

PARENTS, CHILDREN COPE TO DEAL WITH STRESS IN LOCKDOWN

Parents are getting impatient as they have no clue on how to get a glimpse into their child's mind. The children who are getting restless in the lockdown phase, brought about by the COVID 19 pandemic.

A very chirpy, bubbly Anamika has been brooding on the couch for the last 30 minutes fidgeting on her prized possession, her smart phone. Alternating between SpongeBob Square Pants and her phone, Anamika is simply restless. Anamika's father Manan and mother Poonam nudge her to colour her Barbie but the first grader is not interested in doing the things she would normally be pestering her parents for. From watching television, browsing movies on Netflix, reading a couple odd comic strips, the family has had it all. And there is no exit. In the lockdown, Anamika and her parents have little to do.

Constant presence of the parents and children at home without much to do is telling on the families, across the country, confined to their homes. Children especially are missing their classes, play time and general freedom which was once taken for granted.



Excessive screen time

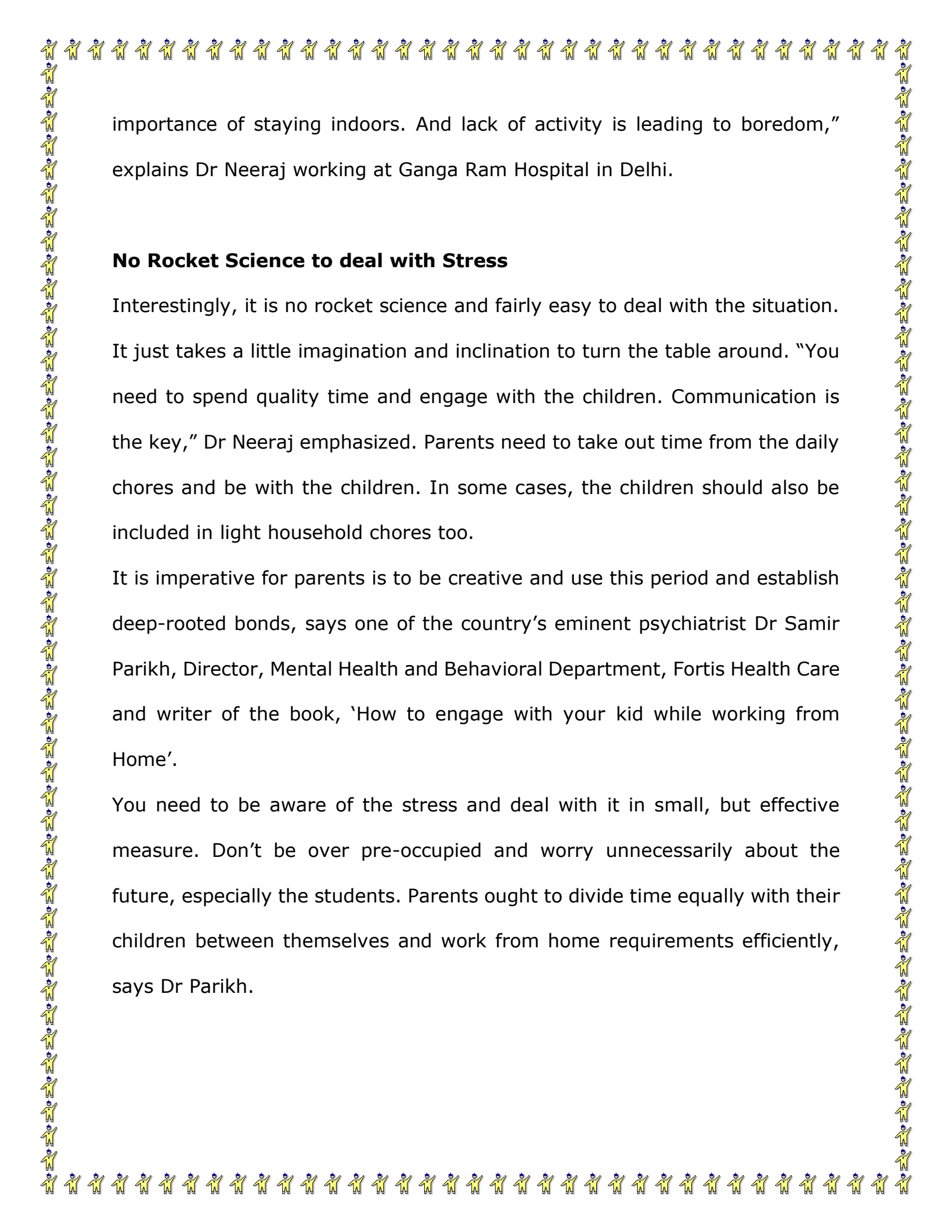
With no outside exposure and limited engagement and plenty of available time, the children and even parents remain glued to their smart phones or Television sets. Added to the screen time, are online classes that have started attending, conducted by almost all educational institutions in the country. The result – children are logged in all the time.

“The children are in front of gadgets 24x7. The teachers are taking their online classes. After the classes, the kids switch to watching something or the other on their electronic devices. We don’t want that to happen. But in the given scenario, we are helpless,” admits Saloni Aggarwal, mother of twins, Vats and Vaish.



Are you struggling to keep your child busy?

Guardians are worried over the excessive dependence on screen engagements of the children. Parents are besieged and keep children engaged is a task that requires dexterous approach. “The children are craving to go out but we have to enforce strict lockdown restrictions. It is hard for children to understand the

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importance of staying indoors. And lack of activity is leading to boredom,” explains Dr Neeraj working at Ganga Ram Hospital in Delhi.

No Rocket Science to deal with Stress

Interestingly, it is no rocket science and fairly easy to deal with the situation. It just takes a little imagination and inclination to turn the table around. “You need to spend quality time and engage with the children. Communication is the key,” Dr Neeraj emphasized. Parents need to take out time from the daily chores and be with the children. In some cases, the children should also be included in light household chores too.

It is imperative for parents is to be creative and use this period and establish deep-rooted bonds, says one of the country’s eminent psychiatrist Dr Samir Parikh, Director, Mental Health and Behavioral Department, Fortis Health Care and writer of the book, ‘How to engage with your kid while working from Home’.

You need to be aware of the stress and deal with it in small, but effective measure. Don’t be over pre-occupied and worry unnecessarily about the future, especially the students. Parents ought to divide time equally with their children between themselves and work from home requirements efficiently, says Dr Parikh.



And here are five quick tips to beat the lockdown stress:

1. Follow normal routine. Sleep and wake up on time. Do yoga/exercises.
2. Eat your meals together.
3. Pick up a hobby – Music, writing, painting etc.
4. Play together – be it a board game, carom, chess, cards etc.
5. Call friends and include children in video calls.

In short - talk, communicate, share, laugh, love and bond. Stay Positive and do what is in your control. Remember to take one day at a time.

Let's Share the views "Stay Safe - Stay at Home" and Cope To deal with stress in lockdown



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