**FAQ (FREQUENTLY ASKED QUESTIONS)**

For parents:

• My child is always on phone, as he comes from school, he goes to his room, takes his phone, and while eating also he has his phone. if we take his phone from his hands he starts yelling, shouting, and does not have his food. What should I do?

Ans. Set strict rules for him. Give him a set time to use his cell phone. Set rewards for him, that if he will use the phone according to the set time, he will get his favorite toy, dessert, or anything that he likes. Rewards by setting strict rules will help!

• My daughter is always busy with her phone clicking pictures and posting stories on social media. She is always seen moving into the house, going live, and always worried about her followers and how she looks. Is she addicted to social media? How can we help her?

Ans. Yes! Everybody wants to be popular on social media. We can help her by telling her about the negative effects of social media like hacking, trolling, bullying, and fraud and even if she does not listen, set strict rules for using social media. Setting rules and giving desired rewards when they follow rules perfectly will motivate her to use less social media. Tell her about the social media detox trend and encourage her to do it.

3. My child does not respect anyone, especially helpers and old people what should I do?

Answer. Teach him respect by narrating to him stories of respect and gratitude. Be a role model for him. show him how to respect People and what happens if people also treat you disrespectfully. Teach him empathy and help him understand the emotions of others.

 4. My child is very short-tempered. He gets angry and aggressive Very fast. I am very worried for him how can I help him?

 Ans. Don’t worry, First try to understand what makes him angry and aggressive. Practice yoga and meditation as it helps in calming the mind. Doing physical exercise and a healthy diet will help him to calm down.

5. She is always having junk food pizza pasta chips burgers, and she does not take care of her diet. What should I do that she eats healthy?

Ans. Prepare pizza pasta and burgers at home and add veggies to it. Make her favorite dishes at home itself and add a variety of vegetables. Tell her the importance of nutrient requirements and what happens if she will not take a healthy diet.

6. My daughter is a teenager. During this time they go through a lot of changes but she does not speak to me about it,

how can I help her in dealing with all the changes?

 Ans. Sometimes kids don’t feel comfortable with parents at first, so first make them comfortable by sharing your teenage experiences. Then Teach her about all the physical and hormonal changes they go through and how to deal with them. Assure her that you are there to support and guide her and she can share all her positive and negative experiences with you and you will not judge her instead help her. Have friendly open communication with teens.

7. My child is in 11 standards and he wants to take arts as his subject but I want him to take commerce and become a CA. What should I do?

 Ans. Do you think your child is good with numbers?

Will he be able to cope with your expectations? Does he want to do it? We have had the aptitude of doing it? if the answer is yes then encourage him to take commerce. But if he is not comfortable and he is sure that he will not be able to do it then do not force him. sit together and have open communication about it and listen to each other’s point of view.

8. I have seen my son coming home drunk a few times. I don’t like it, I understand it’s OK to drink once or twice but he should know his limits. How should I talk to him about it?

Ans. Sit with your son, Grab a beer,

talk to him and tell him your expectations. In a friendly conversation tell him the harmful effects of alcohol and also set drinking rules.

9. I found a pack of cigarettes and some weeds in the cupboard of my daughter. What should I do? How should I talk to her about it?

Ans. Sir with her and have a general conversation. In between that share a random story about cigarettes and drugs, and the negative effect they have on the body. Make her feel friendly that she can come and discuss with you this topic. Later, ask her about the stuff you found and why it is not good to hide it and do it. Ask her the reason behind doing it and give her a solution accordingly.

10. I found some adult magazines in my seventeen years old son’s room. How should I confront him?

Ans. During the teenage kids have a lot of questions and are very eager to know about sexual desires. Talk to them about their preferences, about what is sex, protection, consequences, diseases like STDs, fantasies masturbation, and pornography. You have to make a friendly bond that you and your child do not feel conscious to talk about. Getting information from outside sources like the internet is not enough. It is better to talk about it rather than keep them unaware and uneducated.

For Children –

• My parents always compare me with my elder brother. I don’t like it. What should I do?

Ans. They want you to excel in life like your elder brother but they may not find the right way to communicate. Don’t get angry, talk to them about your likes and dislikes and how you are different from your brother. Assure them that you will also make them proud but in a different field. Build a friendly environment where you both can share points of view and understand each other and come to a conclusion where you both agree. Respect and peacefully make them understand that you do not like getting compared.

• I don’t want to study engineering. I want to join the national school of drama. But my parents want me to pursue engineering. How to talk to them about it?

Ans. Sir with your parents, discuss the pros and cons of both career choices. Respect each other point of view. Explain to them your interest, and have an alternative plan with you. Come to a common conclusion where you both are satisfied.

• I did not score well in chemistry pre-boards. My parents will get angry. How to tell them?

Ans. Gi to your parents, tell them your marks, assure them that you will work hard and get good marks in the future. Tell them where you lack and if you need help ask them for it. If they will scold you listen to them patiently because they are also worried about your future. Don’t take it personally. Listen to them calmly and promise them that you will work even harder next time.

• I like a boy in my school, but he does not like me, he like girls. Why don’t I like girls? What will my parents and the people around me think?

Ans. It is okay if you are attracted to the same gender. But just be assured first. Talk to a teacher who will help you understand better and then talk to your parents. You need to stay calm and explain it to your parents with dignity and respect. Understand their emotions behind it and explain your emotions.

• I binge-eat junk foods and then I puke. What is going on? Who should I speak to and how to talk about it?

Ans. Are you going through any stressful situations? Talk to your parents if you are facing any problems. Or talk to any family member with who you can share your emotions and who you know will understand you. An eating disorder is caused because of stress. So you need to talk about it.

• My parents have no time for me. Neither do we go for outings and holidays nor they are there when I need them. What to do?

Ans. During dinner time, call both your parents, sit and talk about your emotional needs with them. They will surely understand. Ask them where they are busy and how can you all take out time for each other and talk about everyday things.

• I have completed my graduation but now I want to pursue higher studies also I don’t want my parents to pay for my higher education. What should I do and how should I talk to them about this?

Ans. Get some work experience and save some money from your job. Talk to your parents about your thoughts and come to a mutual point where both of you agree.

• I met a boy online through common friends and now we are dating. I want to tell my parents but I don’t know how they will react. What to do?

Ans. Parents are worried about your safety. Tell them about the boy, tell them how you both met, and do not hide anything. Take some time to open up with the boy, do not trust him immediately and blindly. Move slowly and talk to your parents and understand what they feel about it.

• My parents always fight with each other. How to handle my conflicting parents?

Ans. Bring both your parents together. Discuss the problem and come to a mutual point. Listen and understand both of them, what they feel, and why they are fighting m do not take sides, just help them resolve it.

• My friends want me to come to the party and my parents want me to attend a family function. Both are on the same date and same time. How to make a balance between parents and friends?

Ans. Prioritize your people. Are you close to the friend whose birthday it is or are you close to the family member whose event is it? If all your family members and cousins are coming then do attend the family function. Or you can meet your friend early first and then attend your family function. Understand which is more important and which cannot be avoided.