



Give timely warnings before transitions

For an energetic child who jumps from task to task in seconds, you will be surprised to know how difficult it is to get them to come away from something they are enjoying. Sound off warnings from time to time to prepare them to finish one task and move to another with ease.

"I tell my son he has 10 more minutes on the swings, then 5 and then 2," said mother and entrepreneur, Mahira Bashir. "This mentally prepares my son, and I feel like he throws fewer tantrums when it's time to leave."

Break tasks into smaller parts

Break up larger tasks into smaller ones in order to make it easier for the child to complete them. It is important to recognise the need for energetic children to jump around and expend some energy before moving on, and it may be wise to allow them a break to do so.

"My daughter would take one look at her homework and run off to the other room to hide," shared Saad Ahmed, father of a feisty 6-year-old.

"Later, I decided I would make her do 3 sums, and give her 5 minutes to jump around."

Saad mentions that incrementally increasing the sit-down time while still incorporating small breaks helped his daughter focus better. "It went from a literal war zone to neutral in a month!"

Make grounding techniques fun

Many parents feel that grounding techniques are the same as breathing exercises, and it is too "boring" for restless children to follow through. However, grounding exercises could be fun too, and need not involve regulated breath work at all.

"I play 'I spy' with my niece all the time," confided Arima Sumat, loving aunt to a 7-year-old and a Kindergarten teacher. "She thinks it's a game, but it helps her calm down and notice things around her."

Other games, such as "Five Things You Can See" or "Four Things You Can Hear," can also work equally well.

By Munira Fidai

Photo: LS Archive/Sazzad Ibne Sayed



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ARIES (MAR. 21-APR. 20)

Keep your cool in heated situations. Don't start arguments unless you're prepared for results. You may need a good friend. Your lucky day this week will be Friday.



TAURUS (APR. 21-MAY 21)

If you're willing to cut loose, you'll find excitement. Your partner will be sensitive. Don't hesitate to voice your opinions. Your lucky day this week will be Friday.



GEMINI (MAY 22-JUN. 21)

Your ability to help others will win you points. Educational pursuits can bring helpful people. Ask for help if you need it. Your lucky day this week will be Thursday.



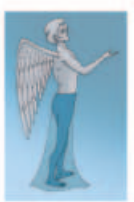
CANCER (JUN. 22-JUL. 22)

Plans may cost more than expected. Sign up for enlightening seminars. Only take on what you can realistically do. Your lucky day this week will be Wednesday.



LEO (JUL. 23-AUG. 22)

Don't let your partner make demands. Avoid joint financial ventures. Pleasure trips will heal your emotional state of mind. Your lucky day this week will be Tuesday.



VIRGO (AUG. 23-SEP. 23)

Double-check before Secret affairs will backfire. Don't be too quick to voice opinions. You will meet potential new mates through business connections. Your lucky day this week will be Saturday.



LIBRA (SEP. 24-OCT. 23)

Make new friends through social events. Your words may be misunderstood at work. You will communicate easily and accomplish your goals. Your lucky day this week will be Tuesday.



SCORPIO (OCT. 24-NOV. 21)

Lowered vitality could affect your work. Difficulties with your partner may cause estrangement. Attend functions to further your goals. Your lucky day this week will be Saturday.



SAGITTARIUS (NOV. 22-DEC. 21)

Verbal abuse could lead to carelessness. Your partner needs more time with you. Make important decisions about professional objectives this week. Your lucky day this week will be Tuesday.



CAPRICORN (DEC. 22-JAN. 20)

Stabilise your relationship with honest communication. Clear up any legal issues. Secret affairs may be enticing but risky. Your lucky day this week will be Friday.



AQUARIUS (JAN. 21-FEB. 19)

Caustic language may make you want to escape. Avoid extravagance this week. Forget situations you can't change and focus on meeting deadlines. Your lucky day this week will be Sunday.



PISCES (FEB. 20-MAR. 20)

Don't push your partner away. Take initiative and pursue your goals. New romantic ties can form if motives remain unselfish. Your lucky day this week will be Wednesday.

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