

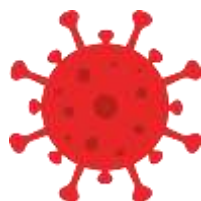
STRESS MANAGEMENT IN CHILDREN DURING COVID 19

An initiative by Air Force School
Camero

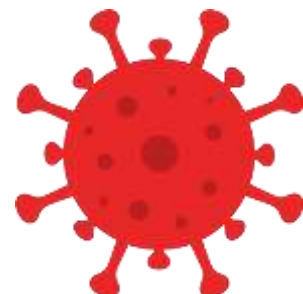
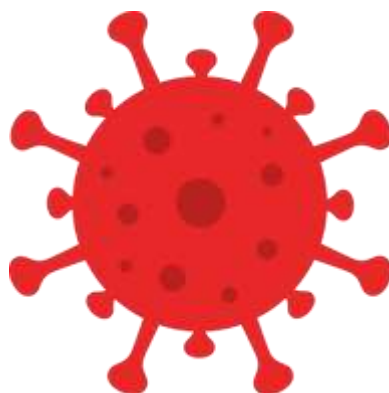
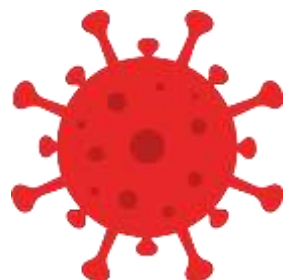
By- Meenakshi Jani (PRT)







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What is causing stress in your child?



What is causing stress in your child?

1. They are not going to school

→ Missing their friends

→ Absence of classmates makes studies boring

→ Missing the school environment



What is causing stress in your child?

2. Lack of physical activity

- No playground fun
- Energetic children become frustrated
- Missing a companion leads to shy and withdrawn behaviour.



What is causing stress in your child?

3. Excessive screen time

→ 2-3 hrs of screen time

→ Children develop headache, fatigue etc

→ Disinterest in online classes



What is causing stress in your child?

4. They miss their freedom

- Healthy mischief causes no harm
- It is crucial for overall growth
- This idea is beyond the concept of manners and decency



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What is causing stress in your child?

5. Lack of real-life experience

- Minimal/no practical interaction
- Slow development in maturity and smartness.
- Scolding from parents causes stress too

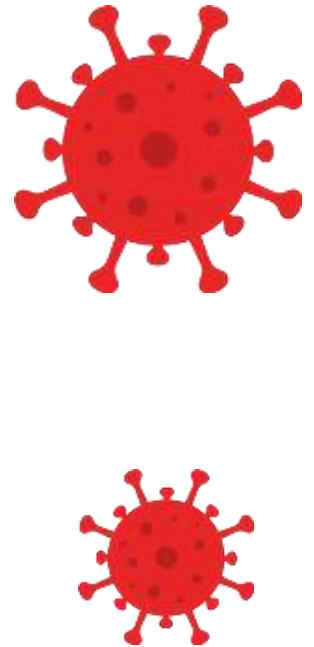
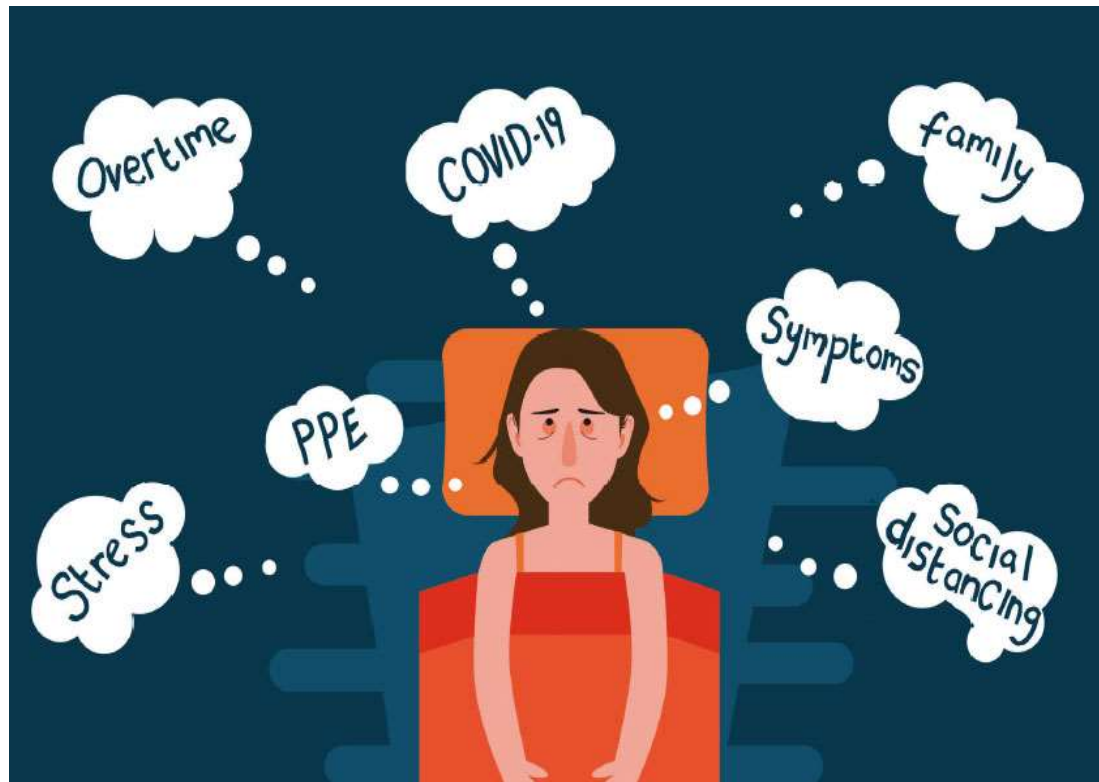
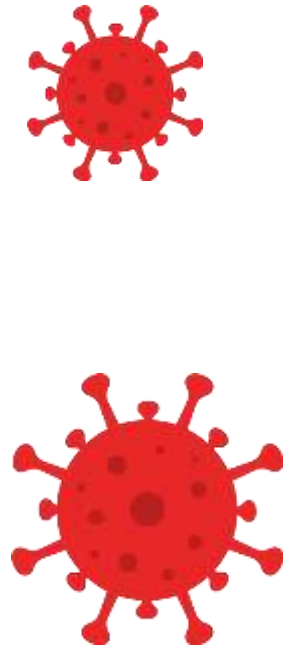
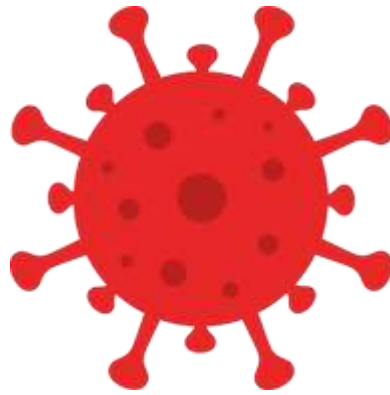


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How can parents combat their stress?

1. Your child's mood is what your mood is
 - If you are sad, so is your child
 - If you are angry, so is your child
 - If you are happy, your child is happy too



How can parents combat their stress?

2. Be happy, at least in front of your child

- Children get happy seeing you happy
- It creates a positive environment
- Encourages child to open up to parents



How can parents combat their stress?

3. Avoid criticising in front of your child

- Don't curse your fate, job or life
- Criticism is avoiding responsibilities
- Children tend to stay on the back foot when it comes to leadership.



How can parents combat their stress?

4. Don't let your work frustration out on your family in any way

→ Avoid quarrelling with spouse

→ Avoid scolding your child for small mistakes

→ Remember, your frustration is your child's frustration.



How can parents combat their stress?

5. Practice all the habits that you wish to see in your child

- Avoid lying over a phone call
- Avoid sedentary lifestyle
- Be enthusiastic and take up new challenges



How to decide if your child is stressed?

Common symptoms of stress and anxiety

1. Moody behaviour
2. Aggressive/frustrated behaviour
3. Laziness
4. Longing desires of something
5. Sadness
6. Insomnia/too much sleep
7. Too little/too much appetite
8. Unjustified fatigue

How to manage the stress in children?

1. Children must be in touch with friends and family through:
 - Phone call
 - Video call
 - Letter writing
- If you fear that video call or phone call increases digital time, opt for letter writing. It:
 - Makes your child expressive and creative
 - Helps them know about old means of communication, develops a sense of gratitude for the facilities they have.
 - Causes minimal harm to eyes.



How to manage the stress in children?

2. Exercise/yoga helps your child to stay stress free. It improves overall condition of one's body and keeps your child active.

→ A good way to channelize your ward's energy

→ Remember, your habit is your child's habit

→ Go slow, understand your child's stamina and limit.



How to manage the stress in children?

3. Minimise your child's screen time using the following ways :

- Avoid television and video games
 - Buy new books for your child
 - Solving puzzles and reading lead to mental and emotional growth.
 - Don't watch TV, YouTube videos in front of your ward as it distracts them
 - Avoid using internet as a homework tool.
- Discuss and talk with your child.



How to manage the stress in children?

4. Let them have fun (in a constructive way)

→ Crack jokes

→ Play with them

→ Laugh, a lot

→ Jolly nature not only makes your child stress free, but also makes them more sociable and creative.

→ Become their favourite companion



How to manage the stress in children?

5. Engage your child in household work :

- Clean, broom and wash with them
- Teach them how to repair
- Show them how to create
- Explain that household chores are not just a woman's job
- Reward them for every achievement, no matter how small
- Slowly, make them independent



How to manage the stress in children?

Quick Tips

- Avoid forcing them to do anything
- Do not punish, in any way
- Do not expect quick results
- NEVER compare your child with anyone
- Know their interests and engage them in suitable activities
- Never ignore their problems, no matter how small they might appear
- **START TODAY**

Any Questions?

Feel free to ask, we'd love to help!



QUESTIONS
COMMENTS
CONCERNS
PROBLEMS
COMPLAINTS



A top-down view of a wooden desk. On the left is a black alarm clock with a yellow face and numbers. Below it are black-rimmed glasses. To the right of the clock is a white pen. Further right is a spiral-bound notebook with a white cover. The notebook is open, and the left page has the words 'Thank You For Your Attention' written in a black, cursive script. The right page is blank. The entire scene is framed by a thick green border.

*Thank You
For Your
Attention*