

Dr. vats recommends...

For Parents

- Parents are currently struggle because there is so much news going around about Corona virus. However parents should not believe that their child is intelligent and knows everything. They must have a chat about what it is and what are the precautions we must take in a story form.
- It is important to talk to them age appropriately. Children who cannot talk or open up then make children draw about how they are feeling - this will help to know what is going on their mind
- We must label emotions - sad,angry,happy etc. It helps children to differentiate.
- Set aside a screen free time - eat together, do some exercise or walk around with your child, sit with your child and chat.
- Not more than 15 minutes screentime at once and guide your children to blink their eyes often while using gadgets. It helps keeps the eyes safe.

For educators and schools

- Educators must think of revival of education. This lockdown period serves as an example for us.
- Schools planning for home based learning activities should be a mix of hands on activities and not just a video for 3 hours. It should be more conversation based.
- Activities we design as schools should not pressure parents as mothers are already loaded with alot of household work.
- Animal yoga interests the children and hot hot cold cold are great games to keep children engaged.
- Refrain from putting pictures of family and children on social media.

First ask yourself

- - is it required?
- Will my child like it? - How is it helping my child?