Enhance Mental Health of Your Children in Covid-19

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DESCRIPTION

One of the myriad implications of COVID-19 has been a rise in stress levels across the population. Parents and children alike are experiencing stress due to changes in routines and expectations, and dealing with a novel situation. As adults many of us have discovered ways to manage our anxieties, but our children need a little more help. Children are not in school they are less active, have longer screen times, have irregular sleeping patterns and consume unhealthier foods. These effects are likely to be much worse when children stay at home without any outdoor activities and interaction with their friends.

How do YOU know if your child has a mental health problem?

As a parent you need to pay attention below mentioned changes in your children thinking, feelings and behavior:

Changes in thinking

Saying negative things about or blaming themselves in all the situation and having frequent negative thoughts. They might feel trouble concentrating in studies and deaminase activity performance.

Changes in feelings

Children may do over-reacting, or sudden outbursts of anger or tears over small incidents, reactions or feelings that seem bigger than the situation. They may appear very unhappy, worried, guilty, fearful, irritable, sad, or angry. If your children feeling helpless, hopeless, lonely or rejected then it is a matter of concern for you to seek a professional help.

Changes in behavior

Children demand to be alone often and Crying easily. They may Show less interest in or withdrawing from sports, games or other activities that they normally enjoy. Seeming quieter than less energetic and trouble relaxing or sleeping. Spending a lot of time day dreaming, falling back to less mature behaviors and trouble getting along with friends are the warning signs that your children dealing with stress in personal life.

Tips and Resources For Parents

Limit your news feed: Your children do not need to know minute to minute news updates, do not discuss news in front of children and be aware of misleading information you children come across.

Talk with children about COVID-19: As news about the COVID-19 continues, children may have questions for parents and caregivers about the disease. Especially as normal routines change, children may display signs of worry about themselves, their families, and their friends. Children need adults to help them understand what is going on. Talk to children about what is happening in a way that they can understand and keep it simple and appropriate for each child's age.

Manage your own anxiety: If you are feeling anxious, take some time to manage your fears, take a few breaths before starting a conversation or answering your child's questions.

Provide assurance whenever needed: It is Important to reassure your children, listen to their concern and try answering their queries related to the outbreaks. Spend quality time with them and give them the attention they need eg. Reading them stories to put them to sleep will make them feel loved.

Structure and maintain routines: Structured days with regular mealtimes and bedtimes to keep kids happy and healthy. Help create new routine in a new environment, including school/learning, safely playing and relaxing. Planning daily walks can be a good way to ensure physical activity.

Assign chores: Chores can range from responsibility for making one's own bed to helping with dinner. Don't forget to acknowledge their work by saying "well-done" because a little praise can go a long way, especially during these times.

Make online study interesting: Online classes may be very stressful to children in adapting new way of learning. Make it more interesting with them and do not give burden and stress for study.
Dedicate a work space: Having a dedicated work space that is tidy helps maintain a calm mind. To the extent possible, ensure that your child's workspace is in a central location where you can keep a watchful eye and answer any questions when needed.

Limit a screen times: Children are not allowed to go to school and do other outdoor activities they may indulge in binge screen time, you need to limit it and must use it as a positive reinforcement, Video games must be used as a relaxing tools in limited time. Before implement that to your children you must need to be a role model, limit it for yourself and be active in family activities.

Engage them in indoor activities: During this time children may get easily bored so involve them in indoor games like puzzles to

solve and teaching them crafts. Encourage them to pick up a hobby and involve the children in some stretching exercise, Yoga or dancing which they will enjoy.

It's estimated that only 21 percent of children with a mental health issue actually get treatment. That means the vast majority of children with mental health problems aren't getting the help they need. Be proactive about keeping your child as mentally healthy as possible. But if you see signs of a problem, talk to your child's physician about your concerns. Early intervention can be key to treating problems as effectively as possible.