

CHILDREN THROUGH LOCKDOWN AND ISOLATION



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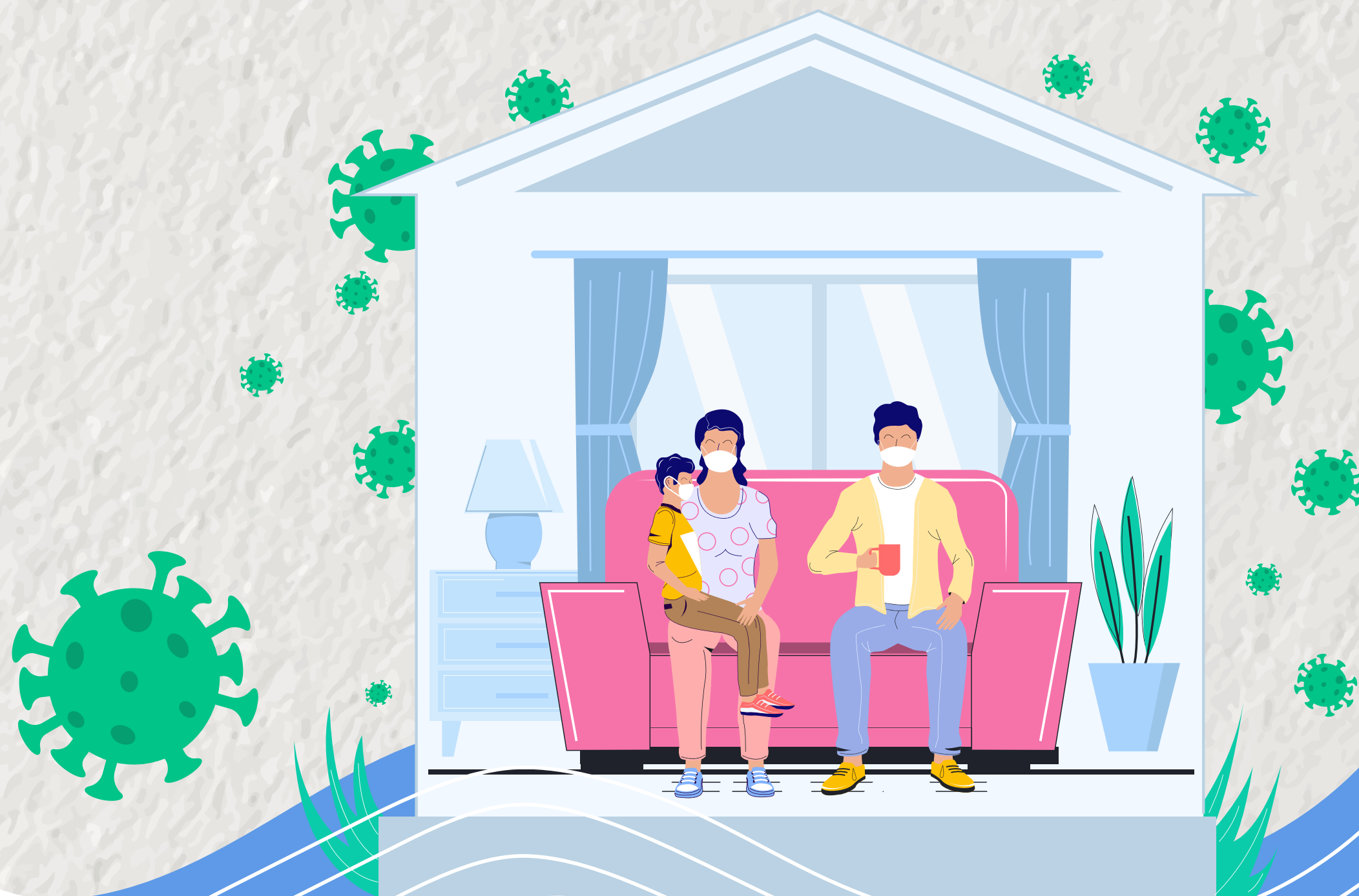


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Lockdown and Isolation have turned out to be unprecedented for children. Our children now are distant from friends, neighbourhood and school communities. We need to sit down and try to see the new world through their eyes, ask them how it feels and validate their thoughts. We should be proactive in helping them process what months of isolation and potentially lockdown would look like. The most unfortunate thing is cannot just soothe the situation right away and protect a little bubble of normality.




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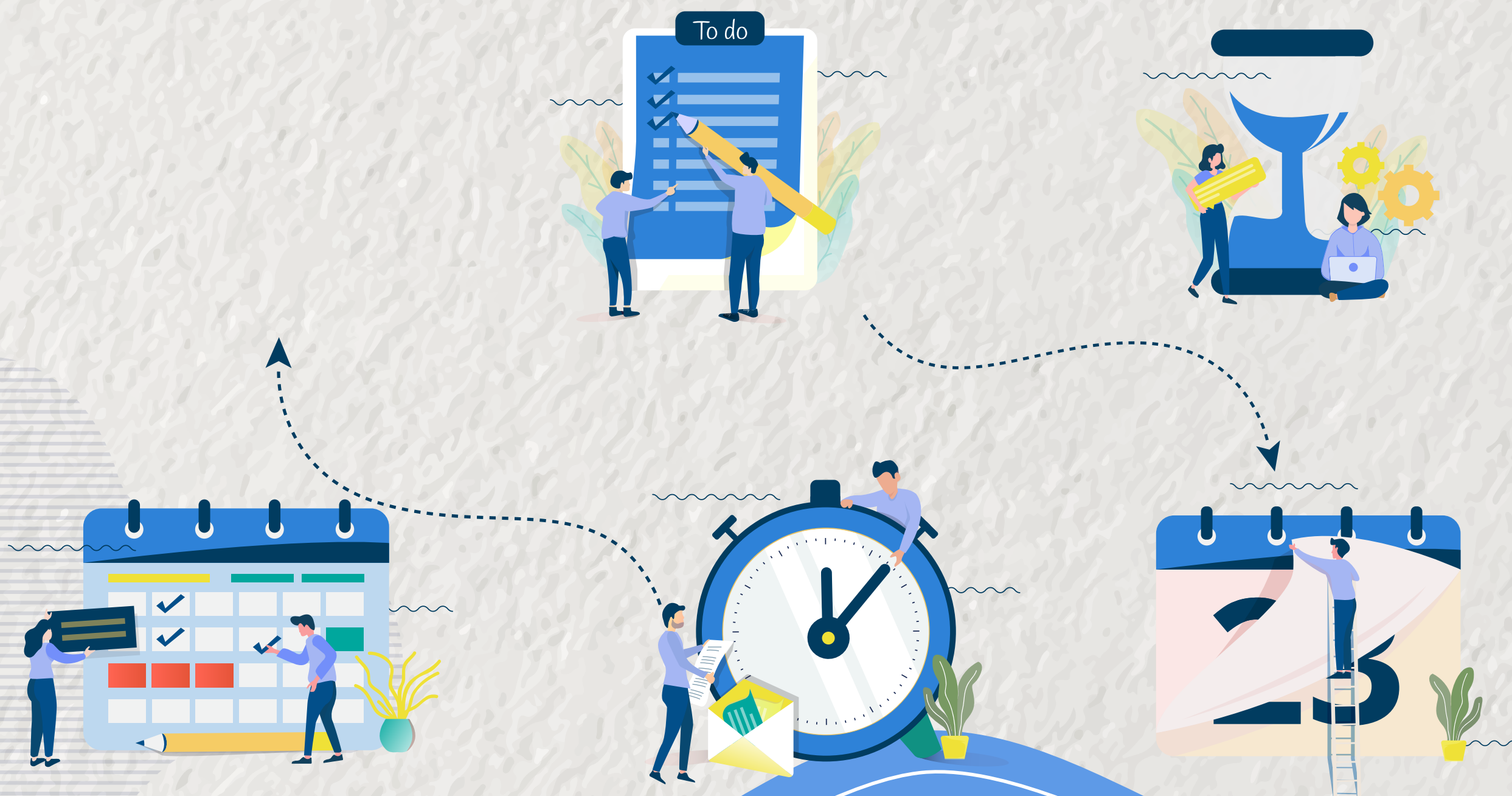
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One of the best ways we can help children is to have a routine. Our children have lived a punctuated life with school time, home time, meal time and bed time in their schedule. Don't let this go out the window. Sit with them, ask them what they like doing and how they would like their day to look. Curate a schedule of daily activities, including reading and learning sessions, and learn from those who have been doing this already as part of the home learning community.




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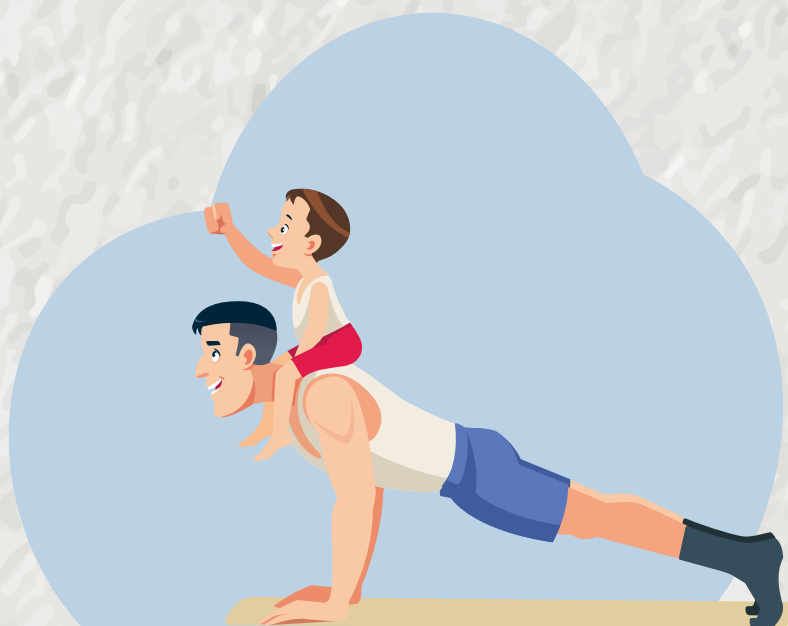

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Children are resourceful. Technology is a neutral thing and we should help our children to use it in moderation and for good advantages. Please be proactive in helping the children learn activities such as craft, art, dry cooking, meditation, yoga, baking and garden time as a portal to the natural sciences and creative arts. Engage them in. Look for group activities where they can be a part of their age group children virtually and emphasis on social science about how people are changing their behaviours, helping each other, and realigning their priorities and beliefs.



Children are creative and insightful, so it's important to keep the communication open with them. Make them understand that we are safe.

Make your day joyful.



Stay at Home
COVID-19 coronavirus outbreak


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