

**ASK THE EXPERT QUERIES**

**Category: Adolescent Development Issues**

**Query 1**

Dec 2014	Female	Age 09 to 13	Now a days I have noticed that my daughter is not paying much attention towards her studies and paying more attention towards her facebook account what do I do please tell?
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**Query by: Parent**

**Response:**

The use of social media, computer games and electronic gadgets has become a huge concern for parents these days, both in terms of it distracting the children from their studies and the kind of potentially threatening and exploitative situations it exposes children to. The need for creating a balance remains a challenge for many parents. Talk to your daughter and share your concerns with her openly. Before speaking to her, be clear in your own mind what you would like her to change and how much time you would like be willing to allow her to spend on facebook. When you share your concerns, do give her an opportunity to share her thoughts and views and let her come up with a plan to reduce these timings and make a time table for studies and other activities. You can also encourage her to get involved in other healthier activities such as playing a sport and reading. Do educate and discuss with her the potential vulnerabilities for young people like herself related to social media. Best of luck!

**Query 2 & 3**

Apr 2015	Female	Age 14 to 18	Hello my daughter 16 she is very intelligent and hardworking but now a days she has stopped studying and doesn't pays any attention her school is also putting pressure she acts weird what should I do?
Apr 2015	Female	Age 14 to 18	My child was the position holder of her school. but now she is not taking interest in studies she is willing to be an actress. what to do?

**Queries by: Parent**

**Response:**

There could be two possible explanations for what is happening with your daughter. One possibility is that since she is going through adolescence and changes associated with it, these distract her. During the adolescent age (roughly starting around ten years and above), many children go through a series of normal emotional, physical and social changes. As a result of these changes there often tends to be more interest in peers and in pursuing interests other than studies, less interest in spending time with family and adults, frequent arguments and need to exert individuality and identity etc. Some of the things that you mention seem to suggest that your daughter may also be experiencing similar changes. The adolescent period can be overwhelming for adolescents, especially if they lack correct information about the changes that they are experiencing or/and if they feel that there is no one that they can communicate with.

The other possibility is that something has recently happened in your daughter's life that is disturbing her and causing this sudden change. This could be a conflict or problems in the family, bullying in school, peer pressure from friends to engage in some activities that she is not willing to or any other similar situation. Both the above-mentioned possibilities could be creating the distress. Lecturing her about her studies (which is just a symptom of her problem) would not be useful alone.

The best thing would be if you to talk to her about the changes that you notice in her and share your concern. Communicate in an open and friendly way and encourage her to share her thoughts, feelings and concerns not matter how strange or uncomfortable they may seem. Let her know that no matter what career she wants to pursue, she would need to have some level of basic education to do well in the career. Let her know what other children her age experience so that she is able to understand and normalize her own feelings. Even if she does not share much the first time you speak to her, let her know that you are available for her whenever she feels like talking. By communicating openly, you will be giving her an opportunity to discuss and share with you in case she is bothered about something and going through a difficult time. Good luck!

**Query 4**

Feb 2015	Female	Age 14 to 18	Hi! I am a mother of a 16 year old girl and I have a query. My daughter used to be very intelligent and obedient but now she has started to act really weird. She has stopped studying and doesn't get good grades now and has started to go out with friends a lot and started to hang out with boys. I don't know why and whenever I try to talk to her she starts to make excuses and then runs back to her room. I am really worried, please give me some advice.
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**Query by: Parent**

**Response:**

Your worry at the changed attitude of your daughter is understandable. During the adolescent age (roughly starting around ten years and above), many children go through a series of normal emotional, physical and social changes. As a result of these changes there is more interest in peers and opposite sex, less interest in spending time with family and adults, frequent arguments and need to exert their own individuality and identity etc. Some of the things that you mention seem to suggest that your daughter is also experiencing similar changes. The adolescent period can be overwhelming for adolescents, especially if they lack correct information about the changes that they are experiencing or/and if they feel that there is no one that they can communicate with. It might help if you talk to your daughter in an open and friendly manner about the change that you have noticed in her behavior and what your concerns are. Make sure to do it in a manner that allows her the space to talk rather than it being a lecture. Validate and normalize her feelings and let her know that she can talk to you if there is something bothering her or if she has any questions related to growing up. By communicating openly, you will be giving her an opportunity to discuss and share with you in case she is bothered about something and going through a difficult time.

**Query 5**

Feb 2015	Male	Age 09 to 13	My son is in eighth grade. After the first term his academics started to get low. Teachers complain that he does not pay attention to his studies and wants to go outside. What should i do?
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**Query by: Parent**

**Response:**

It appears that the change in his academic grades is a recent occurrence and that he did not have these issues while he was younger. Open and clear communication with him on this issue would be the best way to move forward. Let him know what the teachers have shared and give him an opportunity to share what his thoughts are about the issue, where he thinks the problem lies, and what he can do to improve this and how you as parents can help him deal with the

issue. By communicating openly, you will be giving him an opportunity to discuss and share with you in case he is bothered about something else, which is affecting his studies.

Another angle to keep in mind is related to the adolescent age (roughly starting around ten years and above), which your child is going through, where a series of normal emotional, physical and social changes occur. As a result of these changes there is more interest in peers and opposite sex, less interest in spending time with family and adults, distraction, frequent arguments and need to exert their own individuality and identity etc. The adolescent period can be overwhelming for adolescents, especially if they lack correct information about the changes that they are experiencing or/and if they feel that there is no one that they can communicate with. It might help if you talk to your son in an open and friendly manner about the changes associated with this age and provide him an opportunity to share his concerns and ask questions.

**Query 6**

Feb 2015	Male	Age 14 to 18	He is 8th class he has psychological problems that are becoming severe. He has no interest in education. He spends most of his time on internet. He is very rude and takes no notice of his elders. his performance in his studies show decline and shows no improvement. We need your guidance.
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**Query by: Parent**

**Response:**

During the adolescent age (roughly starting around ten years and above), many children go through a series of normal emotional, physical and social changes. As a result of these changes there is more interest in peers and opposite sex, less interest in spending time with family and adults, frequent arguments and need to exert their own individuality and identity etc. Some of the things that you mention seem to suggest that your son may also be experiencing similar changes. The adolescent period can be overwhelming for adolescents, especially if they lack correct information about the changes that they are experiencing or/and if they feel that there is no one that they can communicate with. It might help if you talk to your son in an open and friendly manner about the change that you have noticed in his behavior and what your concerns are. Make sure to do it in a manner that allows him the space to talk rather than it being a lecture. Validate and normalize his feelings and let him know that he can talk to you if there is something bothering him or if he has any questions related to growing up. By communicating openly, you will be giving him an opportunity to discuss and share with you in case he is bothered about something and going through a difficult time.

Besides, this, you can also work with him to come up with some key rules and norms that he agrees to follow related to the time he will spend studying, on the internet, with friends etc. as well as acceptable behavior. Let him identify consequences, in case the norms are not followed so that he owns and follows the norms. The consequences must be reasonable and given respectfully. Help him develop communication skills so that he can state his feelings and thoughts clearly without offending others. You and your spouse can be the best role models in this regard by communicating with him assertively and clearly yourself.

Best of luck!

**Query 7 & 8**

Apr 2015	Female	Age 14 to 18	Hello my daughter 16 she is very intelligent and hardworking but now a days she has stopped studying and doesn't pays any attention her school is also putting pressure she acts weird what should I do?
Apr 2015	Female	Age 14 to 18	My child was the position holder of her school.. but now she is not taking interest in studies she is willing to be an actress.. what to do?

**Query by: Parent**

**Response:**

There could be two possible explanations for what is happening with your daughter. One possibility is that since she is going through adolescence and changes associated with it, these distract her. During the adolescent age (roughly starting around ten years and above), many children go through a series of normal emotional, physical and social changes. As a result of these changes there often tends to be more interest in peers and in pursuing interests other than studies, less interest in spending time with family and adults, frequent arguments and need to exert individuality and identity etc. Some of the things that you mention seem to suggest that your daughter may also be experiencing similar changes. The adolescent period can be overwhelming for adolescents, especially if they lack correct information about the changes that they are experiencing or/and if they feel that there is no one that they can communicate with.

The other possibility is that something has recently happened in your daughter's life that is disturbing her and causing this sudden change. This could be a conflict or problems in the family, bullying in school, peer pressure from friends to engage in some activities that she is not willing to or any other similar situation. Both the above-mentioned possibilities could be creating the distress. Lecturing her about her studies (which is just a symptom of her problem) would not be useful alone.

The best thing would be if you to talk to her about the changes that you notice in her and share your concern. Communicate in an open and friendly way and encourage her to share her thoughts, feelings and concerns not matter how strange or uncomfortable they may seem. Let her know that no matter what career she wants to pursue, she would need to have some level of basic education to do well in the career. Let her know what other children her age experience so that she is able to understand and normalize her own feelings. Even if she does not share much the first time you speak to her, let her know that you are available for her whenever she feels like talking. By communicating openly, you will be giving her an opportunity to discuss and share with you in case she is bothered about something and going through a difficult time.

Good luck!

**Query 9**

Jun-Jul 2015	Female	Age 06 to 08	My daughter is 6 year old and lately I have noticed that she makes up a lot of stories which have no truth to them. I overheard her tell her friends about going on holiday to places we have never gone to. This has also put me in awkward situations in the school as her teachers have often asked me about things that have not happened in reality. She often compares herself with other students and complains that other children are better than her or have more things that she does. What is going on in her mind and how do I handle her?
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**Query by: Parent**

**Response:**

Dear Parent,

Thank you for sharing your concern. Many children your daughter’s age tend to come up with stories that are not based on reality as they seem to fulfil some need or insecurity in them. Understanding that hidden need and then helping her deal with the fears and insecurities directly would be the key to getting her to stop making stories. From the kind of things that you have shared, it appears that there is a strong need in her to fit into her peer group by wanting to appear better or equally important as her peers. The need to appear better seems focused on material objects and facilities. Try talking to her about how she feels about things that she does not have? Why she thinks that other children are better than her? How it makes her feel and what she can do to deal with these feelings? Help her focus and value her abilities and traits as opposed to the material things that she does or does not have. Help her understand the negative implication of making up stories of this sort. Check your and your spouse’s own said and unsaid communication around material objects, class consciousness and social influences. Children can pick these values both from school and the home environment. Since the home environment is more in your control, the best is to look at that and change any patterns of communication that may be reinforcing this behaviour in her. If possible, talk to her class teacher who may be able to conduct a general discussion on this topic. Good Luck!

**Query 10**

Jun-Jul 2015	Male	Age 14 to 18	My son is 15 years old and he is an obedient and hardworking student. However, lately I notice that he is behaving very odd. He does not seem to be paying attention to his work and is not getting very good grades. He seems disturbed and preoccupied. My husband and I have given him a detailed lecture on the importance of his studies. He listens and agrees but we don’t see any progress. What can I do to help him?
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**Query by: Parent**

**Response**

Dear Parent,

There could be two possible explanations for what is happening with your son. One possibility is that since he is 15 years old and going through teenage and changes associated with it, he is distracted by these. The teenage years bring with it a host of positive and negative emotions and thoughts that could make children preoccupied, confused and distressed at times. Lack of information and guidance further adds to children’s confusion. The other possibility is that something has recently happened in his life that is disturbing him and causing this sudden change. This could be conflicts or problems in the family, bullying in school, peer pressure from friends to engage in some activities that he is not willing to or any other similar situation. Both the above mentioned possibilities could be creating the distress. Lecturing him about his studies (which is just a symptom of his problem) would not be useful alone. The best thing would be if you or your husband, whoever, he is closer to talk to him about the changes that you notice in him and share your concern. Communicate in an open and friendly way and encourage him to share his thoughts, feelings and concerns not matter how strange or uncomfortable they may seem. Let him know what other children his age experience so that he is able to understand and normalize his own feelings. Even if he does not share much the first time you speak to him, let him know that you are available for him whenever he feels like talking. Keep the communication channels open and check on him time and again to see if he is ready to talk. Best of Luck!

**Query 11**

Aug 2015	Female	Age 14 to 18	She is getting weak and stubborn
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**Query by: Parent**

**Response:**

Talk to her about your concerns and let her know about your worries related to her behavior in a calm manner in order for her to open up and share her thoughts instead of not listening and simply lecturing her about this behavior.

From the limited information provided in your query, it is unclear if the change in behavior is a recent occurrence or has been an issue since her childhood. If it's a recent change, then it could be brought about by some disturbance/emotional distress your daughter is experiencing either at home or school or as a result of the normal trials and tribulations associated with the adolescent age. During the adolescent age (roughly starting around ten years and above), many children go through a series of normal emotional, physical and social changes. As a result of these changes there is more interest in peers, less interest in spending time with family and adults, frequent arguments and need to exert one's individuality and identity etc. The adolescent period can be overwhelming for adolescents, especially if they lack correct information about the changes that they are experiencing or/and if they feel that there is no one that they can communicate with. It might help if you talk to your daughter in an open and friendly manner about the change that you have noticed in her behavior and what your concerns are. Make sure to do it in a manner that allows her the space to talk rather than it being a lecture. Validate and normalize her feelings and let her know that she can talk to you if there is something bothering her or if she has any questions related to growing up. By communicating openly, you will be giving her an opportunity to discuss and share with you in case she is bothered about something and going through a difficult time.

If you feel that the behavioral issues have more to do with disciplining as opposed to some major disturbance then perhaps you can work with your daughter to come up with some key rules and norms that she agrees to follow related to the behaviors, routine etc. that bothers you. Let her identify consequences, in case the norms are not followed so that she owns and follows the norms.

**Query 12**

Aug 2015	Male	Age 14 to 18	school has mixed gender but different sections. My son becomes nervous when he sees girls ( in library etc). He doesnt talk with them in normal way.
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**Query by: Parent**

**Response:**

Is he generally a shy child or is his shyness only specific to his interaction with the opposite sex? During the adolescent age (roughly starting around ten years and above), children go through a series of normal emotional, physical and social changes. As a result of these changes there is more interest in peers, less interest in spending time with family and adults, frequent arguments and need to exert one's individuality and identity etc. The nervousness and shyness experienced by your son around girls is somewhat natural especially if he does not interact with them on a one on one basis in his class or/and other social situations. The societal, family and cultural norms may at times add to children feeling more stressed and uncomfortable, as they are not sure what kind of interaction would be acceptable to others.

- Validate and normalize his feelings and let him know that it's okay to feel awkwardness and that not all children his age are naturally comfortable with the opposite sex.
- Let him share his thoughts and feelings so that you can address them accordingly.
- Help him identify ways by which he can overcome this awkwardness most effectively.

Some of these ways could include:

- Practice talking to girls he feels less shy around and discussing topics of interest with them
- Being assertive and looking and talking confidently even if he is feeling nervous from the inside
- Not being too harsh on himself for feeling shy and taking it one step at a time
- Check your own and the school's expectations and norms related to interaction with the opposite sex as they may also be contributing to how your son is feeling.

**Query 13**

Aug 2015	Male	Age 14 to 18	Shyness. Hesitate to talk to a stranger. Low confidence
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**Query by: Parent**

**Response:**

Is this a recent change or she has always been shy? It is important to have more information so that you can be guided most appropriately. The shyness, lack of confidence and hesitation to talk could be due to a number of reasons. This may be a reaction to emotional distress caused by stressful life circumstances such as a change in the family situation, conflicts, abuse, death or illness of a loved one or coping with emotional physical and social changes brought about during the adolescent age. Once, she is given an opportunity to share her thoughts and feelings associated with these changes, and able to work on ways of coping with these life changes, the shyness and lack of confidence will settle down. Harsh parenting and put downs can also make children feel less confident, so do check how you and your spouse disciplining her and whether your parenting style puts her down.

In general, some of the ways by which you can help your daughter build her confidence and overcome her shyness are:

- Praise her for her efforts, hard work, qualities and traits
- Allow her an opportunity to explore interests and develop skills and abilities in those areas
- Normalize feelings related to failures and help her identify ways of dealing with the weaknesses
- Keep expectations age appropriate as well as to a level that she can handle. Check your own unrealistic expectations about how the child should look, behave and what she should achieve.
- Set limits and discipline the child through respectful measures instead of resorting to put downs, insults and corporal punishment
- Respect individual difference and avoid comparison with other siblings, cousins etc.
- Listen to her needs and explore reasons that maybe making her feel under confident e.g. bullying in school, inability to attain the grades he/she is aiming for, stressors at home, a change in life circumstances etc. Help her work through these feelings and develop skills to deal with the different situations.

**Query 14**

Sept 2015	Female	Age 14 to 18	She is very lazy, does not want to do any work , scolds everyone and becomes angry at little things . She says she is bored
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**Query by: Unspecified**

**Response**

Thank you for sharing your concerns. How are you currently managing this behavior? It would

be important to know how you deal with her so that you can be guided more accurately. If you either completely ignore her behavior or become too aggressive and strict, both these strategies may not be very helpful.

The best way to work through these issues is by talking to her in a calm manner about the changes that you have noticed in her and giving her the space to share her own views, concerns and thoughts about the matter. It is also okay to let her know how her behaviors effects you and your family and help her identify ways by which she can think of other positive alternates to express her thoughts and feelings e.g. she can keep a check on her tone and choice of words when she is communicating a point of view, delay talking when she is very angry and give herself time to cool off before talking, etc.

Providing her the space to talk, validating and normalizing her feelings may in itself help the behavior settle down, especially If she is going through some emotional turmoil, learning to cope with the changes brought about by adolescence, etc.

Remember that during the adolescent age (roughly starting around ten years and above), many children go through a series of normal emotional, physical and social changes. As a result of these changes there is more interest in peers and opposite sex, less interest in spending time with family and adults, frequent arguments and need to exert their own individuality and identity etc. Some of the things that you mention seem to suggest that your daughter is also experiencing similar changes. The adolescent period can be overwhelming for adolescents, especially if they lack correct information about the changes that they are experiencing or/and if they feel that there is no one that they can communicate with.

Check your own expectations regarding how much time she should be giving to her studies and her role in the house chores etc. and make sure that these are realistic. If you feel that they are, then you can also work with her to set some family norms related to a study routine and acceptable behavior with clearly spelt out consequences for not following the norms. Make sure not to dictate these, but to involve her in the process of making these norms.

All the best.

### Query 15

Sept 2015	Female	Age 09 to 13	AOA. Sir my daughter is studying in cl 6th Silver. She was a shining student in her early classes. But her performance has deteriorated with the passage of time. She has studied at APS Mardan, APS Chinar Campus Murree before joining APS Westridge-III in 2012. I am very disturbed due to her poor performance in her academics. Please advise me what to do tackle this situation.
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#### Query by: Parent

#### Response:

There could be many possible reasons for the change in her academic performance ranging from difficulties due to frequent change of schools and teaching styles, problems with the peers at school, bullying, inability to understand a subject to stressors due to problems at home and/or adolescent changes that your daughter is going through.

Talk to her in an open, calm and friendly manner and share your observations about the changes you have noticed in her. Let her know that she can share anything that bothers her and that you will listen and support her without putting any blame. Once she starts to open up, help her deal with the situation accordingly, by both validating feelings that are normal and by helping her develop positive coping skills. Once the underlying issue bothering her is discussed and resolved, she will most likely be able to get back to concentrating on her studies.



**Query 16**

Sept 2015	Female	Age 09 to 13	AOA. Sir my daughter is studying in cl 6th Silver. She was a shining student in her early classes. But her performance has deteriorated with the passage of time. She has studied at APS Mardan, APS Chinar Campus Murree before joining APS Westridge-III in 2012. I am very disturbed due to her poor performance in her academics. Please advise me what to do tackle this situation.
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**Query by: Parent**

**Response:**

It might help if you talk to your daughter in an open, calm yet concerned manner about your observations. Make sure to do it in a manner that allows her the space to talk rather than it being a lecture. Work with her to come up with some key rules and norms that she agrees to follow related to the amount of time she will spend studying, on the internet, with friends etc. as well as acceptable behavior. Let her identify consequences, in case the norms are not followed so that she owns and follows the norms. The consequences must be reasonable and given respectfully. Help her develop communication skills so that she can state her feelings and thoughts clearly.

An important aspect to keep in mind is the fact that your daughter is going through adolescence. During the adolescent age (roughly starting around ten years and above), many children go through a series of normal emotional, physical and social changes. As a result of these changes there is more interest in peers and opposite sex, less interest in spending time with family and adults, frequent arguments and need to exert their own individuality and identity etc. Some of the things that you mention seem to suggest that your daughter may also be experiencing similar changes. The adolescent period can be overwhelming for adolescents, especially if they lack correct information about the changes that they are experiencing or/and if they feel that there is no one that they can communicate with. Validate and normalize her feelings and let her know that she can talk to you if there is something bothering her or if she has any questions related to growing up. By communicating openly, you will be giving her an opportunity to discuss and share with you in case she is bothered about something and going through a difficult time.

**Query 15**

Sept 2015	Female	Age 14 to 18	My daughter is very careless. She spends most of her time on the internet playing games and chatting. She pays less attention towards her studies. Please tell me what to do and how to encourage her towards her studies.
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**Query by: Parent**

**Response:**

It might help if you talk to your daughter in an open, calm yet concerned manner about your observations. Make sure to do it in a manner that allows her the space to talk rather than it being a lecture. Work with her to come up with some key rules and norms that she agrees to follow related to the amount of time she will spend studying, on the internet, with friends etc. as well as acceptable behavior. Let her identify consequences, in case the norms are not followed so that she owns and follows the norms. The consequences must be reasonable and given respectfully. Help her develop communication skills so that she can state her feelings and thoughts clearly.

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**Query 18**

Sept 2015	Female	Age 9 to 13	the girl has written three letters to class teacher tell how much she love her and want to be her friend with lot of emotional remarks as well as romantic words. It seems to be a case of attention seeking attitude,She has been council ed by principal. Parents reported that she does get lot of attention at home. The girls grades are falling down. plz guide help
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**Query by: Teacher**

**Response:** It appears to be a situation of a teenage crush, which is a normal occurrence during adolescence. A series of emotional, physical, hormonal and social changes start to occur in children roughly around ten years of age. As a result of these changes there is more interest in peers and opposite sex, less interest in spending time with family and adults, frequent arguments and need to exert their own individuality and identity etc.

Crushes or intense liking, preoccupation and interest in a friend, an older person like a teacher or a celebrity are also associated with the adolescent changes. While some children tend to hide their crushes other try to actively pursue the person they have a crush on. Crushes can at times make children feel confused, embarrassed and overwhelmed especially if they are unable to talk to anyone about them.

You can support her through these feelings by:

- Helping her understanding what crushes are and validating and normalizing her feelings. Making her feel guilty or being too harsh may not be very helpful.
- Helping her differentiate between a healthy and unhealthy relationship. Let her know that while it is normal for children her age to experience these feelings, that there are certain boundaries between a teacher and a student and that such a friendship would come under the category of an unhealthy relationship.

Make sure that the issue is handled with sensitivity and only shared with those in the school administration to whom the issue is relevant.

**Query 19**

Sept 2015	Female	Age 14 to 18	shy , dont faces mob , aggressive , dont takes interest in studies , misbehave with the siblings
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**Query by: Parent**

**Response:**

During the adolescent age (roughly starting around ten years and above), many children go through a series of normal emotional, physical and social changes. As a result of these changes there is more interest in peers and opposite sex, less interest in spending time with family and adults, frequent arguments and need to exert their own individuality and identity etc. Some of the things that you mention seem to suggest that your son may is also be experiencing

similar changes. The adolescent period can be overwhelming for adolescents, especially if they lack correct information about the changes that they are experiencing or/and if they feel that there is no one that they can communicate with. It might help if you talk to your son in an open and friendly manner about the change that you have noticed in his behavior and what your concerns are. Make sure to do it in a manner that allows him the space to talk rather than it being a lecture. Validate and normalize his feelings and let him know that he can talk to you if there is something bothering him or if he has any questions related to growing up. By communicating openly, you will be giving him an opportunity to discuss and share with you in case he is bothered about something and going through a difficult time.

To help him deal with his shyness, work on building his self-esteem and confidence. Appreciate his positive qualities and encourage him wherever he falters and feels under confident. Encourage him to pursue his interests. Help him identify ways by which he can overcome his fears and concerns related to certain social situations.

Besides, this, you can also work with him to come up with some key rules and norms that he agrees to follow related to the time he will spend studying, on the internet, with friends etc. as well as acceptable behavior. Let him identify consequences, in case the norms are not followed so that he owns and follows the norms. The consequences must be reasonable and given respectfully. Help him develop communication skills so that he can state his feelings and thoughts clearly without offending others or shying away from the situation. You and your spouse can be the best role models in this regard by communicating with him assertively and clearly yourself.

**Query 20**

Sept 2015	Female	Age 09 to 13	he is not studying properly always try to escape from his study and not obeying to his mother
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**Query by: Parent**

**Response:**

During the adolescent age (roughly starting around ten years and above), many children go through a series of normal emotional, physical and social changes. As a result of these changes there is more interest in peers and opposite sex, less interest in spending time with family and adults, frequent arguments and need to exert their own individuality and identity etc. Some of the things that you mention seem to suggest that your son may is also be experiencing similar changes. The adolescent period can be overwhelming for adolescents, especially if they lack correct information about the changes that they are experiencing or/and if they feel that there is no one that they can communicate with. It might help if you talk to your son in an open and friendly manner about the change that you have noticed in his behavior and what your concerns are. Make sure to do it in a manner that allows him the space to talk rather than it being a lecture. Validate and normalize his feelings and let him know that he can talk to you if there is something bothering him or if he has any questions related to growing up. By communicating openly, you will be giving him an opportunity to discuss and share with you in case he is bothered about something and going through a difficult time.

Besides, this, you can also work with him to come up with some key rules and norms that he agrees to follow related to the time he will spend studying, on the internet, with friends etc. as well as acceptable behavior. Let him identify consequences, in case the norms are not followed so that he owns and follows the norms. The consequences must be reasonable and given respectfully. Help him develop communication skills so that he can state his feelings and thoughts clearly without offending others. You and your spouse can be the best role models in this regard by communicating with him assertively and clearly yourself.

Best of luck!

**Query 21 & 22**

Oct 2015	Female	Age 14 to 18	My daughter studying at class 8 ,once she was a position holder
Oct 2015	Female	Age 14 to 18	But now she z taking fourth position while z still working hard she z nowadays very upset.

**Query by: Parent**  
**Response**

Is she upset about not doing as well as she used to do earlier in her studies or is there something other than the studies that is making her upset? Understanding this would help us guide you better.

Talk to her about the situation (not to lecture) so that she is able to open up and share her concerns. Evaluate her and your own expectations related to her grades to ensure that these are realistic. Unrealistic expectations related to performance, goals etc. can make children feel anxious and pulled down.

Since your daughter is going through adolescence, she may be experiencing emotions and challenges that are part and parcel of this stage. During the adolescent age (roughly starting around ten years and above), many children go through a series of normal emotional, physical and social changes. As a result of these changes there is more interest in peers, less interest in studies, spending time with family and adults, frequent arguments and need to exert one’s individuality and identity etc. The adolescent period can be overwhelming for adolescents, especially if they lack correct information about the changes that they are experiencing or/and if they feel that there is no one that they can communicate with. It might help if you talk to your daughter in an open and friendly manner about these changes. Make sure to do it in a manner that allows her the space to talk rather than it being a lecture. Validate and normalize her feelings and let her know that she can talk to you if there is something bothering her or if she has any questions related to growing up. By communicating openly, you will be giving her an opportunity to discuss and share with you in case she is bothered about something and going through a difficult time.

**Query 23**

Sept 2015	Female	Age 14 to 18	my child can not concentrate at all. i don't about she thinks all the time. she does not shares anything. she is very intelligent according to all of teachers but never gets good grades because of lack of concentration.
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**Query by: Parent**  
**Response:**

Kindly provide more information about your daughter’s lack of concentration in studies to understand her situation better and to guide you accordingly. It would be essential to know about her interest in activities other than studies, and if the lack of concentration is a recent occurrence or an issue since her childhood and/or any other change that you have noticed in her mood and behavior.

The best way to work through these issues is by talking to her in a calm manner about your concerns and giving her the space to share her own views, concerns and thoughts about the matter.

If the issue is only related to studies and not any other emotional problem such as issues at home, peer pressure, bullying etc., that might be bothering her, you can work in close coordination with her and her teachers so that she can be best helped to overcome her learning

challenges. Encourage her to seek help for subjects she does not understand, help her set a daily study routine, break her work tasks into smaller tasks if she loses her concentration on longer tasks and make sure she is getting enough sleep and exercise.

You may also want to keep in mind the fact that your daughter is in the adolescent age (roughly starting around ten years and above), where many children go through a series of normal emotional, physical and social changes. As a result of these changes there may be more interest in peers and opposite sex, less interest in studies, spending time with family and adults, frequent arguments and need to exert their own individuality and identity etc. The adolescent period can be overwhelming for adolescents, especially if they lack correct information about the changes that they are experiencing or/and if they feel that there is no one that they can communicate with. It might help if you talk to your daughter in an open and friendly manner about these changes. Make sure to do it in a manner that allows her the space to talk rather than it being a lecture. Validate and normalize her feelings and let her know that she can talk to you if there is something bothering her or if she has any questions related to growing up. By communicating openly, you will be giving her an opportunity to discuss and share with you in case she is bothered about something and going through a difficult time.

**Query 24**

Sept 2015	Female	Age 14 to 18	hi, I just caught my child watching porn the other day and i talked to her about it and she didnt show any remorse, she said every one does it. And shes not getting good grades now, and is on the phone all the time,shes getting interesteed in boys alot too, i have no idea how to handle her, plz suggest something for me to do.
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**Query by: Parent**

**Response:**

Internet pornography has become a cause of concern for parents’ world over due to a number of reasons such as age inappropriate exposure to sexual information, inaccurate depiction of sexual relationships and vulnerability of children to sexual abuse at the hands of pedophiles who may actively engage with children viewing the pornographic sites.

During the adolescent age (roughly starting around ten years and above), many children go through a series of normal emotional, physical and social changes. As a result of these changes there is more interest in peers and opposite sex, less interest in spending time with family and adults, frequent arguments and need to exert their own individuality and identity etc. The adolescent period can be overwhelming for adolescents, especially if they lack correct information about the changes that they are experiencing or/and if they feel that there is no one that they can communicate with. Due to lack of parental communication on sexual matters, children often tend to resort to information available on the internet especially the pornographic websites.

Talk to your daughter in an open, calm yet concerned manner about these observations. Make sure that you do it in a manner that allows her the space to talk rather than it being a lecture. Before talking to her it is important to check your own comfort level on these issues, and if need be, get some factual information that can help you guide her. Remember that by simply lecturing her or avoiding discussion on the topic, you will not be resolving the issue. The communication with your daughter will have to be ongoing since it may take her some time to become comfortable discussing these matters with you especially if you have previously not spoken openly about these issues.

Validate and normalize her feelings and need for information and allow her an opportunity to ask you for information related to growing up. Discuss with her the advantages and

disadvantages of the Internet and share your concerns. You may also encourage her to seek information only from authentic websites and develop some safety rules when using the Internet such as not to share personal information including photographs with a stranger, etc. Work with her to come up with some key rules and norms that she agrees to follow related to the amount of time she will spend studying, on the internet, with friends etc. as well as acceptable behavior. Let her identify consequences, in case the norms are not followed so that she owns and follows the norms. The consequences must be reasonable and given respectfully. Help her develop communication skills so that she can state her feelings and thoughts clearly.

**Query 25**

Oct 2015	Male	Age 14 to 18	My son will complete his 10 th grade in March 2016. I want that should I admit my child to co-ed school or single. I want to admit him to Iqra but it is co-ed college and he has never studied in co-ed environment. Other colleges in my area are not competent according to me.
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**Query by: Parent**

**Response:**

It appears that the main apprehension about admitting your son to Iqra college has to do with the fact that the school is co-education and that your son has not studied with girls before. The choice to send him to this college would be yours and that of your son. However, It might help you make a more informed decision if you first identify your underlying concerns and fears regarding co-education. Once you have identified these, evaluate how realistic they are and a big enough cause to keep your son away from the best available education. I also suggest that you talk to your son to find out if he shares similar concerns and guide him if needed about how he can deal with these.

**Query 26**

Mar 2016	Female	Age 14 to 18	I am a student of 8th i wont like to tell up my name here so the thing is i've been through some matters in my life since i'm born that doesn't lets me live like normal some of em are still in my life but taking so much stress about it idk i feel so pain in my nerves that sometimes i get blackouts even i've loss confidence on my self ..i've take stress of that thing that my friend ditched me! If there's any place else to tell up my everything do tell!
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**Query by: Student**

**Response:**

Thank you for sharing your concerns. It appears that you are going through stressful life experiences since a long time and now it is affecting your physical health and relationships. I encourage you to seek in person support. Talk to your parents about how you are feeling or an elder sibling, cousin or a teacher so that they can guide you and take you to a counsellor. Some of the teachers in your school have also been trained on children's emotional health issues and they may be able to link you to a sensitive and understanding counsellor. Do write and update us.

**Query 27**

Mar 2016	Female	Age 14 to 18	She fight at petty reasons with elders
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**Query by: Unspecified**

**Response:**

Talk to her about your concerns and let her know about your worries related to her behavior in a calm manner in order for her to open up and share her thoughts instead of not listening and simply lecturing her about this behavior.

From the limited information provided in your query, it is unclear if the change in behavior is a recent occurrence or has been an issue since her childhood. If it's a recent change, then it could be brought about by some disturbance/emotional distress your daughter is experiencing either at home or school or as a result of the normal trials and tribulations associated with the adolescent age. During the adolescent age (roughly starting around ten years and above), many children go through a series of normal emotional, physical and social changes. As a result of these changes there is more interest in peers, less interest in spending time with family and adults, frequent arguments and need to exert one's individuality and identity etc. The adolescent period can be overwhelming for adolescents, especially if they lack correct information about the changes that they are experiencing or/and if they feel that there is no one that they can communicate with. It might help if you talk to your daughter in an open and friendly manner about the change that you have noticed in her behavior and what your concerns are. Make sure to do it in a manner that allows her the space to talk rather than it being a lecture. Validate and normalize her feelings and let her know that she can talk to you if there is something bothering her or if she has any questions related to growing up. By communicating openly, you will be giving her an opportunity to discuss and share with you in case she is bothered about something and going through a difficult time.

If you feel that the behavioral issues have more to do with disciplining as opposed to some major disturbance then perhaps you can work with your daughter to come up with some key rules and norms that she agrees to follow related to the behaviors that bother you. Let her identify consequences, in case the norms are not followed so that she owns and follows the norms.

**Query 28**

Mar 2016	Male	Age 14 to 18	My child is not very social with other children. Apart from that she is also losing her interest in studies. As a mother I asked her so many times but every time she ignored. Here I also wanted to mention she was a very good student and achieved good grades in her previous classes. pl. guide me in that regard. Thanks
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**Query by: Parent**

**Response:**

You will have to keep talking to her in order to understand and help her work through the issues she may be experiencing. Talk to her in a calm manner about your concerns and give her the space to share her own views, concerns and thoughts about the matter.

It would be important to know if she is facing any challenges in grasping the concepts that are being taught or is stressed about anything at home, school, with friends etc. If the lack of interest in studies is due to difficulties in a subject, you can work in close coordination with her and her teachers so that she can be best helped to overcome her learning challenges. Encourage her to seek help for subjects she does not understand, help her set a daily study routine, break her work tasks into smaller tasks if she loses her concentration on longer tasks and make sure she is getting enough sleep and exercise.

You may also want to keep in mind the fact that your daughter is in the adolescent age (roughly starting around ten years and above), where many children go through a series of normal emotional, physical and social changes. As a result of these changes there may be more interest in peers; less interest in studies, spending time with family and adults; frequent arguments and need to exert their own individuality and identity etc. The adolescent period can be overwhelming for adolescents, especially if they lack correct information about the changes that they are experiencing or/and if they feel that there is no one that they can communicate with. It might help if you talk to your daughter in an open and friendly manner about these changes. Make sure to do it in a manner that allows her the space to talk rather than it being a lecture. Validate and normalize her feelings and let her know that she can talk to you if there is something bothering her or if she has any questions related to growing up. By communicating openly, you will be giving her an opportunity to discuss and share with you in case she is bothered about something and going through a difficult time.

**Query 29**

Mar 2016	Female	Age 14 to 18	Not taking her studies seriously and her Federal Board is near
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**Query by: Unspecified**

**Response:**

You will have to keep talking to her in order to understand and help her work through the issues she may be experiencing. Talk to her in a calm manner about your concerns and give her the space to share her own views, concerns and thoughts about the matter.

It would be important to know if she is facing any challenges in grasping the concepts that are being taught or is stressed about anything at home, school, with friends etc. If the lack of interest in studies is due to difficulties in a subject, you can work in close coordination with her and her teachers so that she can be best helped to overcome her learning challenges. Encourage her to seek help for subjects she does not understand, help her set a daily study routine, break her work tasks into smaller tasks if she loses her concentration on longer tasks and make sure she is getting enough sleep and exercise.

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**Query 29**



Mar 2016	Male	Age 14 to 18	My child is not very social with other children. Apart from that she is also losing her interest in studies. As a mother I asked her so many times but every time she ignored. Here I also wanted to mention she was a very good student and achieved good grades in her previous classes. pl. guide me in that regard. Thanks
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**Query by: Parent**

**Response:**

You will