

MEANINGFUL PARENTING THROUGH UNCERTAIN TIMES

HAVING A STRUCTURE FOR THE DAY



ALTERNATE WAYS
OF LEARNING



SHARING
RESPONSIBILITIES
AT HOME



STANDARD HYGIENE
ROUTINE



EATING RIGHT
EVERYDAY



HEALTHY HABITS
FOR LIFE



MEANINGFUL
CONVERSATIONS



LIESURE TIME
ACTIVITIES

THIS SERIES FROM SUDAR SERVES AS A GUIDANCE TO PARENTS ON HOW THEY CAN CONSTRUCTIVELY ENGAGE THEIR CHILDREN DURING TIMES OF CRISIS FORCING THE CHILDREN TO STAY INDOORS FOR LONG PERIODS OF TIME.



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for every child

THIS SERIES IS INTENDED TO GIVE STRUCTURE FOR THE CHILD'S DAY DURING THE LOCKDOWN PERIOD. PARENTS WILL ALSO NEED TO PARTICIPATE IN THE PROCESS UNTIL IT BECOMES PART OF THE CHILD'S DAILY ROUTINE. SOME MAY REMAIN HABITS FOR LIFE. MANY ACTIVITIES THAT PARENTS AND CHILDREN COULD DO TOGETHER CAN EVENTUALLY BECOME PART OF THE LIFE OF THE FAMILY EVEN POST ISOLATION.

MEANINGFUL CONVERSATIONS:

To make the children understand why we are in this current emergency situation and why it is becoming more frequent. Also talking about how man has mishandled the environment causing climate change and various effects in turn.

Discusses the life style changes towards a healthier environmental conditions that families will need to make and further steps toward mitigating the situation. Usually there is not enough time to have meaningful conversations with children. This is an opportunity for parents to gain understanding and share their understanding with their children .This will also help them connect with their children from henceforth.



SHARING RESPONSIBILITIES:

Given the current lockdown situation when all the members of the family have been required to do housework irrespective of gender, it is one opportunity that has come to us to draw attention to gender, class and caste equality. Children need to be educated about equality. This helps them grow into more responsible and independent individuals.

EATING RIGHT EVERYDAY:

Introspection of one's dietary intake, food choices and to insist that eating right food is the right way to build immunity.

STANDARD HYGIENE ROUTINE:

To sensitize children about hygiene so that certain practices become habits.



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ALTERNATE METHODS OF LEARNING:

This provides the opportunity for children, the luxury of enjoying what they are learning, unlike studying for test and exams. This is also an opportunity for parents and grandparents to join the process.



LEISURE TIME ACTIVITIES :

Reviving old ways of spending leisure time which includes people and not screen.



HEALTHY HABITS FOR LIFE:

The suggestions on parenting during lockdown days ends with the section on habits for life which is very crucial to the success of our efforts.

THIS IS AN OPPORTUNITY TO RETHINK HOW WE LIVE OUR LIVES AS INDIVIDUALS, FAMILIES AND SOCIETIES. IT IS NOT JUST ABOUT COPING WITH THE EXTRAORDINARY SITUATION THAT WE ARE IN .



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