



## Taking Care of Children at home

Greetings and wishes for your health and wellbeing from STREBEN HEALTHCARE.

This is the third capsule in a four part knowledge series on Mental Wellbeing, that is our small contribution to help community improve well-being and fight the COVID-19 virus. Please share it with your dear ones, friends and associates, if you find this useful.

Ned Johnson, co-author of *The Self-Driven Child*, in an exclusive conversation with ParentCircle said, “Doing things to increase our sense of control can be a source of future resilience.” [1]. Increasing our sense of control can indeed drive away anxiety and fear.

- **Talk to your child.** Make sure that both of you are in relaxed frame of mind when you do this.
- **Listen to your child’s fears and do not dismiss them.** It is necessary to address his/her anxiety. Your child is looking of reassurance; only you can provide this.
- **Ask your child, what he/she has heard in school or from friends.** Discuss and give age appropriate answers.
- **Together look up information that will answer his/her queries.**
- **Teach your child importance of hygiene and self care.** And impress upon this need every time, irrespective of any situation. Model this yourself, your child will follow.
- **Get your children to talk to grandparents via online platforms like Skype/Zoom/WhatsApp etc.** This will reassure them their grandparents are safe and healthy.
- **Make sure your child has at least a couple of hours of studying.**
- **Play games with young children.** Children express their emotions through play. You can identify and address them.

- **Hug them often. This releases Oxytocin, the cuddles hormone. It makes you feel good as well as your children.**



### Why Social Distancing ...

Explain Social Distancing as something that will defeat the virus. The Virus needs human bodies to carry itself to other bodies. When there is no human to human contact due to Social Distancing, the Virus will die. So let your child know that he/she is a warrior; he/she can kill the Virus by staying away from others.

#### References:

1. <https://www.parentcircle.com/article/how-to-deal-with-covid-19-fears-and-anxiety-in-children/>



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Past president of Chennai Counsellors Foundation, Rajani is passionate about helping people in building healthy relationships and achieving wellbeing.