

Well-being

Make sure you and your children maintain daily self-care habits.

The first and foremost important thing is personal hygiene. Toxins which accumulate on the body need to be washed away on a daily basis. Your children may think it's unnecessary to bathe every day. They may also come up with creative excuses to avoid bathing. Don't let your children convince you into having their way especially if it's an unhealthy habit. Give them firm and short commands to do it. Now in this pandemic situation make sure your children and you won't neglect washing hands regularly.



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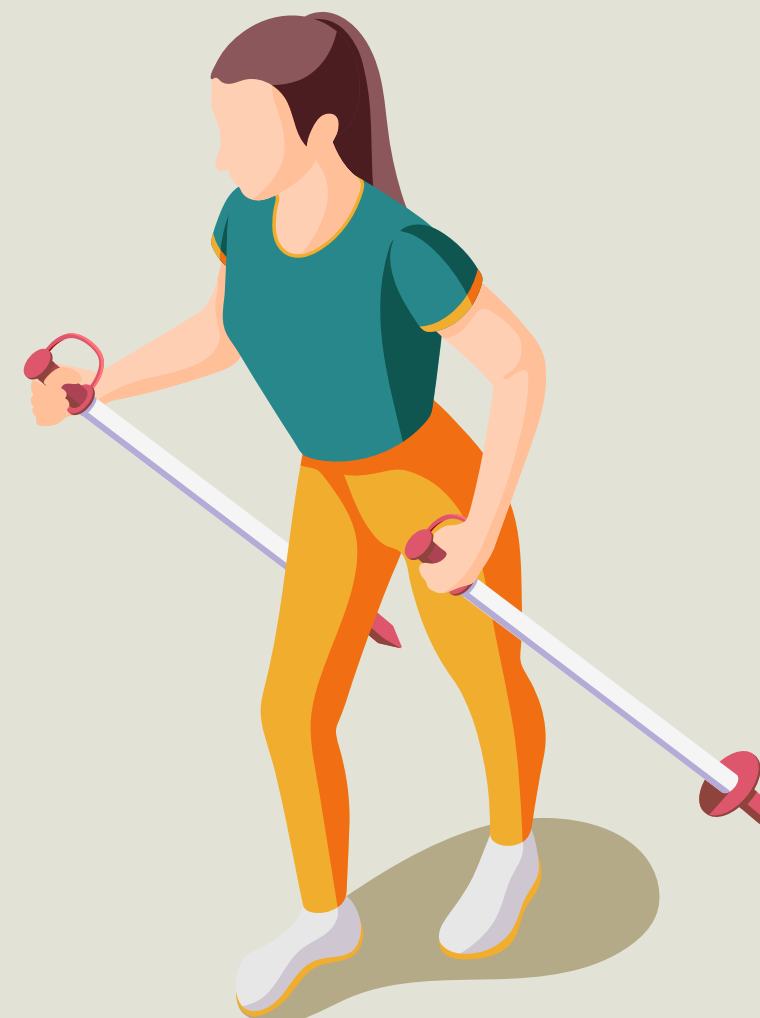
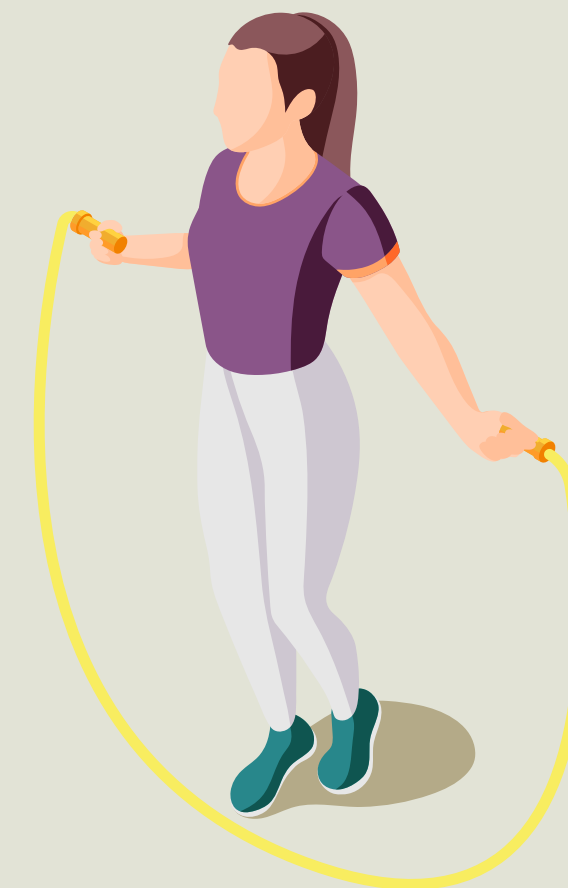


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Now a days children do not get up from the place where they fell comfortable. Sitting for too long is not healthy. Encourage your children to move and stretch during short breaks while attending online classes. In the evenings get them to join you for walks, yoga, aerobics, dance, workouts etc. It has been proven time and again that regular exercise makes you healthier and happier.



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Lack of sleep can affect the brain's ability to focus, solve problems and make rational decisions. Sleep deprivation increases crankiness and irritability. Several teenagers with an obsession for online games and Netflix have a reputation of staying up late, sometimes into the wee hours of the morning. Have family rules concerning the time restrictions for using gadgets and ensure that every member of the family complies with those rules. Indulge in relaxing activities before bedtime.

Basic self-care is an absolute must for mental, physical and social well-being.

Make your day joyful

