

## Do's for Parents

### **Parents SHOULD:**

- ✓ create a safe, secure, accepting, and emotionally warm environment;
- ✓ create a home routine and ensure that their child must :
  - play or do exercise, yoga;
  - eat nutritious meals on time;
  - get enough rest and adequate sleep;
- ✓ schedule a family circle time –where all family members are encouraged to vent their feelings whether negative and positive, freely;
- ✓ regularly encourage, support and praise the child - actively listen, praise efforts not achievements;
- ✓ practice mindfulness, compassion and gratitude;
- ✓ practice what you preach - listen first before you react; accept mistakes, model healthy behaviour, respond calmly to emotionally charged situations;
- ✓ encourage involvement of the child in daily chores – taking care of elderly people, plants, pets and be community sensitive;
- ✓ encourage independent learning.

## Don'ts for Parents

### **Parents SHOULD NOT:**

- ✗ panic or over react in day to day life situations;
- ✗ let their own frustration, anxieties and anger outburst affect the home environment;
- ✗ positively reinforce or pamper the child unnecessarily as it encourage bad habits and undesirable behaviour;
- ✗ burden the child with issues they themselves cannot handle;
- ✗ make unrealistic expectations from the child;
- ✗ be afraid of setbacks as challenges are part of life;
- ✗ ignore physical and psychological issues of the child;
- ✗ create a threatening environment that deters the child to share her/his emotional problems;
- ✗ hesitate to seek professional help if required.