

## **How does Chinese Tea Ceremony contribute to parenting of self -regulation?** by Chun Zhang (2012)

The most significant traits of Chinese Tea Ceremony (CTC) and why it is feasible in developing self-regulation in really life situation

It is a very traditional way of treating guests by enjoying tea with them, and this tradition is still actively applied by current generation. When somebody visits a Chinese person's house, they just naturally sit down and drink tea together. In my hometown, specifically, children are expected to prepare tea or tea ceremony for guests. Parents strongly believe that is a good opportunity to have their children to practice their self -regulation and self-confidence in a comparatively formal way. Children will grasp the moral values from their own experiences of performing tea ceremony for family members or guests. Through both formal and informal practices, the moral values of the tea ceremony would be planted into the children's hearts subconsciously and become a part of child's life principles, lifelong skills, manner and habits.

CTC is an important way to get to know traditional Chinese culture and more importantly, it contains the very essential Chinese virtues, for example, love, responsibilities, principles, sharing, service, elegance, humility, appreciation, thrifty, peace, respecting, honesty. CTC undertakes great part of Chinese culture. It supports turning abstract family principles into a visible demonstration that supports children's understanding of the moral values in an easier understanding format. CTC is also a child developmental appropriate activities unit. The tea-sets were toy-like and child friendly materials. In addition, through practicing the CTC, children learn to demonstrate their moral values in a visual way and in a relaxing environment. It is easier for children to understand: what they are learning, why they are learning it, how they can learn it better, and to be sincerely excited about what they are learning and going to learn. They can

show their comprehension by taking advantage of practicing their new skills of CTC during their daily life, and eventually create their own ceremony that is meaningful to themselves as well as to their families.

Why Chinese Tea Ceremony support both effective control in parenting and self-regulation in children developing by talking about the main function of CTC Both in ancient and current time.

In ancient time, CTC was used to balance people's mind and heart, cultivate people's characteristic and personality. Today, people tend to like more in utilizing it to soft their temperament and develop effective self-control and self-regulation. Both modern Chinese and ancient ones enjoy performing CTC to develop inner-peace. It is an impossible task to perform CTC while a person's emotion is suffering constant and great transformations. The process of practicing CTC supports people regulating their emotion, thinking and behavior. Lots of schools encourage teachers to utilize CTC to implement moral education back to my hometown Kunming, Yunnan. CTC settings are common at families. . However, interestingly, it is not typical to have parents involve CTC in the parenting process.

CTC can be adapted to support children's development of self-regulation and self-control. It also provides a safe and friendly platform for peaceful and successful parent-children interaction. Parents may find performing CTC with their children is much effective and joyful parenting than other parenting strategies. Moreover, each step of the performance has specific cultural and traditional meanings. The core concepts of CTC are loving, serving, sharing, responsibility, fairness, manner and inner peace. CTC requires basic orders and principles just as the society does. Children are encouraged to learn these basic principles of orders in performing CTC and apply it in the social system of their daily life.

Moral based self-regulation is an abstract concept to teach young children. Educators learn to immersion hands on activities of CTC to tailor children's age appropriate understanding needs. CTC turns abstract family principles and values into a visible demonstration, and it makes children's comprehension of moral values in an easily understanding format. Children have a good opportunity to practice these moral values that includes in this ceremony in either formal or informal way during their daily life. During both of these formal and informal practices, the moral value of the tea ceremony would be planted into the children's hearts subconsciously and become a part of the children's life principles, life skills and good habits, and being part of children's life in the future.

### **CTC Procedure**

- Listen when the teachers are talking about the general related concepts of the Chinese tea ceremony
  - Focusing on the teacher's demonstration, the students are able to state the colors, the shapes and the three functions of tea.
  - Using prior knowledge, choose feasible music as background music for the tea ceremony
  - Students are able to choose the best types of water for tea-making
- Appreciating each single piece of the tea-setting the teacher shows
  - Observe each single piece of the tea-setting
  - State the names, shapes, colors, and the functions of each single piece of the tea-setting
  - Describe the standard way to hold each single piece of the tea-setting
- Washing and warming the tea-setting the way the teacher shows

- Pour water into gai bowl, fair cup, tea-drinking cup and filter cup
- Rinse tea-setting with hot water and tea clipper
- Clean tea- setting with tea-towel
- Making tea according the steps the teacher shows
  - Put the tea into gai bowl
  - Wash and wake up the tea with water
  - Soak the tea for a while
  - Pour the tea soup into fair cup, and divide it evenly into tea drinking cup
- Appreciating the tea soup and drinking it
  - Demonstrate the color and the scents of tea soup
  - State the color and shape of soaked tea leaves
  - State how the tea tastes
- Delivering tea to guests politely
  - Give the tea soup to the oldest one first
  - Put the tea on the top left of the table of the guest
  - Verbally say “have a drink, please”

Parent educator and the families enjoy tea together and reflect on what they learned at the end.

They may also review the core concepts and hand-on activities as a way to reinforce learning and practicing.

## **Reference**

Grolnick, W. S., Farkas, M. (2002). Parenting and the development of children’s self-regulation.

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