



Mindsapes – Volume VII Edition 1

Exploring Children's Well-being!



Dear Parent,

This edition of Mindscape will focus on Children's physical, mental, and emotional well-being.

Well-being has been defined by individual characteristics of an inherently positive state (happiness). It has also been defined on a continuum from positive to negative, such as how one might measure self-esteem.

Our children may be excited to return to school after a long summer. However, the new school year can come with new challenges. As a caring adult or parent, it can be difficult to know how to support children with this overwhelming transition.

Parenting can be stressful, worrying, frustrating, confusing, and you may feel disconnected from your usual support system. Your children most likely have similar feelings, although they may show them differently. It is important to remember that children look to adults for

guidance on how to react to stressful events. Talking with children about their emotions and fears, doing relaxation activities with them, teaching them helpful coping strategies, and giving them a sense of comfort can help reduce anxiety.

How To Support Children's Mental, Emotional Well-Being?

➤ Bringing about transformation

The foremost thing about mental and emotional well-being is to understand the kind of person we are and the effect our traits and behaviours will have on the child. Parents are the greatest pillars of strength for children. Building a safe cushion around the child allows him to explore, take up challenges, initiatives.



➤ *Creating a delightful Learning Atmosphere*

The love and support that is given in schools and at home enable children to grow in a healthy atmosphere, to be healthy human beings both in mind and heart. Mental health is a state of wellbeing where people are prepared for life to be able to meet their learning potential.



“Childhood is not a race to see how quickly a child can read, write and count. It is a small window of time to learn and develop at the pace that is right for each individual child. Earlier is not better.”
~ Magda Gerber

➤ *Building an Emotional Connection*

Every family has a natural emotional bond with the child and it is up to the parents, grandparents, and extended family members to make the bond stronger with love and care. The stronger the bond, the more stable the child will be emotionally and the more successful the child becomes in the future.

Children who have a weak bond with parents are often found to lead troubled lives, often not getting along with colleagues, peers, neighbours or even with their own children. Children in all age groups need the physical warmth, affection, and reassurance of parents to grow up as emotionally strong individuals with the help of greater connectivity and

bonding within family and friends, even if that takes place virtually.



“Every child is an artist. The problem is how to remain an artist once he grows up.”

~ Picasso

➤ *Compassion is the Key*

Educators, teachers, schools must encourage and give reassurance if the child performs badly, pep them up. Yet, when the child gets back home, give the much-required love and hug him when he comes back from school or any classes. The child needs to feel special and loved. This truly gives him an inner sense of happiness.



➤ *Disciplining With Love*

As parents, most of us try to dominate our children, yell to silence them before they open their mouths, stop them from doing things they want, to discipline them. This silently erodes their willpower, and, over a period, the child becomes concerned about taking up initiative and this stays with them throughout their life.



"It is not attention that the child is seeking, but love."

~ Sigmund Freud

➤ ***Cut Down on Screen Time***

The high dependence on time-screen time comes with no or very little respite. Activities that can be done without interacting with a digital screen should be encouraged. Bake, dance, paint, create crafts, do fitness, do yoga, a lot can be done, which involves planning.



➤ ***Cultivate Inner Strength***

Spoon-feeding the child all the time, will make him more mechanical rather than getting an in-depth understanding of things. Allow the child to spend time with himself to take up hobbies that can be pursued by keeping all pandemic protocols in place. Parents, as perfect mentors, must help them to love and respect themselves by befriending them, to help them strengthen their inner core.



"Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid."

~ Albert Einstein

➤ ***You Influence your child's Basic Values***

Children are fast learners and great at aping their parents, which makes it all the most important to have proper control over our emotions for the child to understand and manage his own emotions. We need to be role models to our children with our behaviour, judgment skills, self-control, our body language, our tone, expression, etc.



References

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