



# Nurturing Mental Health in Children: A Vital Parental and Teacher Responsibility

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## ABSTRACT

Raising a child is a big challenge for the parents. Parents should always take care of the mental health of a child. Being mentally health during childhood means child should learn how to cope with certain scenario independently during critical situations. Mentally healthy children will always be emotional stable in their life which brings positive quality in their life. Mentally health does not mean that there is an absence of mental disorder in a child. Being mentally healthy gives the foundation for being well-being in the family as well as society. The children who are suffering from mental disorder will be facing serious problems throughout their life. There will be a change in their behaviour either by becoming stubborn or silent; they won't be able to handle their emotions as well as they will face a serious health issue. So, as a parent these issues as to observed from their children and should try to rectify in their initial stage itself.

## **KEY WORDS**

Mental health, Child, Children, Parent, Childhood, Mental disorder

## **INTRODUCTION**

Mental health includes our emotions, psychological aspects and social well-being. It represents how an individual act, respond and react to certain situations. Mental health is very important in every stage of human's life. Parents play a prominent role in a child's life. 50% of child's personality depends upon how parents have raised their child, and another 50% of child's personality depends upon the outer surroundings like school friends, etc.

Home is the first school and parents are the first teachers and role models for their kids. Being a good parent is the most difficult as well as happy task. It is a major responsibility as well as these responsibilities should be taken wholeheartedly with love. Parents are always like a mirror for their children. It's not about what you teach for your children, it's about how you are behaving in front of your children. Remember that, your children will learn by observing you but not by how you are teaching them.

## **DO'S AND DON'TS AS A PARENT TO CHILD**

### **Do's:**

- Always appreciate your child, even if it is a matter of small things, because small things make a big difference.
- Spend more time with your child every. Every day you need to ask your child what happened or what is happening in school or college, ask about their likes and dislikes, eat food together, go for outing or play with them, etc.
- Engage them with other activities Mostly, engaging them in teach music or chess makes a child to learn patients as well as it improves the concentration power.

- Speak politely with your children so that. It builds confidence among them to share everything with you
- Always motivate your child. Motivation is an important factor for a child.
- Make your child to be independent. A child being independent means a child will learn emotional stability.
- Very important aspect is to provide sex education for your child, so that it helps them to defeat themselves when they are in critical situation.
- Be patient. Always have patience with your child. If a child asks questions more than twice without losing the patience answer them.

### **Don'ts:**

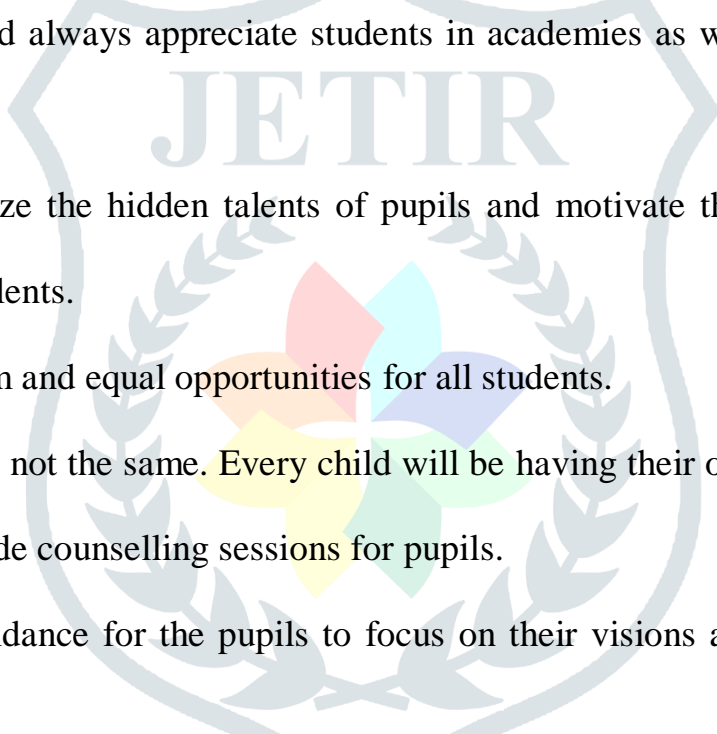
- Never label your child's personality in pet names like calling out 'Blacky' because the child is in dark complexion or calling 'Gundu' for the child who is overweighted or calling 'Chotu' for the child who is short. By this, the child will start inculcating the inferiority complex.
- Never compare your child to anyone. First of parents should always remember that every child is special and unique in their own ways. Every child cannot be the same. If one is good at studies, another will be good at something else. So, try to identify the child's potentials and their interested areas and encourage them to try something new in their interested areas.
- Never fight in front of your children. This will always lead an anxiety and greatest depression among the children till their lifetime.
- Never underestimate your child's performance or work in front of everyone, because they start feeling low. If you don't believe in your child, then they too never believe in anyone, including themselves.

- Never scold or insult your child in front of anyone. It will have a negative impact on their life.
- Never ever leave your children under someone's care like maids or grandparents' house or uncle/aunts, etc. Even though, if you are leaving your children at someone's place, make sure that your children are happy. Because there might be some abusive issues where they may face.
- Never be too strict and too pampering for your child. Being strict does not mean that you are a perfect parent, or you are raising your child in a disciplinary circle. If you are so strict, there are chances where your child is not going in the right path, and you are creating an image on your child's mindset, like they think and treat you like their enemies. First of all, pampering your child does not mean that you are giving freedom, or you are giving everything for your child. Too much pampering becomes taking advantage of you.
- Never share your personal and financial challenges with your children because they feel burdened and they also start taking blame on them that they are the reason for the challenges you are facing. Remember that, they are small enough to handle those burdens.
- If your child is demanding something full. Don't fulfil those demands as soon as possible. If you do that, they will never learn the value of things and people, as well as they will never learn the patience.
- Never give electronic gadgets to your child. It will add negative addictions and health upsets like eyesight problem, headache etc on your child.
- Don't give junk food for your children. This will impact on their mental health. What we eat and how we eat always shows how we have control on our mind. So always give a healthy hygiene food for your child.

School is the second home and teachers are the second parent who will play a major impact on mental health of a child. Teachers should always be a role model for their students, and they should work in a professional ethical code of conduct. A child spends most of his day time in school. Child's 50% of his personality depends upon its teachers and classmates. Teachers should always mould a child to become a good citizen.

## **DO'S AND DON'TS AS A TEACHER TO STUDENT**

### **Do's:**

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- The logo for JETIR (Journal of Emerging Technologies and Innovative Research) is a watermark in the background. It features a shield shape with a laurel wreath border. Inside the shield, the word "JETIR" is written in large, bold, serif capital letters. Below the text is a colorful flower-like emblem with six petals in shades of red, orange, yellow, green, blue, and purple.
- A teacher should always appreciate students in academics as well as other curricular activities.
  - Always recognize the hidden talents of pupils and motivate them in a right way to enhance their talents.
  - Provide platform and equal opportunities for all students.
  - Every student is not the same. Every child will be having their own stress. Identify the stress and provide counselling sessions for pupils.
  - Give proper guidance for the pupils to focus on their visions and create zeal among them.

### **Don'ts:**

- Do not discriminate any pupils based on their marks, achievements, family status, caste, religion and colour. Because you cannot judge the people until we step into their shoes.
- Never compare any child. Each child is unique and special in their own ways.

- Never scold and underestimate any student in front of other pupils. When a teacher scolds or underestimates in front of their friends or classmates, it will be a major insult for them which leads to depression as well as there are high chances of child inculcating the negative behaviour.
- Never put your stress on pupils by shouting at them or beating a child, etc. This will lead a lifelong trauma on the child's mindset.
- Never target pupils in class or hold the grudge on them. Because a teacher is the second mother who has to give a fair treatment for all pupils. If any pupil is behaving rudely, identify the causes for their behaviour and speak to the child as well as with their parents privately to resolve the issues.

### **TIPS FOR MENTAL HEALTH OF A CHILD**

- Sleep is necessary for the mental health of a child. Eight hours of the sleep is mandatory for a child's overall development.
- Good food is very much required for the child. Hygienic food is required for the mental health of a child. Make sure that your child is having proper food on time.
- Do regular exercise or yoga for one hour in a day. Doing exercise or yoga will refresh the child's mindset.
- Daily Meditate for 15 minutes. If a child can concentrate and meditate for 15 minutes, then the child enjoys multiple benefits in their life. It improves the concentration power, focusing on single objective, etc. It also helps to develop calmness and it relaxes the child's body and mind.
- Inculcate reading habit for one hour. 'Book is the best friend for an individual'. Reading good books help the child to think and inculcate the good thoughts, because 'what you think, you become like that'.

- Spend time with nature. 'Nature is the best teacher'. If a child starts loving nature and if he or she spends more time with the nature, then the child starts thinking in a logical way and explore to new things.
- Play games. Playing outdoor games will improve the mental health as well as physical fitness of a child. It helps to develop child's sport spirit and zeal of enthusiasm. Indoor games like chess, rubic cubes, etc will improve child's logical and mathematical skills as well as improves child's concentration power.
- Inculcate Hobbies. Hobbies or involving in doing interesting things or new things will improve the mental health of a child. When you are involved in doing things you are interested, it seems to be achieved more and to be successful.

## **CONCLUSION**

As a Parent or teachers or near ones, when you feel a child's behaviour is unsafe, then immediately seek help from counsellor. If a child's behaviour and emotions are changing rapidly, men's that particular child is suffering from mental health. Many items who seek mental health treatment reflect on the impact on their childhood's mental health issues. Young children may suffer mental health issues like frequent complaint about headaches. Often talk about fears or worries, they cannot sit quietly, or else they will become completely silent, either they sleep too much or too little, nightmares, having difficulty. In making friends, they struggle to get good grades. Older children or adolescent may suffer from lost interest in everything, low energy level, avoiding family and friends, and they spend more time being alone, engage in self-harm behaviours, having thoughts of suicide, they may addict to smoke, drink or usage of drugs. To avoid these kinds of mental disorders as a parent, you need to talk with others who are frequently interacting with your child and consult a Mental Health Professionals or Psychotherapist.



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