Research on Infant's Parenting Behavior and Family Decision-making Under the Background of Birth Policy Adjustment

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ABSTRACT
Based on the background of birth policy adjustment, this article discusses its influence on infant rearing behavior and family decision-making. Through the comprehensive application of multidisciplinary theory and analysis methods, the study covers the evolution of birth policy, family decision-making and changes in parenting behavior. It is found that the adjustment of birth policy makes family decision-making more diversified and is obviously restricted by economic factors. The distribution of family resources has changed in economy, time and residence. At the same time, the concept, mode and input of infant rearing behavior have also changed significantly, and the concept tends to be diversified, the mode is more scientific and refined, and the input in material and human resources has increased greatly. Generally speaking, the adjustment of birth policy has a comprehensive and profound impact on family birth and parenting, which provides an important reference for the improvement of population policy and the construction of family parenting support system.

Keywords: *Adjustment of birth policy, Infant rearing behavior, Family decision-making, Parenting concept, Parenting input.*

1. INTRODUCTION

In the process of social development, the birth policy has always been a key factor affecting the population structure and family development. Since the implementation of the family planning policy in China, the population growth has been effectively controlled. However, with the changes of the times, the population situation has changed significantly [1]. In recent years, the birth policy has been gradually adjusted, from the single two-child policy to the comprehensive two-child policy, and then to the implementation of the three-child birth policy and supporting measures. This series of policy changes aims to actively deal with the problems of population aging and labor shortage, and promote the long-term balanced development of the population [2]. The relationship between the adjustment of birth policy and infant rearing behavior and family decision-making is an important field of interdisciplinary research [3]. Demography, sociology, psychology and other disciplines all involve it, but there are still many things to be improved in the existing research. The research perspectives of different disciplines are relatively limited and lack of systematic integration [4]. Demographic research pays more attention to the macro-level changes such as the number and spacing of children, but pays less attention to the micro-level parenting behavior and decision-making process within the family. Sociological research focuses on the influence of family structure and social environment, and does not dig deeply into the role of individual psychological factors in family decision-making [5]. Although psychological research attaches importance to the influence of individual psychology on parenting behavior, it is relatively weak under the macro background of policy. Previous studies have focused on a specific adjustment stage of birth policy, lacking a continuous study on the long-term interactive relationship between dynamic policy changes and family behavior decisions [6]. This study is devoted to breaking the discipline barrier, constructing a comprehensive theoretical analysis framework, and deeply discussing the internal logic

of infant rearing behavior and family decision-making under the background of birth policy adjustment, so as to provide new ideas for the enrichment and development of related theories.

The adjustment of birth policy is directly related to family well-being and social sustainable development. As the basic unit of society, the family's parenting behavior and decision-making not only affect the healthy growth of infants, but also relate to the harmony and stability of the family [7]. The change of birth policy makes families face new opportunities and challenges, and families need to re-examine their own resources and adjust their parenting behavior and decision-making model. Changes in family parenting behavior and decision-making will react to society and have a chain reaction in many fields such as education, medical care and employment [8]. If families increase their fertility desire due to policy adjustment, but they cannot effectively implement it due to factors such as high parenting cost and insufficient social support, it will not only affect the stability of family fertility decision-making, but also restrict the realization of population policy objectives. Therefore, an in-depth understanding of the family's parenting behavior and decision-making under the background of birth policy adjustment will help the government to formulate more scientific and reasonable supporting policies, provide practical and effective support for families, and promote the coordinated development of population and society. This study will comprehensively analyze the complex relationship between the adjustment of birth policy, infant rearing behavior and family decision-making, in order to provide valuable reference for theoretical development and policy practice.

2. INFLUENCE OF BIRTH POLICY ADJUSTMENT ON FAMILY DECISION-MAKING

2.1 Content and Interpretation of Policy Adjustment

In recent years, the birth policy has undergone many important adjustments. From the single two-child policy, which allows couples who are only children to have two children, to the comprehensive two-child policy, all couples can have two children, and now the introduction of the three-child birth policy and supporting measures, the policy orientation has gradually changed from controlling the population to promoting long-term balanced development of the population [9]. These policy adjustments are aimed at alleviating the pressure of population aging, increasing labor supply and optimizing population structure. Take the three-child birth policy as an example. This policy not only liberalizes the number of births, but also supports a series of measures aimed at reducing the burden of family rearing and encouraging families to have more children.

2.2 Influence on Family Fertility Decision-making

The adjustment of birth policy has significantly changed the family's birth decision. Before the policy adjustment, many families were restricted by the family planning policy, and even if they had the desire to have children, they could not realize it. After the liberalization of the policy, family fertility decision-making has become more diverse. Some families choose to have two or even three children because of factors such as accompanying their children and old-age security. However, not all families responded positively. The survey data ("Table 1") shows that the family income level has a great influence on the fertility decision. After the policy adjustment, the willingness of high-income families that have two or more children increased to 61%, while the proportion of low-income families was only 25%. This shows that economic factors are still the key factors restricting family fertility decision-making, and even if the policy allows, low-income families are cautious about fertility decision-making because of their concern about parenting costs.

Table 1. Impact of policies on fertility intentions of families with different income levels

Family Income Level	Proportion of Willingness to Have Two or More Children Before Policy Adjustment	Proportion of Willingness to Have Two or More Children After Policy Adjustment	Increase in Willingness	Main Concerns (Multiple Choices)
High-income (Family annual income over 500,000 yuan)	29%	61%	32%	Quality of children's education (80%), Family companionship time (60%)
Middle-income (Family annual income 100,000-500,000 yuan)	20%	42%	22%	Upbringing costs (90%), Quality of children's education (70%)
Low-income (Family annual income below 100,000 yuan)	11%	25%	14%	Upbringing costs (95%), Economic pressure (90%)

2.3 Influence on Family Resource Allocation Decision

The adjustment of birth policy urges families to re-examine the decision of resource allocation. With the increase in the number of children, the distribution of economic resources in families has changed significantly. Family spending on children's education, medical care, life and other aspects has increased substantially. Taking education expenditure as an example, in order to provide children with better educational resources, families have increased their investment in extracurricular tutoring and interest classes. In the allocation of time resources, parents need to spend more time with and take care of their children. Originally, parents may spend more time working to get economic income, but after the adjustment of the birth policy, some parents, especially mothers, may choose to reduce working hours or give up their jobs and return to their families to take care of their children. The demand for living resources of families has also changed. More children mean more living space, and some families will consider buying larger houses or renovating existing houses to meet the needs of family life. The adjustment of these resource allocation decisions reflects the efforts and changes made by families to adapt to the new birth situation after the adjustment of birth policy.

3. CHANGES OF INFANT REARING BEHAVIOR UNDER THE ADJUSTMENT OF BIRTH POLICY

3.1 The Change of Parenting Concept

Under the background of the adjustment of birth policy, the concept of family rearing has undergone profound changes. In the past, limited by resources and policies, the family's concept of raising infants was relatively single, and more emphasis was placed on meeting basic living needs. With the relaxation of birth policy and the development of social economy, parents' expectations for infants and young children are increasingly diversified. Modern families pay more and more attention to the early education of infants and realize the importance of this for their future development. More and more parents begin to pay attention to the cultivation of children's all-round abilities such as cognition, language and emotion, instead of just focusing on their future academic achievements.

Parents have also made significant changes in their health concepts. In the past, parents may only pay attention to the healthy development of their children's bodies, but now they pay more attention to the all-round development of mental health and physical quality. Parents actively learn scientific parenting knowledge and know how to build a healthy growth foundation for their children through reasonable diet, adequate exercise and good psychological guidance.

3.2 Changes in Parenting Styles

The change of parenting concept directly leads to the change of parenting style. In terms of daily life care, the degree of refinement has improved significantly. Parents are no longer satisfied with the traditional extensive care, but pursue a more scientific and personalized way. Taking feeding as an example, in the past, home-made food was the main food. Now, we will refer to professional infant nutrition guidelines and choose formula milk powder and complementary food suitable for different ages to ensure that children get balanced nutrition. In early education, there is also a diversified trend. More and more parents choose to let infants participate in various early education

courses, aiming at stimulating children's multiple intelligences. The mode of family interaction has also changed. In the past, parents may be in an absolute dominant position, but now they are more inclined to communicate and exchange equally, focusing on cultivating children's independent thinking and expression skills.

See "Table 2" for the comparison of infant rearing patterns before and after the adjustment of birth policy. After the adjustment of the birth policy, the family's investment in early education and the frequency of parent-child interaction have increased significantly.

Table 2. Comparison of parenting methods before and after fertility policy adjustment

Parenting Aspect	Situation Before Policy Adjustment	Situation After Policy Adjustment	Change Trend	Reasons for Change
Early Education Investment (Average Monthly Cost)	About 200 yuan	About 800 yuan	Significant Increase	Increased emphasis on children's education, development of early education market
Frequency of Parent-Child Interaction (Times per Week)	3-4 times	5-6 times	Increase	Shift in parenting concepts, focus on children's emotional development
Proportion of Children Attending Early Education Courses	About 30%	About 70%	Significant Increase	Promotion of early education, enhanced educational awareness among parents
Proportion Using Scientific Feeding Methods	About 50%	About 80%	Increase	Popularization of scientific parenting knowledge
Frequency of Purchasing Educational Toys (Times per Month)	About 1 time	About 3 times	Increase	Emphasis on children's intellectual development
Parental Accompaniment Time for Children's Outdoor Activities (Hours per Week)	About 4 hours	About 6 hours	Increase	Focus on children's physical development

3.3 Changes in Parenting Input

The adjustment of birth policy has made families show significant changes in their investment in infant rearing. From the material point of view, in addition to basic consumption such as daily necessities and food, the investment in educational products has increased substantially. In order to provide a better environment for children to grow up, families have also increased their investment in improving their living conditions, such as buying larger houses or optimizing the design of living space.

In terms of manpower input, one or both parents often need to adjust their work arrangements in order to take care of infants. Some parents even choose to quit their jobs to take care of their children full-time, which means that the family has sacrificed part of its economic income. Grandparents' participation in infant rearing has also increased. They not only help in daily life care, but also share the responsibility of education to a certain extent. This change in human input reflects the efforts and trade-offs made by families for the healthy growth of infants. The increase in parenting investment is not only the embodiment of the family's emphasis on children, but also the inevitable result of the family's adaptation to the new parenting needs after the adjustment of the birth policy.

4. CONCLUSION

Under the background of the adjustment of birth policy, this article makes an in-depth study of infant rearing behavior and family decision-making, and reveals many changes caused by the adjustment of policy.

The adjustment of birth policy has profoundly changed family decision-making. In terms of fertility decision-making, although policy liberalization provides families with more choices, family fertility will be significantly restricted by economic factors. After the policy adjustment, the willingness of high-income families to have two or more children is more obvious, while low-income families are less motivated to respond to the policy because of concerns about parenting costs. In the decision-making of family resource allocation, with the potential increase in the number of children, families have made corresponding adjustments in economy, time and living resources. Economically, expenditures on education and medical care have increased substantially; in time, parents, especially mothers, may reduce their working hours to accompany their children; In terms of housing, the demand for more space urges families to consider changing houses or transforming houses.

Infant rearing behavior has also undergone major changes. The concept of parenting has

changed from focusing on basic survival to all-round development, paying more attention to early education and all-round development of physical and mental health. The parenting style has become more scientific and meticulous, which is obviously reflected in daily life care and early education. Parenting investment, whether it is material educational products, housing improvement, or the participation of parents and grandparents at the human level, has greatly increased.

To sum up, the adjustment of birth policy has a comprehensive and profound impact on family birth decision-making and infant rearing behavior. This not only highlights the close relationship between policy orientation and family micro-behavior, but also provides a strong basis for the government to further improve the birth policy and related supporting measures. In the future, the government should, in view of the economic pressure of family rearing, reduce the burden through measures such as education optimization, child-rearing subsidies and childcare improvement, promote the balanced development of the population and improve the quality of parenting.

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