



SOCIO-EMOTIONAL WELL-BEING OF CHILDREN

.....

The lives of children have once again come to a halt with little to no social interaction or play. Here are some ways to ensure the well-being of our children as parents and keeping the family spirits high:

- **Setting time aside : Spend some quality time with children, which will strenghten the bond and help in undertsanding their needs.**
- **Taking Meals Together: A family that eats together, stays together! Model healthy eating habits such as eating on the dining table and replace a TV with unfiltered conversations.**

- **The Vibrant Jar:** Have each family member write one positive thing that they have experienced in the week on a slip of paper and put the slips in the jar. Gratitude can increase our children's happiness, teach them to be more empathetic and help them to be more thankful for everything they have.
- **Acknowledge and reassure:** Children, be it a toddler or an adolescent needs to be listened to. Talking it out and having someone to listen to them is all they might need. We also need to remind them that this is a temporary phase and things are bound to get better.
- **Look After Yourself:** Parents are the ones children will look to for help ,so finding time for yourself is equally important. This may involve exercising, listening to music or practicing Yoga to feel rejuvenated.

← hope →