

Dear Parents,

I write to you today, to share our School Counsellor's Mrs. Madhavi Gadhkari suggestions to take care of your children, on the backdrop of the complete lockdown condition in the country. Since the current unexpected break in the academic calendar and virtual confinement of children at home has occurred together, we need to make joint efforts to take care of the children's well being and happiness levels.

Kindly go through the useful tips of our counsellor.

### **Caring tips for Parents in Corona Lockdown Times**

For the first time in all our collective lifetime, we are facing a unique situation – a situation where there are so many feelings, thoughts, behaviours which keep swaying from one end of negativity to positivity. As adults, the break in regular routine is disturbing. For children, it becomes all the more difficult. They are full of innocence, but pose serious questions, which we may not have answers to, or ways to assure them. How do we react or respond?

Feeling worried, scared, anxious, and burdened with the “how to” questions on all fronts is happening to all of us. We therefore find ourselves seeking answers through all possible means. At times this information overload itself further confuses, worries us.

All of us are used to a routine/schedule which we follow. It comes from attending school/college, office, family outings and social functions etc. However, all of sudden there is NO schedule or source of schedule. This makes it necessary to make a schedule and maintain it, staying at home.

Some basic tips to make and follow the schedule-

- **Decision making** - Involve all members to decide about the days' program. Especially with children, it will be helpful to make a list of things that they would like to do.
- **Children's studies** -Set various time slots for all activities. Make the day's program either the night before or on waking up. Try to keep it simple and plan and review each day's achievements. Have a specific number of hours for school related learning. Make a broad time table for school subjects.
- **Variations in play / Entertainment** - change the activities after short duration (it could be changed on a daily basis too) to maintain their interest.
- **List of possible activities** – Instead of tasks, call it as projects, responsibility, hands on training. The idea is to help them develop the life skills, whether it be cleaning, cooking, engaging themselves in creative hobbies (eg. Cleaning electronic gadgets, painting a poster, making greeting cards, decorative items, stitching/embroidering, cooking their favourite dish, ironing, washing/shining vessels, floors, folding clothes...) In other words all the household chores, this will ensure the work at home getting done and their active participation, and learning experience. If there are more than one children, make a rotation or joint activity, so all get to do all the different activities. It becomes a pleasurable time doing things like adults, and also exercises their body and mind. Doing the activity with the child will help you to get to talk and bond with them healthily.

- **Sleep and Diet** - Follow regularity in the sleeping and eating times. Include some basic exercise/dance.
- **TV, Internet, mobile Use** - Monitor the screen time for the children, namely TV, internet/mobile/gaming etc. Instead have family games, board game, book reading, storytelling etc. The idea is to make use of the time together positively.

For any kind of consultation please feel free to contact my school counsellor on the following Email ID  
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Take care  
From the Principal  
Mrs. Neera Singh