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Creating Healthy, Happy Home Environment

Dear Parents,

For the holistic development of our children it is imperative to surround them in a healthy and happy environment devoid of any kind of negativity so by infusing positivity in everything around them, we can contribute to make our world a better place for our children.

Government of India has recently launched fit India Program. Fitness of body is closely linked to fitness of mind. Anger is detrimental to fitness for creating a happy and a healthy environment. The first step is to try to manage our own anger.

The best way to teach children the value of freedom from anger is by setting example ourselves. Parents are their children's first and foremost teachers and home is their first school. Therefore, a happy home environment is necessary for children to develop mentally.

Now days it is quite alarming to see children losing their nerves. Dealing with an angry child can stir up a tumult of emotions in parents. It can be embarrassing, confusing and frustrating.

ABCD Strategies of Dealing with your child's anger:

A stand for Attention: helps your child understand how he/ she feels or what he/she experiences in her body during a bout of aggression. After all, it all happens in the body first. Make your child aware of this fact and then follow through with the next step.

B stands for Breathing: When your child is experiencing any of the anger sensation/feeling he/she must be taught how to deal with it. Breathing calms, the mind, so teach him/her how to deep breathe.

C stands for Changing the Channel: Give your child the tool that helps him/her change the mood.

So first you become aware of the feelings, then you practice deep breathing to calm the nerves and the third step is to switch the mind with a new thought. The next step tells you how to do it.

D stands for Do something Else: To switch the channel, it is important to consciously start doing something productive like listening to music, going for a walk or play a game. Anything that your child likes doing - but surely do something to flush out the negativity from inside.

Remember, positive communication is the key. Parents should cautiously watch their language and behavior towards others at home and towards child because kids tend to imitate their parents- as abusive language and disrespectful behavior influence their minds in a negative way.


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