


Three-Minute Article for Parents

Impact of COVID-19 pandemic on educational, psychosocial and behavioural aspects of children: An alert for parents

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The coronavirus disease-19 (COVID-19) pandemic in 2022 affected nations in waves that were more pervasive on a worldwide scale than many other outbreaks. Notably, over 60% of the world's student population has been affected by the temporary closure of educational institutions by a majority of governments worldwide in an effort to stop COVID-19 transmission. The governments, national health commissions, medical health specialists, schools, and parents, collaborated to try and provide activities to maintain routines and divert children away from the grim realities of the pandemic in order to lessen the harmful effects on students during home confinement. An increase in parent-child activities, a decrease in the academic load, and a change in the school schedules were among the steps taken to further minimise the negative social and emotional effects of school closures¹.

Due to the inevitable increase in time spent with screens, home confinement due to lockdowns, and social isolation brought on by the COVID-19 epidemic, children are more susceptible to psychological stressors and obesity. Children should maintain a healthy routine that includes an appropriate sleep cycle and physical activity, and media can be utilised to motivate them to work out. To lessen bad emotions and facilitate children's understanding of the epidemic, parents should talk earnestly to their children about the current situation. Additionally, government organisations should establish therapeutic interventions and programmes that support children's mental health. The findings of our work show how urgent it is for policymakers, especially school administrators and parents, to create efficient and cutting-edge plans to restore normalcy to the children's lives as the pandemic is now coming to an end¹.

It is imperative that parents stay alert and tuned to the needs of children who have been deprived many times over, of the educational and psychosocial aspects of their lives. Parents need to take whatever steps that may be necessary to mitigate the undesirable effects of the pandemic on the children of the world. This alert is a clarion call to all parents to try their utmost to mitigate the undesirable long-term consequences of the pandemic on children. It is the least they could do in the dire circumstances that we are faced with at the present time.

References

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