

Over-scheduling kids

Several studies are expressing a growing concern that after school programs are pressurizing kids to do too much too soon. They point out that when a child's afternoon is filled with classes, trips, sports and other forms of organized activities, kids do not really get the time to be just kids. They are even being deprived of the cherished family time.

Undoubtedly, there are children who are being burdened with a schedule that places too much demand on their time. This leads to increased levels of stress on the child and the family. As regular studies cannot be ignored, children are almost always on the run to achieve more. Such children are really bearing a burden that is too heavy for their frail little shoulders.

In an ideal world, all children would go home directly after school to loving and caring parents who are waiting for the children to come home. But the social and economic realities show that many children have to attend after school courses because there is no one available at home. For such children, these classes are a boon.

Parents should however restrain themselves from reading too much into these activities. After school programs are complimentary in nature. They give additional support. Therefore, their importance should also be limited.

(word count 213)

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