

25.03.2020

Dear Sir/Madam,

Greetings from The Apollo Shine Foundation!

Sub : Dr. Preetha Reddy address Apollo Shine Parents

Dear Parents,

At this time, you might find yourself inclined to create a minute by minute schedule for your children. Perhaps you are determined to limit “screen time,” and hope to, instead, fill the days with learning, science experiments, and book reports.

While those are admirable objectives, I urge you to also consider one thing: your child is likely as scared as you are right now. Not only are they getting a lot of information that they don't fully understand, but they are also exposed to a level of tension unlike anything any of us have experienced before. At the same time, they're also confined to the house, and unable to see their friends or other children.

Over the coming weeks, you may see this manifest in some behavioral changes. From slight moodiness and complaining, to more overt protests and temper tantrums, your child may resort to different ways of expressing themselves than they usually would. This is to be expected, under the circumstances, and is often the only way children have to express their sense of frustration and confusion.

Though you may not be able to control the situation, you can certainly make it easier on your child by being a source of comfort and reassurance. This might mean deprioritizing academic endeavors in favor of more nurturing and light-hearted activities. Play outside on the balcony, cook together, watch movies, read a book as a family... do anything that can ease some stress and create some joy, and, above all, make sure you and your child are doing it together.

If this approach raises any concerns around your child regressing academically, rest assured that most children world over are in exactly the same situation. Once they are back in the classroom, teachers and schools will meet them where they are, and course correct accordingly.

In the coming weeks, the singular thing to focus on is keeping your child as calm and happy as possible. In the process of doing so, you might also find yourself pleasantly surprised by the memories you make, the joy you feel, and, ultimately, coming away from this experience with a strengthened bond between you and your child.

Warm Regards

Dr. Preetha Reddy

Vice-Chairperson

Apollo Hospitals Group

