The Curious Parent

/Club

Parenting Digest

A weekly gift from curious parents to the world

3rd week of October

12 questions picked from the community

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THANK YOU, CURIOUS PARENTS 💛

Pooja (mother)

Ekta (mother)

Chaithanya (father)

Harpreet (mother of an 8-year-old)

Rashmita (mother of a 2-year-old)

Fatma (mother of a 6½-year-old)

...and 10 more parents whose answers are in this issue.

For taking out time to help the community understand our children.

FOR PARENTS OF

0—3 years

1 Reggio Emilia vs Montessori
2 Antibiotics for a 6-month-old?
3 Bedtime with two little ones

1 Reggio Emilia vs Montessori

Share

A PARENT OF A 2-YEAR-OLD ASKED

Harpreet, I am considering a reggio emilia philosophy preschool for my 2 year old. Finding it difficult to figure out if I should go for it vs a montessori. Can you please share information on reggio emilia philosophy in your “How to select a school” course.

WHAT OTHER CURIOUS PARENTS ANSWERED

Girisha

That you be great! Coz a lot of schools that we go to say our curriculum is "inspired" by reggio Emilia philosophy as well.

But they don't stick to it

Vaibhav

I have been to Reggio Emilia schools, Italy and completed a professional development course.

Reggio Emilia is a philosophy and its highly context aligned.

A small question before you select - at Reggio they don’t give pencil to a child for writing until the child demands it. Children in Reggio only ask for pencil post 5 years of age.

The teachers are pedagogistas who have decades of experience on just observing children and asking them the right question.

What schools around world actually do is pick an element, implement and say inspired by Reggio. Which as Harpreet said is a scam ☺️ .

HARPREET, A CURIOUS PARENT

Let me try to add that this year.

In general reggio needs more trained teachers.

IN SHORT: **Reggio Emilia vs Montessori**

- A parent who trained at Reggio Emilia schools in Italy explained that it's a philosophy closely tied to its setting: children aren't handed a pencil until they ask for one, usually after age 5.
- He added that real Reggio teachers are 'pedagogistas', with decades of experience observing children and asking them the right questions.
- Parents noticed that many schools take one element, use it and call themselves 'Reggio-inspired' without really following it.

5 parents joined in • 7 messages

2 Antibiotics for a 6-month-old?

Share

A MOTHER OF A 6½-MONTH-OLD ASKED

Hi All,

My baby is 6.5 months old and she got gut bacterial infection. My doctor advised me antibiotics for her. But I'm reluctant. Any doctor mother here?

WHAT OTHER CURIOUS PARENTS ANSWERED

Gursimran

Doctor father here.

Sorry to here that.

So A short course of antibiotics will not effect your baby's growth at all.

If bacterial infection is proven by raised TLC or by culture.

Antibiotics are Class 1 Level A recommendation for the child because till now no naturopathy / alternative medicine has found cure for bacterial infection.

For now when she is a little sick with the infection ... there are commercial preparations like enterogermina (with the antibiotics)which if needed does support gut health.

Aastha

Hi,

I am not a doctor but regarding supporting gut health

I understand she may be on exclusively on milk right now or about to begin solids

When you introduce solids you can then keep rotating foods that are naturally good for gut health eg

1) soft fruits like apples are usually what we first begin with they are good for gut health in general

2) so is curd

3) when you start other fruits than stews with added ginger in winter season

4) later on when proper solids begin you can keep introducing seeds and nuts (maybe powdered form added to batters etc) and fermented foods like dosa, idlis will assist with gut health in general

Hope she recovers soon

IN SHORT: **Antibiotics for a 6-month-old?**

- A father in the group who is a doctor said a short course of antibiotics won't affect a baby's growth, and that when a bacterial infection is proven (raised TLC or a culture), antibiotics are the standard treatment because no alternative medicine cures it.
- He mentioned that probiotic preparations like Enterogermina, given alongside the antibiotics, can support gut health if needed.
- Another parent shared what they do once solids begin: rotating gut-friendly foods like soft fruits such as apple, curd, fruit stews with a little ginger in winter, and later powdered seeds and nuts and fermented foods like idli and dosa.

3 parents joined in • 5 messages

3 Bedtime with two little ones

Share

A MOTHER OF A 3-YEAR-OLD AND A 2-YEAR-OLD ASKED

Any parents of 2 kids in the group? How are you guys managing sleep? I have 2 boy - 3 years 4 months old and 2 years old. I am still trying to navigate sleep time with 2. Should I gradually shift them to their own room? How are the parents here managing?

OPTION: Cosleep (12 votes)

OPTION: Kids in their room with nanny (1 vote)

I was relying on a nanny so far. My older one has always had sleep issues

Long wake up windows at night and kt would take a lot of time to put him to bed. So we relied on the nanny for his sleep overlooking all her other performance issued. She's leaving us now and I am trying to figure out how to take it from here.

WHAT OTHER CURIOUS PARENTS ANSWERED

Pooja • mother

4.5 year old and 2.3 years old. Both of them sleep at 9.. younger one gets an hour of nap once he is back from playgroup.. elder one doesn't sleep in the day.. so both of them sleep at around 9 at max. We cosleep with them.

Akanksha

I follow a night time routine. And after that they both know that the lights will be off. Gradually they both have their individual time to sleep. Meanwhile I ensure that one doesn't disturb the other and maintain a quiet time.

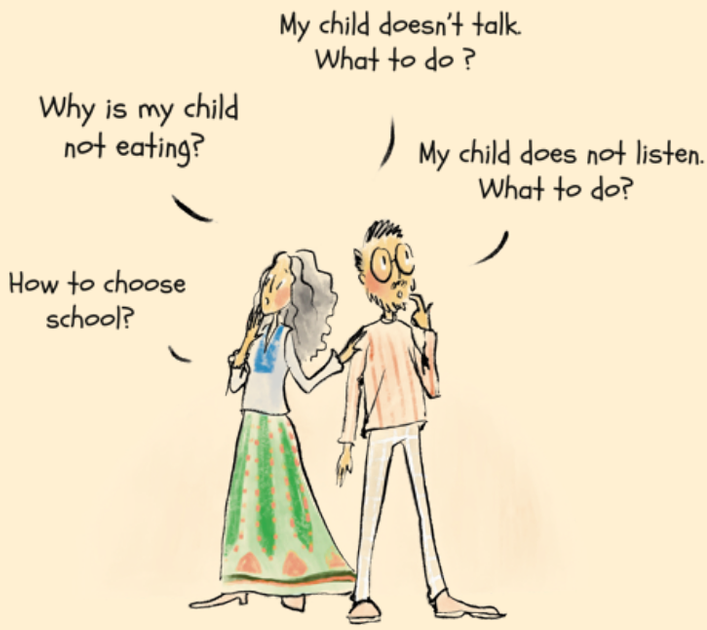
Night time routine includes brushing, massaging and then reading a book of their choices which means 2 books at night. Then lights are switched off. I sleep between them 😅

After they sleep, you can have your time. They sleep in half an hour duration...max. Once they are in routine...then you can predict how much time they are going to go to sleep

IN SHORT: **Bedtime with two little ones**

- In the poll, 12 families said they co-sleep; one has the children in their own room with a nanny.
- One mother of a 4.5- and a 2.3-year-old said both sleep by 9. The younger one naps for an hour after playgroup and the older one doesn't nap at all.
- Another mother described her nightly routine: brushing, a massage and a book each of their choice, then lights off, with her sleeping between them.
- She keeps it quiet so one doesn't disturb the other. Once the routine set in, they fell asleep within half an hour and she could predict when she'd get her own time.

4 parents joined in • 6 messages



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FOR PARENTS OF

4—6 years

4 Working mum, a restless child at home
5 Is the school teaching religion?
6 Chocolates from friends at the park

4 Working mum, a restless child at home

Share

A WORKING MOTHER OF A 4½-YEAR-OLD ASKED

Hello everyone!

I am a working mother, though I have my own set up but my work hours specially during peak period is very exhausting and I hardly get any time with my 4.5 year old daughter. From my pregnancy itself I had my mother around and now we live together with my parents, so its basically them who take care of her whole day and I am only available for her in the morning when she goes to school and night before sleeping, that too she doesnt sleep with me. She wants my mother even to sleep.

We have shifted to a new place from the last six months, and she doesnt have any friends around and since we both are working, we hardly get time to take her out to play. My parents are home with her, its like they get exhausted whole day with her, considering their age too I know they cannot run around with her.

But lately shes been very very hyper active, shes been very furious sometimes she doesnt listen to anyone in the house, everyones being yelling and screaming for her to stop doing something destructive.

As soon as I enter the house, I start hearing complains that shes not been listening and has been troublesome whole day.

I am really not understanding what should I do in this case. I try to keep her occupied by sending her for phonics class, drawing class but thats like just an hour in between. What else can I do get her back to how she was earlier.

I tried speaking to her, but she says I enjoy doing this and that everyone is being busy with their work or household chores so she gets bored.

I know its a big message, but thought like sharing. If anyone can relate to or have gone through this can suggest what can I do.

WHAT OTHER CURIOUS PARENTS ANSWERED

HARPREET, A CURIOUS PARENT

First, she needs loving adults who have time for her. Secondly, she needs children to play with. Keeping her occupied is not a solution. Spend time — or this will become much, much harder.

Meghna

Can you arrange your schedules so that at least one of you is able to spend time with her at a time after her school for a couple of hours so total 4 hours or so between you. And to have complementary peak periods. Even if you don't stop working it's important to carve out quality time

Secondly will require upfront investment in finding neighbour families with similar age kids who she can regularly play with

Aastha

Hey

I have several broad thoughts on this

1) You are clearly speaking from a point of exhaustion, it seems stressful for the whole family right now. Perhaps that's why you are looking at all or nothing solution - either spend all the time with your daughter or quit your job, maybe it will help if you pause, rest and clear your head a bit. It may help you see things from a less emotionally charged vantage point. Hard days skew our vision. From a calmer place you can explore options you can work on within the realities of your life, a life that you know best

2) Like others said connection and spending time is essential here, you said your daughter is being destructive, if it means doing something dangerous then swift and clear intervention would be needed, but if it's anything else no matter how chaotic, it does seem like a call for attention, even with so many people it's possible for a child to not have the connection that makes them feel loved and secure

3) Your daughter is giving you direct and valuable information to support this, when she says everyone else is busy or when she is calmer after having spent time with you - she does seem to be missing loving connections of present parents

4) So you need to build connections within the limitations that you have stated and other factors that only you will be aware of, keeping that as a goal

a) you said you want her to be as she used to be - maybe because it was calmer for everyone and you all are exhausted - but honestly going back is rarely possible and more importantly try and assess do you really wish that? Do you want her to revert to a version she seems to have outgrown, maybe it would be better to reframe this goal as moving in a more connected harmony, to wish for less chaos would be too much :)

b) the yelling has to stop, there are really no two ways about it, these tactics can bring surface changes at times but don't bring any meaningful lasting results, for starters you can ask family's cooperation in this as you start rebuilding your connection

c) not sure what the support staff situation is at your home but depending upon feasibility you can consider getting part time help, you can decide the level of involvement - if even some ancillary aspects, errands can be delegated it can ease the pressure on your parents, reduce their exhaustion and in turn contain overall pressure

d) now for building connections you can start with the time you already have, for instance ion the morning you can finish non core tasks quickly and have as unhurried time as possible with your daughter, listen to her and respond to what she says, instead of direct questions you can seek her inputs on mundane things, as you get her ready, maybe make a favourite lunch

e) work on a night time ritual if you don't have one, combing her hair, reading together, story telling. She may not come directly to you if you ask, so you can get some interesting books and be engrossed in them yourself, ask her gently and then let her come to you

f) this slow approach goes for everything - just because you have started making effort does not necessarily mean she will respond instantly, with patience she should see the sincerity and consistency of your efforts

g) story telling is a great way to connect before bedtime, you can try inventing random stories with things you see, or you can stick to classic fairy tales

h) then as others suggested you and your husband can work schedules, take care of different aspects of her days, find more and more pockets of time to work with her

i) off days can be kept entirely for her, it doesn't have to be a going outside plan, you can create tents at home, have picnics in your living rooms, chores can wait or see if that's something she enjoys so you take her out on limited errand runs too, real life chaos can be a lot of fun for kids too

j) you can also see if she can join you in any self care routine you do / make meditation a game, so can be stretching or running

k) like others said it's more important to be fully present with her than keep her busy

l) Good Inside Is a good book that has some practical suggestions for connection building, other members of the group have also suggested good literature on this in earlier conversations

Hope you are able to work somethings out,rest up, recharge and then restart. 👈

IN SHORT: **Working mum, a restless child at home**

- Parents suggested arranging schedules so that at least one parent spends a couple of hours with her after school, with work peaks that don't overlap.
- They felt it was worth putting in effort upfront to find neighbour families with similar-age children she can play with regularly.
- One parent pointed out that the daughter is calmer after time with her mother and says everyone is busy, which is a clear sign she is missing connection.
- Others said the yelling at home needs to stop, with the family's cooperation, and that part-time help could ease the load on the grandparents.

- Parents shared ways to use the time that already exists: unhurried mornings, a night ritual (combing hair, reading, made-up stories), and off-days kept for her, where even tents and picnics at home count.
- They also said not to expect an instant change, because she needs to see that her mother is consistent.

4 parents joined in • 10 messages

5 Is the school teaching religion?

Share

A PARENT ASKED

Hello. I have a peculiar situation.

We have enrolled our daughter in a school for the next year and yesterday we were invited to their annual event of this year. It was based on Samudramantan and I felt like it was a good play but then there were these songs about Shivji and I felt it is very religious.

My problem is: how do I get to know if they are actually promoting Hinduism? For me I do not want my child to grow in a situation where someone is telling them that one religion is superior to others. If they are secular, like if they do another play on the prophet, then I would be happy that they are considering all the religions; but if it's always about Hinduism then I have my doubts about the school. This was something which never came up in any of the discussions.

WHAT OTHER CURIOUS PARENTS ANSWERED

HARPREET, A CURIOUS PARENT

It's mythology. I personally don't think it has anything to do with religion.

I would also rather that young children study about where they stay rather than greeks at a young age. That too will come

I would just say, it is imp to differentiate between religion and mythology

Would love to know what other parents have to say about it?

Ekta • mother

Yes, a school might be teaching a religion,but I don't think that will affect a kid as long as they have a positive environment outside school.

I am from a religious family and I studied in a punjabi school where we used to recite ardaas and sing Punjabi bhajans, we would be taken to Gurudwara every week, but this only made me more secular as I learnt about a religion different from mine,and instilled great respect for all other religions in young me, which I carry till now.. while I feel a lot of people who have studied in secular schools lack that empathy towards other religions..

And again it's not wrong in knowing our roots.

Harpreet • mother of an 8-year-old

I guess school is a place where all religions in terms of festivals should be discussed with kids in a positive way. So that they know who celebrates what and how..bt in my son's school also, they celebrate a-z hindu festivals, xmas, halloween, and guru nanak bday, bt never ever eid or ramzan.. which I feel is not done..muslim kids in the school must be feeling differentiated and hence, the thinking of non acceptance may grow among them..also the other kids may not know the good things of one religion which actually is the need of an hour for being secular in real sense and know that no religion is less or more..

IN SHORT: **Is the school teaching religion?**

- Several parents felt that knowing where we come from isn't wrong. Many had studied in convent schools with daily chapel and turned out fine.
- One mother studied in a Punjabi school with ardaas and weekly gurudwara visits, and said it made her more secular and respectful of every religion.
- Parents said that for young children these are stories, not religion. Religion is taught at home, through actions and conversations.
- Others wished schools spoke positively about all festivals. Some schools celebrate Hindu festivals, Christmas, Halloween and Gurpurab but never Eid, which leaves some children feeling left out.
- A few parents had simply asked the school how it handles festivals and other faiths.

10 parents joined in • 20 messages

6 Chocolates from friends at the park

Share

A MOTHER OF A 4-YEAR-OLD ASKED

Hello

Plz help me understand what to do..

I do not like to give any chocolates to my rm4 year old. I just want to give dark chocolate on Monday. Now in her school, some kids cekebrate birthday and they distribute chocolates. So, I had to allow her have it. Now, in the park if her friend offers her lollypop, we ask her to deny it to take and she cried. Then we had to say that whatever u wish, we ll buy for you but don't accept it from others. What to do? It is very confusing

WHAT OTHER CURIOUS PARENTS ANSWERED

Bilwa

You're trying to control your child's environment too much. While it's not wrong to want your child to eat safe and healthy, you will not be able to monitor so much. When she sees other children all enjoying something together, she will feel excluded. And then as she grows older she will start lying to you if you tighten the ropes too much. A sweet here and there will not hurt your child.

What you can do to control is cap it at maybe 3 treats a week. If she has something at the park, that will be counted in her weekly treats. All you can do is keep it in a balance.

Shonali

Firstly try not to have very stringent rules. You can let go sometimes. That will help you stress less n not feel like it's a huge issue n neither will your child feel intimidated.

I had told all my friends n guardians of those who play with my daughter in the building to avoid gifting/distributing sweets to or in front of my daughter.

That was when she was really little.

I have almost always not exposed my child to the wrapper of any junk so if she is in a shop she doesn't understand what's inside.

Also I have never n still don't take her to a supermarket or store to buy anything so there is no question of throwing a tantrum n wanting something there....which I have seen other kids do.

Start experimenting with home made sweet treats and see what she likes and cater to her sweet cravings at home.

Don't make her feel deprived n feel like she cannot absolutely have something.

Children anyway can't eat huge quantities so once in a while a square of a cadbury or a piece of pizza or any other junk treat is fine. That way the child knows that mumma will give me when it's right for me.

If someone gifts her candies/chocolates/junk in the park etc you can take it gently from her n tell her you will give it to her later...maybe after a meal or on weekends. Make sure you give it to her though or else she will stop trusting you n hide n eat.

Most importantantly explain to her lovingly that mumma is on her side n always wants the best for her so she should always be honest with you n not be scared of telling you anything....

And even more important please don't reprimand her when she is honest n confesses to you.

From my experience being gentle n loving solves most of our problems with our little ones ❤️

Rashmita • mother of a 2-year-old

Once in a while does not harm. Set boundaries clearly.

IN SHORT: **Chocolates from friends at the park**

- One parent felt we can't control a child's whole environment. A child who is always left out while others enjoy something may start lying as she grows, and a sweet here and there won't hurt.
- Another family caps treats at about 3 a week and counts anything from the park in that.
- One parent takes the sweet gently and gives it later, after a meal or at the weekend, but always does give it, so the child keeps trusting them.
- Some make sweet treats at home and keep children away from wrappers and supermarket aisles, so the cravings don't start there.
- Parents found that explaining their reasons (germs, untimely junk) in words the child understands, and repeating them patiently, worked better than a flat rule.
- One parent said that when their child owns up to eating something, they don't scold, because they want to reward honesty rather than hiding.

6 parents joined in • 15 messages

A WARM MOMENT

Friends without a common language

A mother shared how her son used to play with a 4—5-year-old girl from a nearby chawl. They had no common language — she spoke only Marathi — but they loved each other's company, talking through faces and expressions. 'I loved watching them,' she said.

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Parents figuring it out together, every day.

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FOR PARENTS OF

7—12 years

7 He won't come home from play on time
8 Society kids too old, no playmates
9 Bullied in a new school, Class 3

7 He won't come home from play on time

Share

A MOTHER OF A 7-YEAR-OLD ASKED

Hi Harpreet, I also have something important that I'm really struggling with and would love your advice on how to handle it.

My son is seven years old. He gets home from school around 4:15 PM, and after that, we give him plenty of time to play usually until around 6:30 or 6:45 PM. After that, I expect him to come upstairs, take a shower, have dinner, watch TV for about 30 minutes, and then start his bedtime routine. Our target is for him to be asleep by 8:30 PM at the latest.

Sleep is particularly important for him because he still loves his afternoon naps, which he obviously doesn't get because of school. If he stays up later than 8:30, he becomes extremely cranky and difficult to manage the next day.

The biggest challenge is that he simply doesn't come upstairs on time. I've tried being patient, reminding him repeatedly, explaining why it's important, and giving him warnings, but nothing seems to work consistently. The only thing he seems to understand is grounding. I know grounding can feel more like punishment, and I don't want that to be the way we manage his behaviour, but I'm honestly running out of options.

It's becoming quite draining for both me and my husband, especially because we're both working parents. We do have someone who helps us at home, but he doesn't really listen to her either.

I would really appreciate your guidance on how we can handle this differently. How do we set this boundary and get him to follow the routine without constantly nagging, threatening consequences, or turning every evening into a struggle?

LATER, AFTER PARENTS ASKED ABOUT HIS EVENINGS, SHE ADDED

Unfortunately, Monday to Thursday, we are always running short on time. We try to make Fridays and Saturdays as much fun as possible for him. His schedule on the other days is quite tight because by the time he gets home, he wants to take a shower, have his meal, and then watch TV for 30 minutes. By the time all of that is done, it's already around 8:00—8:15, and he has to be in bed by 8:30.

But something really good happened today. I gave him two options: either he could watch TV for his usual 30 minutes, or we could drop him to school tomorrow. We had actually promised him in the morning that we would drop him once a month because he gets really excited about it—especially because he sees other parents dropping their kids off, while he usually takes the school bus.

I was honestly so happy that he chose to give up his TV time and opted for us to drop him to school instead. He just slept, and before going to sleep, he told me, “Mama, it was not a big deal. I didn’t even feel the difference that I didn’t watch TV.”

That really touched me because, for him, those 30 minutes of TV are a big deal. He looks forward to them every day. So the fact that he was willing to let that go in exchange for spending that time with us makes me feel that perhaps what he really wants is our attention and that special one-on-one time with us. ❤️

WHAT OTHER CURIOUS PARENTS ANSWERED

HARPREET, A CURIOUS PARENT

This mostly means

Your child needs more time with you. Or in the time you have, more presence.

Once that happens rest will solve.

Is this a good thing your child chose you dropping? Yes. That means the child is still attached to you.

But I am not sure if this was a good tradeoff to offer in the first place.

Ajay

Sorry but sharing.

Can you make something interesting at 7pm which attracts him

Story

Robotics

Lego

Special dish

Something that your son likes more than playing outside

Assumption: one of you is home by that time

Bilwa

That is a huge clue!!! And bravo to you for reading it!

He is clearly choosing time with you over TV.. So my suggestion would be to keep a few options on those 30 minutes — you can either read something interesting together or just chitchat or you could play a board game or do a puzzle or Lego together. Have a ‘special us’ corner in your home. And there could be some days when he might just want to watch TV.. I would suggest watch with him and initiate conversations about what you’re watching together

Acchu • mother of a 3-year-old

You may let him.watch TV say at 7:30 pm after a shower. So may be he comes home by 7pm and he has to freshen up and be there by 7:15 or 7:30 (whatever is the time you see is needed for a shower after play). Else, no TV for the day. May be that logical consequence help. 🤔

Negotiate with him about this first. Talk to him about the problem genuinely. Ask him about how you and him can work on this. Ask for suggestions..May be sitting wit pen and paper may help. Taking in his suggestions. And then seeing wat can work for the family.

IN SHORT: **He won't come home from play on time**

- Harpreet said this mostly means he needs more time with his parents, or more presence in the time they have, and once that happens the rest will sort itself out. Choosing the school drop over TV shows he is still attached to them, though she wasn't sure it was a good trade-off to offer in the first place.
- One parent suggested planning something at 7 pm that he likes more than playing outside, like a story, robotics, Lego or a special dish, if one parent can be home by then.
- Another parent saw his choice as a big clue that he wants his parents' attention, and suggested using those 30 minutes for reading, chit-chat, a board game, puzzles or Lego in a 'special us' corner.
- They added that on days he wants TV, a parent can watch with him and talk about what they're watching.
- One mother suggested tying TV to the routine: if he's back and showered by 7:15—7:30 he gets his TV time, and otherwise not that day.
- She also suggested talking to him genuinely about the problem and asking for his ideas, maybe with pen and paper, to work out together what fits the family.

4 parents joined in • 8 messages

8 Society kids too old, no playmates

Share

A WORKING MOTHER OF AN 8-YEAR-OLD ASKED

In the society where i am living, my daughter is not at all confortable with other kids around as they are 9-11 years old only and they talk about crush and alcohol so even i dont feel safe sending my kid down and when i talk about taking her to swimming and cycling she disagrees and make faces so i am in a dilemma what to do

And the worst thing is that parents are letting them watch dhurandhar sort of movies and they are literally using those cursed words nd showing middle finger so my daughter being sensitive girl doesn’t want to sit with them and whenever i ask her to go and try one more time, she says that nobody plays all they do is sitting and discussing things so how will i play..

so this breaks my heart

WHAT OTHER CURIOUS PARENTS ANSWERED

HARPREET, A CURIOUS PARENT

Time with a loving adult is imp. Even if it is after work.

Helping child make friends is imp.

Keeping away from screens is imp.

Going outdoors is imp.

Classes - outdoors, with other kids better.

Ridhi

Why dont u look at enrolling her in some tennis, batminton or football class

These classes usually have batches basis age group

This can help u with outdoor activity and plus a age filter

I am also working with really long hours

1. U can fix a permant cab/auto person for her pick and drop

2. and start with something otherwise she will also not understand what she genuinely likes. And outdoor might be a bit out of her comfort zone

Once she goes and makes frnds she might start liking it

Shreya • parent of a 3-year-old

Why necessarily cycle/swim? Why don't you just go out and explore? Even in your building compound. Start with walking together and just observing things & people. Run around. Play running games.

You can do adventure walks, obstacle courses. Ask her to make her own course. Start small

Kavita

I feel you. I give 14 hours to office every single day from Monday to Friday...and I am left with approx.4 hrs before i retire and i have to do everything in this 4-hr window....be it spending quality time with my kids, going to gym, do their HW, dinner & preparing for our lunches the next day.

So what I did?

I started spending money on helps and tuitions rather than exploring multiple classes for them since there was no way I could this alone.

I kept a 24-hr help at home to deal with household chores

I kept home tuitions (though i was completely against it), but had to! So, they are done with their studies by the time I reach home.

I take them for outdoor play for an hour everyday from Monday to Thursday.

Friday till Sunday- we all go swimming in the evening.

I give them screen time for about an hr and I am okay with that. They are 7.5 years old now and I monitor what they watch.

This is it. and this seems to be working.

I have twins and i faced this issue earlier they were comfortable with each other while playing outdoors and didn't make much friends as most of them were either elder to them or younger....they still have only two friends in the block-one who is 19 yr old and one who is 5 year old! 😀

But I am okay with that...It's more imp that they go out and explore and as long as they are in good company.

Do not think much. They will eventually find good company and will enjoy the company. Children are smarter than we think they are 😀

IN SHORT: **Society kids too old, no playmates**

- Harpreet said time with a loving adult matters, even if it's after work. So do helping a child make friends, keeping away from screens and going outdoors, and classes work better when they're outdoors and with other kids.
- One parent suggested a tennis, badminton or football class. Batches are usually by age group, so it brings outdoor time with a built-in age filter.
- Also working long hours, they found that a fixed cab or auto person for pick-up and drop-off makes classes possible.
- They felt a child has to start somewhere to find out what she genuinely likes, and once she makes friends there she may start enjoying it.
- Another parent asked why it must be swimming or cycling, and suggested going out in the building compound, walking and noticing things and people, running games, adventure walks, or letting the child design her own obstacle course.
- A mother working 14-hour days spent on full-time help and home tuitions so that studies were done by the time she got home, then took her twins out to play for an hour Monday to Thursday and swimming Friday to Sunday.
- Her twins' only friends in the block are a 19-year-old and a 5-year-old. She felt what matters is that they go out and are in good company, and that children find their people eventually.

7 parents joined in • 18 messages

9 Bullied in a new school, Class 3

Share

A MOTHER OF A CLASS 3 CHILD ASKED

Hello.

I need advice on a bullying case.

My elder son has recently moved to a new school. He is in grade 3. He had a group activity yesterday and when I asked in evening how it went, he told me that he didn't do anything. When I asked further,he said that out of the 5 folks, 2 boys and 3 girls group,the other boy told my son that he doesn't know anything and he cannot take part in the activity. After this My son silently cried and didn't took part in the activity...

My child is an emotional and shy kid. And this is the first time he saw such a behaviour from his classmate, in his previous school we never heard of anything like this. He also told me that day before yday, these boys were playing football in PE period,and same boy was captain of 1 team and my son, captain of other. When my kid did a goal this boy came and told him, that he will hit football on his face...

We emailed the class teacher last night,she called up in morning mentioning she will talk to the boy, and reassured us.

But I am really worried if this repeats again. How should I make my kid strong and smart enough to face such things. Also i spoke the word bullying in front of him yesterday,now I am thinking should I even tell him that this is bullying or downplay it as I do not want him to be scared..

Honestly first time for me also to see real time bullying.. please help what should I do..

WHAT OTHER CURIOUS PARENTS ANSWERED

Neha • mother

Just let the child know first and foremost that you understand this might have felt bad and that you are always here to hear him out whatever the case may be even if he has reacted and done something. But in case someone does make the child feel like that then he lets the bully know it isn't right and it is hurting him. practice saying such things with your kid and ask him if he said that and then what happened. If it still repeats then tell him to let the bully know that he is now going to complain the teacher or anyone with authority. And to let you know do you can find out if any action was taken by the school. Also teach the kid how to be away and non responsive to such people say just try ignoring for five times and tell me what the bully did. Because they will give up more often than not. But keep yourself in the loop with the reactions he gets from the bully and the authorities at school so you know who to hold accountable.

A parent of a 10-year-old

Resharing this book on bullying ("Share It, Speak Up, Stop It", free on StoryWeaver). Very simply written and whenever my daughter faces such things, she feels comfortable reading this with me. Hope it helps

In my opinion, using the word will be actually good so that the kid knows to name the behaviour. Not sure if I am right but that's what I think.

Suchit

Only way forward is to let him have more such experiences, and not to sheath him from them.

And to make sure he is not looked down upon at home. Even through body language. Even the way you talk to him. Tone of " worry " and " fear " will be uncalled for.

You can take the teacher route as you already have, but for verbal spats, he will have to figure certain things out for himself with time!

And he will!

If a line is crossed, you intervene with strength for sure

IN SHORT: **Bullied in a new school, Class 3**

- Parents said the first step is letting him know you understand it felt bad and that you'll always hear him out, whatever happened.
- One parent practises words with their child: "That isn't right, it's hurting me", then "I'm going to tell the teacher" if it happens again. They also practise ignoring: try it five times and come back and say what happened, because bullies often give up.
- Others stay in touch with how the bully reacts and what the school does, so they know whom to hold accountable.
- Parents found that using the word "bullying" helps a child name the behaviour. One family reads a simply written book on bullying together whenever something like this happens.
- One parent felt children should be allowed to have such experiences rather than being shielded, as long as they're never looked down on at home and parents avoid a worried or fearful tone, and to step in firmly if a line is crossed.

6 parents joined in • 9 messages

FROM THE CURIOUS PARENT • A COURSE ON THIS

How to Stop Hitting & Bullying in Children

Why children hit, why some children get hit, and what parents can do — without shame, fear or punishment. For young children and older children both.

See the course →

A question at 11pm? Ask it right away.

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FOR EVERY PARENT

All ages

10 Playing with the driver's children
11 What to do with everyday artwork
12 Homeschooling: when, and how much effort?

10 Playing with the driver's children

Share

A MOTHER ASKED

Hi everyone, I am curious about one thing. My son gets to encounter our driver kids, house helper kids during hooidays as they get their kids home sometimes. Should I let him play happily with them or I should be conscious about what language or anything that my son may grab from them? I neither feel like telling my son dont play with them nor my driver to not get his kids to play along with my son. I feel its not right. Kindly give your inputs. Harpreet, I will be grateful for your inputs too.

WHAT OTHER CURIOUS PARENTS ANSWERED

Alka • mother

We never keep eyes on the fellow friends from the school which comes from educated families but still our kids learn some or other words which we have never used in or heard in our family. Still they learn nd ask the meaning of that word. So it's not in our control which child is using bad language or which not. It's very common in this age. So let him play might he will learn some new good things from those children. You just absorb them when they are plying around. Or later you can ask to your son what does he learn from them.

Shruti • mother

Just sharing my beautiful experience.

My son used to play with a 4-5 year old girl from nearby chawl. My son nd her doesn't have any common language. She knew only Marathi. But they used to enjoy each other's company. They would communicate with face expression etc. I loved watching them.

Another experience not so pleasant and I had hard time dealing with. One boy in our society has virtual autism. He was not speaking instead he would shriek to get what he wants. My son used to play with him. And guess what, my son started exactly same behaviour, same shrieking in few days.

Shruti • mother of a 5-year-old

We have to accept at some point that we can't completely prevent our kids from learning foul words. My 5 year old came back and told me he learnt the "B" word, a year after he learnt the F word. Of course from the bus. Well educated, families and all. All we can do is explain to them what impact those words have. Emotional and social consequences of using them. And leave them at that.

I did have a very jumpy reaction to the "B" word....and contemplated pulling him out of the bus. But talking it out with my husband helped me see things in a better light.

So what we told our kids is "understand what you are saying, understand how that makes others feel, and know what kind of a person wants to make you feel that way and is that the kind of person you want to be. Also understand that if an adult finds you using those words you will get punished/ reprimanded for it. It's on you to take the consequences, should you choose to use them.

IN SHORT: **Playing with the driver's children**

- Most parents said to let them play. Children pick up words we never use at home even from school friends from educated families. It isn't in our control, and they may learn good things too.
- One parent said they would hesitate only if a child actually used words they didn't like, whatever their background.
- One parent's son played happily with a girl from a nearby chawl. They had no common language and talked through expressions.
- Parents felt we can't fully stop children learning foul words. Instead they explain the emotional and social side: understand what you're saying, notice how it makes others feel, and think about whether that's the person you want to be.
- One parent asks their child afterwards what he learnt from his friends.

5 parents joined in • 11 messages

11 What to do with everyday artwork

Share

A MOTHER ASKED

Dear parents, any recommendations for what you do with your child's everyday art explorations?

Any way to display and encourage the child?

WHAT OTHER CURIOUS PARENTS ANSWERED

HARPREET, A CURIOUS PARENT

Let your child display if child wants to. You don't need to encourage a young child for artwork by saying good, very good.

Keep colours, paper. The child will do drawing

Chaithanya • father

You get kids artwork frame. It opens like a book and you can change the artwork everyday like keeping a paper in a file. You can hang it on the wall.

Search for "Kids Artwork Storage Photo Frame" on amazon.

IN SHORT: **What to do with everyday artwork**

- A father uses a kids' artwork storage frame. It opens like a book, you slip the artwork in like papers in a file, and it hangs on the wall.

3 parents joined in • 4 messages

12 Homeschooling: when, and how much effort?

Share

A PARENT ASKED

Are you homeschooling?

Awesome!

Could you share your experience?

I'm really confused between schooling and homeschooling. How much time and effort it takes? What kind of environment is required for it?

WHAT OTHER CURIOUS PARENTS ANSWERED

Fatma • mother of a 6½-year-old

At this age I focus more on learning through everyday life reading, maths, conversation, activities, outdoor time,and practical experiences.i am still learning and figuring out what works Best for my child, so I wouldn't say there is one perfect way.if you are confused between school and homeschooling I would suggest first understanding your childs needs and your family routine how much time you can realistically give.

IN SHORT: **Homeschooling: when, and how much effort?**

- A homeschooling mother said that at this age she focuses on learning through everyday life: reading, maths, conversation, activities, outdoor time and practical experience.
- She said there's no one perfect way, and suggested first understanding the child's needs, the family's routine and how much time you can realistically give.
- Some parents felt 6—12 years is the best window, after a formal preschool has built strong basics, since most of us know little about teaching a toddler.

5 parents joined in • 8 messages

A few other useful things this week from the group

Which professional for which concern

- Developmental paediatrician (MD Paediatrics + fellowship in developmental sciences) — diagnosis of developmental disorders
- Speech-language therapist (BASLP/MASLP) — speech, language, voice, stammering, feeding and swallowing
- Occupational therapist (BOT/MOT) — sensory issues, functional and gait issues
- Paediatric physiotherapist (BPT/MPT) — muscle, ligament or bone correction
- Behavioural therapist (e.g. BCBA) — behaviour and social behaviour
- Child psychologist — paediatric mental health; only paediatricians and child psychologists can diagnose under RCI rules
- Child counsellor — guidance for parents, trained to handle abuse cases

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💛 **Send it to a parent who can be helped by this** 💛

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