

ASK THE EXPERT

December 2020

Query 1

12/14/2020 21:46:13	Female	Age 14 to 18	my daughter issue. misbehave and not taking interest in household activities.
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Category: Behavioral Issues

Query by: Parent

Response: Thank you for sharing your concerns. Since how long has your daughter been acting this way? It would be essential to know about the onset, nature, and severity of rudeness, the situations in which she misbehaves. Also elaborate, how are you currently addressing this issue? Are you resorting to physical punishment and hitting to deal with the issue or generally to discipline her? If so, then this behavior would need to stop as hitting does not teach children anything about managing their own anger and frustration and in fact makes them angrier. Do explore if there is some other stressor that is bothering her such as a growing up changes, family issues, problems with a friend or at school etc. that might be making her feel this way. If so, the issue would need to be addressed and the feelings will gradually settle.

Query 2

12/8/2020 15:49:20	Male	Age 9 to 13	My only child studying in 4th class. he is intelligent. he remember all things but he lost concertation while writing. he start thinking aimlessly, waste a lot of time. most of time start running from one home corner to another(he often do this). he rarely goes to play ground. he does not like to mingle with any one. talks less. he like to read and write urdu subjects he often left questions just because he does not want to write. although he knows answer. should i consult any psychologist . if yes please suggest any .
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Category: Concentration, Attention and Learning issues

Query by: Parent

Response: Thank you for sharing your concerns. Please elaborate with examples and situations where he likes to write and when he leaves the questions unanswered. Your answers will help us determine the reason behind your son's behavior and will help us in guiding you better. Please

elaborate if he has always struggled with concentrating on one task or is this behavior a recent development.

The agitation may come from the struggle he faces while writing in Urdu. It can also come from the apprehension of making a mistake. It is very important to note how you respond to his behavior. As parents are role models for children, sometimes when parents respond to certain mistakes in a certain way, the children start imitating their responses.

It would be important to know if he is facing any challenges in grasping the concepts that are being taught or is stressed about anything at home, school, with friends. At times, both things could contribute towards the lack of interest. If the lack of interest in studies is due to difficulties in a subject, you can work in close coordination with him and his teachers so that he can be best helped to overcome the learning challenges. Encourage him to seek help for subjects he does not understand, help him set a daily study routine, break his work tasks into smaller tasks if he loses concentration on longer tasks and make sure he is getting enough sleep and exercise. However, if other non-academic issues are bothering him, support him in better dealing with and communicating his feelings and thoughts.

Since your child's school has a designated emotional health counselor, we encourage you to contact her to seek more specific guidance. Good luck!
