Two-Child Period: Psychosocial Adaptation of the First-born Child in Primary School

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A recent article published in *Chinese Journal of Clinical Psychology* explored the influencing mechanism of the father’s company and the mother’s emotion on the psychosocial adaptation of first-born children in primary schools under the background of China’s universal two-child policy. Father’s company includes company time and quality, while mother’s emotion contains negative and positive mood; and the psychosocial adaptation involves five aspects, including emotional symptoms, morality, hyperactivity, peer communication, and prosocial behavior. A total of 824 primary school children’s parents in Beijing were surveyed through the Paternal Companion Questionnaire. The results are as follows:

- Compared to the only-children, first-born children in two-child families show less prosocial behavior but more moral problems.
- There are significant pairwise correlations between the time and quality of the father’s company, the positive and negative emotion of the mother’s, and the dimension children’s psychosocial adaptation.
- Whether it is the first-born or the only-child, the time spent with the father will affect the quality of companionship, which will further affect the mother’s emotion, and finally influence children’s psychosocial adaptation.