early childhood siesta activities are related to the healthy growth of young children and the normal development of kindergarten teaching activities.

This study used literature method, observation method, interview method. For early childhood The sleeping activity problem is analyzed, and the reasons behind it are analyzed, and the methods to solve the nap problem are summarized. Understand teachers' organization of nap activities, find problems, and propose appropriate organizational methods.

New teachers don't know how to deal with the problems and better guide the children to take a nap; the activities before taking a nap are organized at, even because time is limited, and the environment is not prepared before taking a nap; the children in the nap wet bed, play small things and other improper behavior, sleep difficulties, teachers play mobile phones; after taking a nap, children rely on bed, speak loudly in bed, do not organize themselves Clothes fold quilts; most teachers do not schedule post-siesta activities. To solve the above problems: teachers should enrich the relevant knowledge of early childhood siesta activities, improve the scientific understanding and attention to early childhood siesta activities, and improve the organizational ability of siesta activities through teaching reflection and self-study; strengthen the siesta management system; strengthen home cooperation, parents should actively cooperate with kindergarten siesta work, on the other hand, strengthen the cultivation of children's living hygiene habits and self-care ability.

Key words: Napping activities for young children; organization

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