

ASK THE EXPERT QUERIES

Category: General/ Others

Query 1

Dec 2014	Female	Age 06 to 08	Meri beti ko asthma problem hai aksar hospitalize rehti hai attacks itne severe hotay hain k ICU me rehti hai 1 or 2 weeks. kuch arsay se hum ne note kia hai k wo kch ajeeb sa behave krti hai maslun koi b bahar ja raha ho she wants to go with him or bahar janay walay ki jaan nai chorti jb tk wo sath lay janay pe agree na ho jaye.apni age se bari batain krti hai.parhai me zada nai lakin behter hai writing bht achi hai.baat nai manti.teachers kehti hain k "no commints for her" smjh nai a raha k kia kru??
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Query by: Parent

Response

Thank you for sharing your concerns. It must not be very easy for your daughter and your family that she has to be hospitalized frequently due to the severe asthmatic attacks. Frequent hospitalizations and ill health is not easy and can sometimes make children go through all sorts of feelings. Children often tend to miss the activities other children engage in and that they are curtailed from such as playing outside. Since she is very young, she may not even fully grasp the reasons for hospitalization and what all is happening to her. The best would be to understand what is going on in her mind so that you can address these concerns and help deal with the behavior you are having a problem with. Explore her thoughts through play activities, imaginary stories, puppets. Children this age often tend to open up when you ask them about how other children going through similar situations, would feel. You can say, *'I want to tell you a story of a girl, Fatimah, who has to go to the hospital a lot. How do you think Fatimah feels about this?'* *'What does Fatimah miss most? What are her fears?'* *'What can we do to help Fatimah feel better and stronger?'* etc. These will help you open up the conversation with her and allow you an opportunity to address her thoughts and feelings by clarifying them, validating them and helping her identify ways to take care. You can also then directly ask her how she is doing. Best of luck

Query 2

Jan 2015	Male	Age ≤ 2	Dear mam I don't know if i am allowed to ask about my son who is not in school, but please try to understand i have done every single thing possible. he doesn't respond to anything i do no eye contact and doesn't do the things that kid in his age do and doesn't even say mom or dad only bbbbbb mmmmmaaa gagagga kakaka this kind and is very active moves all the time but he does respond to cartoons he like and if he wants something he does make that clear by pulling me. I am bit concern that he might have autism. i have also taken him to agha khan for ear test and that was clear and went to specialist. Please can u help me with anything that will really help me. if u can suggest me anything or recommend me any specialist or speech therapy please answer thank you .
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Query by: Parent

Response

From your email I gather that you are based in Karachi. I would suggest that you show him first to a good pediatrician in Karachi. Aga Khan would surely have some good ones on its

panel. The pediatrician upon seeing the child and having a thorough discussion with you will ascertain if his developmental milestones fall in the normal range. Once that is done, he will be able to guide you to the best services. I am aware that Aga Khan Hospital has experts that deal with all sorts of childhood issues and would be able to help you with that. Best of Luck!

Query 3

Oct 2015	Male	Age 3 to 5	do not remember things
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Query by: Unspecified

Response

The information provided is insufficient for us to guide you accurately. Your son is very young and it is unclear what all he is unable to remember and that you expect a child his age should be able to. Information about any noticeable delays in his development milestones would also be useful in guiding you

Query 4

Oct 2015	Male	Age 9 to 13	My child is showing very good grades in his last school after changing his school he showing very low grades.I am also teaches in APS bahwalpur please HELP ME...
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Query by: Unspecified

Response

Your child seems to be adjusting to the new school environment, where there are new teachers, students and perhaps a different way of teaching and a changed curriculum. Change can be extremely stressful at times and both children and adults may require a bit of time before they feel adjusted. He may also be missing his old school and friends, which may in turn be affecting his studies.

The best way forward would be to talk to your child and give him an opportunity to share with you any difficulties that he is experiencing both academically and socially in adjusting to the new environment. Validate and acknowledge the feelings brought about by the change and help him develop skills to deal with issues that he maybe experiencing. For example if the problem is with understanding a subject, give him extra coaching or encourage him to talk to the teachers about the difficulties. If he has difficulty making friends, help him identify some of the friendly children in the class and think of ways to interact with them more.

All the best!

Query 5

Oct 2015	Female	Age 9 to 13	my daughter write with left hand. and teacher do not understand her individual difference and being labeled slow writer.
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Query by: Parent

Response

It is difficult to guide you based on the limited information provided. Does your child have any other learning issues besides writing slow such as difficulty grasping concepts, reading etc.? It might help if you talk to the teachers about how the labeling affects your daughter. As for writing slow, ask the teachers how your daughter can be helped improve this and if there are other learning issues that need to be addressed.

Query 6

Oct 2015	Female	Age 14 to 18	Sometimes teachers behaviour unknowingly effect students personality how can a student face this situation
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Query by: Unspecified

Response

You would need to elaborate on the kind of behavior teachers' have that you think can affect students. The current information provided is insufficient and unclear.

Query 7

Oct 2015	Female	Age 09 to 13	He always feel tired after coming from school.
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Query by: Parent

Response

The information provided is insufficient to guide you. He could be tired due to a number of reasons such as lack of adequate sleep and nutrition, a medical condition or psychological stress and pressure of the studies. Explore all these areas to determine the possible cause and then deal with them accordingly.

All the best.

Query 8

Oct 2015	Female	Age 09 to 13	Some teachers are harassing her n irritating her n she needs some space and love because she has been living in a very good atmosphere she has always lived like a princess n teachers one of the teacher scolds her every time.
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Query by: Parent

Response

It is unclear from your email exactly what it is that the teachers do which ends up making your daughter feel 'harassed and irritated'. This would be important to understand so that you can also make a more informed assessment about how justified or unjustified teachers' reaction is towards your daughter. Teachers are required to maintain certain decorum and norms for all the students in the class and if your daughter has any specific learning or behavioral issues for which she requires extra support, letting the teachers know about this might be helpful. If you feel that the scolding is unjustified or that the way it is communicated does not help your daughter, you can also discuss this with the school principal. All the best!

Query 9 & 10

Oct 2015	Female	Age 09 to 13	Behavior
Oct 2015	Male	Age 06 to 08	Lack of concentration

Query by: Unspecified

Response:

The information provided is insufficient to provide you with any guidance.

Query 11

Jan 2016	Male	Age 09 to 13	i am a student my query is that in our school there is too much favourtism and our school management always won those students who are from the families of teachers and always take these students to the functions
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Query by: Student

Response:

Thank you for writing and sharing your concerns. Such a situation can be a discouraging one for students. Have you along with other girls tried talking to any of the teachers who you think are more neutral? Explore if this is a possibility as sometimes teachers may do this unknowingly. Additionally, the teachers may have an alternate explanation for this, which can be clarified. Your concern will also be shared with your school management. Good luck!

Query 12

Feb 2016	Male	Age 03 to 05	how can I develop good and learning habits in my child
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Query by: Unspecified

Response:

Are you having any specific issue in terms of your child’s learning abilities? If not, then just ensure that the child is provided with opportunities to learn that stimulate all his senses. Introduce poems and music, read out books to him, make him read age appropriate books, allow him opportunities to draw, color, play with toys, blocks, observe his environment and nature and connect things he is learning through books and play with the day to day observations etc. Play can have an extremely critical role at this age so make sure learning is through doing. As for the habits, try making an age appropriate daily consistent routine for these activities and also ensure that the child is not overburdened with too many activities and has time for free play.

Query 13

Feb 2016	Female	Age 09 to 13	My daughter named ***** ***** ***** has a very good and nice behavior and mashaallah she is good ahers there show their favouritism and she is not doing good as the teachers are humiliating her and her 2 of friends named ***** and ***** that is not good please ask the teachers to become nice with them Thankyou !
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Query by: Parent

Response:

I am sorry to hear that your daughter and her friends feel humiliated due to the behavior of the teacher. It may help if you ask your daughter about specific things that the teacher does or say that makes your daughter feel humiliated as well as what she means by favoritism towards other girls. This will just help clarify in your own mind, if what your daughter and friends feel actually falls under favoritism. Once you are clear on that, it is suggested that you bring up this issue with the principal of the school so that it can be addressed properly. Since the scope of this page is limited to addressing behavioral and psychological issues of children, your query has been forwarded to the concerned team within the secretariat, so that they can also follow-up on the matter. All the best!

Query 14

Feb 2016	Female	Age 09 to 13	i want my daughter to reach the maximum but due to a teacher in her school she could not focus on her studies because the teacher is involved in favourism to a girl in her class and she use to scold her even if its not her mistake .kindly give me a suggestion.
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Query by: Parent

Response:

Children can easily be discouraged if they feel that another child is being given preference over them. It may help if you ask your daughter about specific things that the teacher does or say that makes your daughter feeling that the teacher is favoring the other girl. If you feel that your daughter is misunderstanding a behavior or situation as favoring the other girl, you can help your daughter see a different perspective to the situation. However, in case you also feel that the teacher is favoring the other girl, ask your daughter how she would like to resolve the issue, e.g. she may talk to the teacher directly about how she feels, may speak to the principal or may ask you to get involved in speaking to the teacher or the principal about the matter. You can also let her know that each teacher is different and some may not be aware of this behavior and need to be told so that they can change their behavior. You can also let her know that some may still not change despite being given feedback and no matter how discouraging it maybe, they need to know that the problem is with the teacher and not them. All the best!

Query 15, 16 & 17

Feb 2016	Female	Age 09 to 13	done home work in emergency then goes for playing
Feb 2016	Male	Age 14 to 18	booring school
Feb 2016	Male	Age 14 to 18	Behavioral related issues of young children.

Query by: Unspecified

Response:

The information provided is unclear and insufficient to provide a response.

Query 18

Feb 2016	Female	Age 09 to 13	PLEASE HELP ME SIR.SIR MY FRIEND(NOT A FRIEND)MY CLASS FELLOW ALWAYS SPOKE ME IN A RUDE MANNER WHEN HER FRIEND WAS HERE.HER FRIEND ALSO MADE DIFFICULTIES FOR HER BUT SHE WAS A TYPE OF AFRAID FROM HER.BUT WHEN MY CLASS FELLOW'S FRIEND WAS POSTED SHE ALWAYS TOLD THAT U R MY BEST FRIEND.BUT I DONT LIKE HER BECAUSE OF HER RUDNESS BEFORE BUT I COULD NOT TELL HER BECAUSE I AM NOT CONFIDENT I COULD NOT TELL HER ABOUT IT THATS WHY I MAKE MY NEW FRIENDS AND SHE ALWAYS TELLS ME THAT I AM HER ENEMY AND I COULD ANSWER. THIS ALL WHICH I HAVE DISCRIBED ONLY I KNOW. SIR I'M VERY DISTURD PLEASE HELP ME.SHOULD I MAKE MY CLASSFELLOW MY FRIEND OR SHOULD I CONTINUE WITH MY OWN FRIENDS.SIR IF U SOLVED I PRAY FOR U SIR PLEASE PLEASE HELP AS MUCH AS U CAN. REPLY SOON OR I WOYLD BE DESTORIED:(
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Query by: Student

Response:

It appears that you are finding it difficult to decide whether to continue being friends with this class fellow, who does not always behave very nicely with you. You mentioned that due to lack

of confidence you are unable to say what you want to say to her. Friendships are an important part of any child and adult's life and fights between friends are also part of friendships. If we don't like something in a friend and are able to tell each other what we don't like, it can help build stronger friendships.

It might help if you try to identify the qualities that you admire in a friend in general and see if some of those important qualities are present in this class fellow. All of these qualities may be difficult to find in one friend, however, just assess if she has some of the basics that you require in a friend such as feeling respected, having fun together, being able to share your feelings, etc. It is also important to remember that you can have more than one friend and that being friends with one class fellow does not have to mean that you can no longer be friends with others. All the best!

Query 19 - 28

Mar 2016	Female	Age 9 to 13	Abusive language
Mar 2016	Female	Age 9 to 13	Not read any book
Mar 2016	Male	Age 14 to 18	Always play cricket
Mar 2016	Male	Age 14 to 18	Happiness
Mar 2016	Male	Age 9 to 13	Aggression
Mar 2016	Male	Age 14 to 18	Active
Mar 2016	Male	Age 9 to 13	How you teach the students
Mar 2016	Female	Age 14 to 18	She is always feel sleepy in the class
Mar 2016	Female	Age 6 to 8	V Aggressive....
Mar 2016	Male	Age 9 to 13	Weak in learning

Query by: Student

Response:

The information provided is unclear and insufficient to provide a response. Kindly elaborate on what you mean by sharing how it is affecting your child and you? Do mention if this is a recent occurrence or that if there has been a recent change in the child's life?

Query 29

Feb 2016	Female	Age 14 to 18	She studies so much and never takes rest
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Query by: Unspecified

Response:

It is good to know that you recognize that besides studies, rest and other activities are of great importance for the overall development of your child. Keep talking to her and encouraging her to pursue hobbies and interests and highlighting the importance of doing so. In case she is too anxious about getting good grades or being on the top, appreciate the goals she sets but highlight the impact too much anxiety can have on her physical and mental wellbeing. Encourage her to exercise, go for a walk, play a sport which can be a good way to help reduce anxiety.

Query 30

Feb 2016	Male	Age 14 to 18	Teachers should not be allowed to spank or beat children
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Query by: Unspecified

Response:

Thank you for raising this matter, as this is a serious concern for APSACS. Is this being practiced in your child's school? I hope you are aware that corporal punishment and hitting is strictly banned in the Army schools. We suggest that you also bring this matter up with the concerned authorities of the school and we will also be communicating this like wise.