

RELATIONSHIP EXPLAINED

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Relationship matters: Discussing psychological problems

Our relationships and how we navigate them keep evolving with the times. Often, we find questions or worries so personal that they can only be shared with a stranger, but any random stranger is no real solace! Nor is the advice safe. With that in mind, Star Lifestyle brings to you a brand-new relationship advice column from certified experts. This hopes to tackle the host of worries, questions and forks in roads of the relationships plane that includes the personal, professional to psychological.

Read on for insights, and shoot us your concerns, even anonymously at lifestyleds@yahoo.com, or send us a message on Star Lifestyle's Facebook page.

"My 14-year-old daughter spends too much time with the cell phone. I fear she is also watching pornography. Should I take away the phone from her?"

— **Rehana Akhter**

Dear Rehana,
I understand your concern regarding your daughter's current behaviour. I recommend that you spend more time with your daughter. Understanding her point of view and emotions may provide a way into her world. She desired a nice relationship with which she could express her emotions and thoughts. This also aids in the development of a trustworthy relationship with her. And you must create an environment in which your daughter feels comfortable opening up to you to keep track of what they are doing, enjoying, worrying about, or otherwise considering. Engage her in some creative activity or social gathering that is related to her passions. You can't make her stop watching pornography, but you can express your concern. You can also discuss



Photo: Collected

sex education. Concerns about a child's or adolescent's behaviour are sometimes misinterpreted as questions about blame and criticism. So, congratulate her on a small victory and urge her to keep going. If she can minimize her screen time, you can utilise some form of encouragement (prize, food, or travel). Assist her in making a plan and spending quality time with her so she doesn't feel alone. I hope you find some ways to do it.

"My sister wants to marry her abusive boyfriend. I have tried to convince her to do otherwise. Should I tell our parents?"

— **Nazneen Akhter**

Dear Nazneen,
I appreciate your concern about your sister and also understand that you care a lot about her. Being a caring sibling, you can have a constructive conversation with your sister.

First of all, listen to her point of view.

Then ask her if there is any particular reason for choosing her boyfriend or any other emotional dependency. Finally, express your concern or opinion.

As a sister, you can express your thoughts to her about all these circumstances, but forcing her to change her decision will be a violation of the boundary. If your sister is still under 18 years of age, you can also discuss it with your parents. But again, not to impose or force them to accept your decisions. Let them decide about their daughter.

If there is any confusion or dilemma regarding decision-making, you can also bring her to talk about her relationship with a mental health professional.

"My baby is 5 months old. My husband wants to place him on a walker, but I have heard it can hamper the growth of a child. Can trivial things like getting a baby walker or not affect the mental health of a child when they grow up?"

— **Shamama Rahman**

Dear Shamama,
Actually, there is no conclusive research-based evidence that placing a child on a walker hampers mental health, but some research suggests that it has some potential risk factors for physical injuries like getting their fingers cut, pulling things down on themselves, or grabbing dangerous things (such as sharp objects or hot liquids), or falling out of a walker and getting hurt by falling downstairs or tipping over. As long as one can ensure a child's safety from any kind of incidents or injuries, it is absolutely fine. At the same time, parents must spend time with the baby and do some activities to develop the baby's mental and cognitive growth.

#SATIRE

Three things to do to cut down on extravagance

Today, after my daily morning feed of the news I got really scared. It was a reality check and it gave me a serious jitter, especially in regards to money matters. With reports of plans to shutter petrol pumps for a day every week means my Friday outings to Mawa ghat or Gazipur resorts are to be curtailed with immediate effect. The notice of two-hour country wide load shedding and my mother stocking up on candles and cleaning her lanterns is definitely a thing to take notice of and worry about. In this scorching heat wave, we will have to do without air conditioning and maybe face crisis for generator backups too, if things get too much out of hand.

I feel tense about the Sri Lanka issue and the unprecedented economic crisis looming large over my head. Bangladesh

will be no Sri Lanka but that tiny 'what-if' nudged me deep down. The Russia-Ukraine war and its impact on global economy is somehow affecting no-bodies like me at some corner of the earth.

There is actually no good news, not on global front or national, not even on personal level. The grim picture is terrorizing me.

I have made a list of three bare minimums I need to do to pass this crisis besides counting my prayer beads. I am sure my list might offend some and might help some, but from my perspective I need to re-think about these unnecessary expenses.

1. No more tea parties, dinners, lunches, baby showers, get together, lavish wedding after-parties; I will not throw any of these

parties, neither will I attend them for the time being. The menu and decoration of any events nowadays, however trifling it might be, have been taken to such an exorbitant height that it is almost mind-blowing. We are spending huge amounts of money like we are Dubai Sheikhs and we don't care. In fact, we cater to these inane ideas of excessive spending. The other day, I saw a breakfast dawat post, where there was a photo booth, dessert station, tea station and whatnot. I wonder what happened to simple luchi aloo'r dom breakfast addas.

2. No more going on weekend trips; outdoor location or resorts, or five-star hotels are brimming to the full with weekenders. We simply cannot stay at home; it is almost mandatory to go out on

long drives, eat at restaurants and post on Facebook. In fact, imagine the amount of fuel, money and energy we spend to just give that particular Facebook post; look I am trending and you are not.

3. No more trips to superstores for miso paste or mirin sauce or cooking's sake, I mean seriously preparing exotic dishes with exotic sauces have become the norm now. We are all master chefs and we need all these to show off on Instagram that our food looks the best and tastes the best too. Let's re-think our recipes.

This is only me with my petty issue, but on a serious note, we might head towards emergencies and we must be tight-fisted. The crisis is real.

— **RBR**