

Dear parents,

We hope that the last few days have been peaceful and healthy and have given each one time to readjust to life indoors.

Your children are home too. Apart from their academics, learning, online activities, reading books etc, we must give a thought to their emotional and physical needs as well. Have we thought of how they are interpreting the present situation?

They may feel scared, tense, isolated or anxious. They may be taking cues from our conversations.

Their fear and confusion may be projected in behaviours such as irritability, tantrums, fights, sibling rivalry, disobedience, oppositional behavior etc.

They may sleep a lot, eat a lot, be demanding, be online for long periods of time .

Children express themselves through play as well as words. Stressed and upset children often play fighting games with their toys.

Kids who fight or are aggressive are often frustrated and confused.

Children will look to their parents or caregivers for answers. They need comfort and love.

- * be truthful about what has happened
- * Be a role model. Children will react to and follow your reactions. They learn from your example.
- * let them know it is normal to be concerned and tell them you are also concerned
- * encourage them to ask questions if they seem unclear about what has happened
- * reassure them that you will do everything you can to keep them safe
- * Let them feel safe to talk about their feelings. Do not undermine their concerns.
- * Take time to play board games as a family
- * Enjoy singing and making family videos
- * Do some group in house exercises - physical activity for all members is important .
- * Delegate house hold chores to all family members

Don't worry too much about school. Keep in touch with the teachers. Ensure that they are completing the tasks given by the school.

If a difficult time and even the school understands this. They will do whatever is required of them to take all children along .

In order to stay physically fit, encourage your children to undertake any form of exercise at home. Free online workouts are being offered by gyms such as Cult Fit, Boxfit etc. Home workout videos are also readily available on YouTube.

Finally if you feel confused , concerned or worried about your child's behaviour - do not hesitate to connect with a mental health professional or your school counsellor. Our team of counsellors is happy to provide telephonic counselling to you and your children during this period.

School Counsellors -

Ms Gulroop Kaur - 8587990465

Ms Seema Taneja - 8800835056

Ms Harsha Kapoor - 8800365084

Keep indoors, keep safe, keep healthy.

Best Regards

Geeta Kapur