

Let Your Child Experience only Good Things in Life

We all dream of giving our children a healthy, balanced and memorable childhood. And maybe we already know what we need to do to turn this dream into a reality. Yet, it seems impossible to follow through on those actions. Why is that? Why do we neglect the little things that can help our children to have proper childhood? Perhaps the necessities and rush of modern life demand too much of our time. Regardless, our children are the most important ones in our lives, and they only deserve the best. And with a little effort on our part, we can actually deliver a childhood that is filled with charm, challenges, cheer and all the other good things in life.

What we can do to encourage good psychological growth:

- Motivate your children when it comes to accomplishing good deeds. Positive reinforcement can work wonders. Don't force them, inspire them.
- Don't be too harsh on them if they make mistakes. Take your time, explain and help them understand the mistake so they can prevent repeating it in the future.

- Let them socialize and make friends. Encourage them to play with other kids from the neighborhood, as well as schoolmates.
- Avoid arguments and discourteous behavior in front of children.
- Introduce them to new ideas and activities. Help them become more creative by introducing mentally stimulating challenges.

What we can do to reduce mobile phone addiction:

- Children learn by imitating others. If they see their parents using their phones all day, they will imitate that behavior. So, try to keep your mobile usage around children to a minimum.
- Spending quality time with your family can always strengthen the family bond. Play indoor games, swap stories, or arrange a mock quiz contest at home.
- Encourage your children to do chores around the house. They can help with easy tasks such as making the bed or cleaning up after meals. This helps them become more responsible.
- Reading is a great habit for all ages. Help foster this habit in your child by buying them good storybooks or reading them kid-friendly stories.
- Help release your child's inner creativity by getting them drawing equipment. When they experience the huge world of art, a little screen will lose its attraction.
- Physical activities like swimming, playing a musical instrument or performance-based



activities such as recitation can help expand their horizons.

- If your child is already addicted to mobile phone, please keep in mind that the habit won't go away quickly. In this case, instead of shouting at them, set a time limit for usage. Check which sites they are visiting. Be aware of cyber security issues. Gradually educate them about these risks.

What we can do to make them science-minded:

- Introduce your children to the wonders of science; which will make them fascinated and they will be interested to know and learn more about the world.
- Instead of giving your children mobile phones or tabs, give them books on science and explain basic scientific concepts to them.
- Encourage them to take part in science clubs and participate in science fairs.
- You can take them to visit Bijoy Sarani's Bangabandhu Sheikh Mujibur Rahman Novo Theatre. They will not only learn about space and the galaxy; they will also have fun in the educational rides.
- Trips to the National Museum of Science and Technology can awaken curiosity regarding science among the young ones.



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