



ASK THE EXPERT QUESTIONNAIRE

PARENTS AND TEACHERS SECTION

An Unique Project of Adolescent Health Academy of IAP

TEAM

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Question 1 : Parenting

Parenting during adolescence is often described as "guiding without controlling." Adolescents need love, boundaries, and trust in equal measure. They may not always express their feelings openly, but they continue to look to their parents for reassurance and support. Spend regular quality time with your child, listen without interrupting, avoid comparisons, and appreciate effort rather than only achievements. Encourage open conversations about emotions, friendships, studies, and future aspirations. A warm and trusting parent--child relationship is one of the strongest protective factors for an adolescent's mental and emotional well-being.

Check out these useful links-

<https://iapindia.org/pdf/action-plan-2026/Adolescent/006-Parenting-in-Teen-Years-From-Helicopter-to-Co-pilot.pdf>

<https://iapindia.org/pdf/Ch-026-Normal-Psychosocial-Development-in-Adolescents.pdf>

Question 2:

"My daughter joined her first year of college in the UK in September 2025. Recently she feels low, worries whether she fits into her friend group, finds it difficult to develop close friendships, worries about her future, overthinks a lot, and lacks confidence, although I feel she is managing everything quite well."

Expert Answer:

Thank you for sharing your concerns. What your daughter is experiencing is quite common among young adults who move away from home for higher education, especially to a different country. Adjusting to a new culture, academic environment, and social circle takes time. Feeling lonely, questioning whether one belongs, and worrying about the future are normal during this transition.

Continue to reassure her that these feelings do not mean she is failing---they are part of adapting to a new environment. Encourage her to stay connected with family, maintain regular sleep, eat well, exercise, and participate in ~~clubs or~~ activities where she can gradually build meaningful friendships. Remind her that genuine friendships take time to develop.

If her sadness, anxiety, sleep disturbances, or social withdrawal continue for **more than a few weeks or begin affecting her studies or daily functioning**, encourage her to seek support through the university counselling services or a healthcare professional. Seeking help early is a sign of strength.

From what you have shared, it is encouraging that she continues to balance her responsibilities. Continue being the calm, reassuring presence she needs. Often, knowing that someone believes in them gives young people the confidence to keep moving forward.

Check out these useful links-

<https://iapindia.org/pdf/guideline-Mental-Health-Issues-in-Adolescents.pdf>

Question 3 : "A 13-year-old adolescent boy has gained excessive weight despite regular exercise and a regulated diet. Both paternal uncles are obese. Is there an entity called familial or genetic obesity? What should be done?"

Expert Answer:

FOR A PARENT-Expert Answer:

Yes. Some children have a genetic or familial tendency to gain weight more easily, especially if there is a strong family history of obesity. However, genes are only one part of the picture. Hormonal problems, certain medications, poor sleep, and other medical conditions should also be ruled out if weight gain is excessive despite healthy eating and regular exercise.

The child should be evaluated by a pediatrician, who will assess growth, lifestyle, and look for any underlying medical causes.

Management should focus on family-based lifestyle modification rather than weight alone. Encourage healthy eating patterns, regular physical activity, adequate sleep, reduced sedentary behaviour, and psychological support where needed. If obesity is severe or starts very early in life, referral to a pediatric endocrinologist may be needed, and genetic testing may be considered in selected cases.

Check out these useful links-

<https://iapindia.org/pdf/Guideline-for-Nutrition-of-Adolescents-10-19-Years-17112021.pdf>

<https://iapindia.org/pdf/IAP-Parental-Guideline-Ch-01-JUNK-food.pdf>

Question 4 : How should I interact with my teenage daughter? How can I encourage her to open up to others and build her confidence and resilience?

Expert Answer

The teenage years are a time of tremendous physical, emotional, and social change. More than advice, adolescents need parents who listen without judging. Spend at least 15--20 minutes every day talking with your daughter without discussing studies or correcting her. Ask open-ended questions such as, "How was your day?" or "What made you smile today?"

Help build her confidence by appreciating her efforts rather than only her achievements. Encourage her to participate in sports, hobbies, volunteering, or creative activities where she can experience success and learn from setbacks. Allow her to solve small problems independently while reassuring her that you are always available if she needs help.

Remember, resilience develops not by protecting children from every difficulty but by helping them face challenges with support and confidence.

Check out these useful links-

- <https://iapindia.org/pdf/guideline-Mental-Health-Issues-in-Adolescents.pdf>
- <https://nimhansbkt.demo-appiness.com/prodnimhans/documents/brochures/4fbcfe1a60714ebaa69ac3dae90f1e5f.pdf>

Question 4: "How to handle teens who feel peer pressure about not having a boyfriend or girlfriend? They rely on AI instead of textbooks, don't help at home but want to build a body at the gym, have unhealthy eating habits due to online food delivery and junk food, and spend excessive time on screens."

Expert Answer

You have beautifully summarized many of today's parenting challenges. Adolescents are growing up in a world shaped by social media, artificial intelligence, online food delivery, and constant peer influence. It is natural for parents to feel concerned.

Peer pressure regarding relationships is common during adolescence. Reassure your teenager that having a boyfriend or girlfriend is not a measure of maturity or popularity. Healthy relationships develop naturally with emotional maturity and mutual respect.

Artificial Intelligence can be a valuable learning tool when used responsibly, but it should complement learning---not replace textbooks, teachers, or critical thinking. Encourage your child to use AI to understand concepts, while continuing to read textbooks and reliable educational resources.

Household responsibilities help adolescents become independent and responsible adults. Involve them in age-appropriate family tasks and explain that physical strength is built not only in the gym but also through discipline and responsibility.

Encourage home-cooked meals and discuss nutrition rather than criticizing food choices. Help your teenager make healthier decisions instead of imposing strict restrictions.

Finally, create clear and consistent family rules for screen time. Balance technology with physical activity, hobbies, family conversations, and adequate sleep.

"The goal is not to control adolescents, but to guide them towards responsible choices."

Check out this link:

<https://iapindia.org/pdf/Guidelines-for-Normal-Sleep-and-Physical-Activity.pdf>

Question 5: "My child avoids physical activity, feels depressed and thinks we are not good parents."

Expert Answer

Thank you for sharing your concern so honestly. When a child loses interest in physical activity, feels persistently sad, and believes that parents do not understand them, it usually reflects emotional distress

rather than laziness. Avoid arguing or forcing exercise. Instead, spend time listening without interrupting or correcting. Acknowledge your child's feelings and reassure them that your love is unconditional.

Encourage simple family activities such as evening walks or games instead of insisting on formal exercise. If low mood, withdrawal, poor sleep, loss of interest, or hopelessness persist for more than two weeks, consult a pediatrician or mental health professional. Early support makes a significant difference.

Check these links:

<https://iapindia.org/pdf/guideline-Mental-Health-Issues-in-Adolescents.pdf>

<https://iapindia.org/pdf/Guidelines-for-Normal-Sleep-and-Physical-Activity.pdf>

Question 6: "Parent-child communication."

Expert Answer

Communication is the foundation of a healthy parent-child relationship. Adolescents need parents who listen first and advise later. Spend dedicated time together each day without discussing marks or correcting behaviour. Ask open-ended questions, respect their opinions, and avoid comparing them with others.

When children feel heard, they become more willing to share their concerns. Remember, communication is not about having long conversations---it is about making your child feel emotionally safe.

Question 7 : "My daughter is addicted to her mobile phone."

Expert Answer

Mobile phone addiction has become a common concern for many families. Instead of focusing only on restricting phone use, try to understand why your daughter spends so much time on her phone. Is she bored, lonely, stressed, or simply following her peers?

Set clear family rules about screen use, such as no phones during meals, family time, or one hour before bedtime. Encourage enjoyable alternatives like sports, music, reading, art, or spending time outdoors. Most importantly, parents should model healthy digital habits because children learn more from what they observe than from what they are told.

Remember, the goal is not to eliminate technology but to help children use it wisely and in balance with real life.

Expert Pearl

"Connection with family is the best antidote to excessive connection with screens."

Check out this link:

<https://iapindia.org/pdf/Guidelines-for-Normal-Sleep-and-Physical-Activity.pdf>

<https://iapindia.org/pdf/Screentime-Guidelines-for-Parents-Ch-005.pdf>

Question 8 : "How can I prepare my daughter for puberty? How can I keep her emotionally connected with parents?"

Expert Answer:

Start talking to your daughter about puberty before the changes begin. Explain that menstruation, breast development, body hair, mood changes, and growth spurts are normal parts of growing up. Teach her about menstrual hygiene, body privacy, and personal safety, and encourage her to ask questions freely.

To stay emotionally connected, make time to talk every day---even if only for a few minutes. Listen without interrupting or judging, respect her growing need for independence, and avoid criticizing or comparing her with others. Be someone she can trust with both her successes and her mistakes. A warm, supportive home where she feels heard and accepted is the strongest foundation for a lasting parent--child relationship.

Check out this link:

<https://iapindia.org/pdf/Ch-026-Normal-Psychosocial-Development-in-Adolescents.pdf>

<https://iapindia.org/pdf/2808-Guideline-for-Attainment-of-Puberty.pdf>

Question 9 : "How can I improve my physical and mental health?"

Expert Answer

Good health begins with small daily choices. Eat a balanced diet, stay physically active, sleep adequately, drink enough water, and make time for relaxation. Emotional well-being is equally important. Spend time with supportive people, pursue hobbies, practise mindfulness or prayer, and maintain a healthy work-life balance. Learning Life skills at any age changes the way we deal with everyday challenges.

As teachers, you care for many children each day. Looking after your own health is not a luxury---it enables you to continue caring for others with energy and compassion.

"You cannot pour from an empty cup---take care of yourself too."

Check out this link:

<https://iapindia.org/pdf/Ch-026-Normal-Psychosocial-Development-in-Adolescents.pdf>

Question.: "Mental health and parenting challenges."

Expert Answer

Today's parents face unique challenges, including screen addiction, academic competition, changing social values, and increasing emotional stress among adolescents. The most effective parenting combines love, communication, consistency, and appropriate boundaries.

Children thrive when they feel heard, respected, and accepted. Encourage families to spend quality time together, eat meals together whenever possible, and keep communication open. Seeking professional help early for emotional or behavioural concerns should be viewed as a sign of responsible parenting.

"Connection before correction is the heart of positive parenting."

Question 10 : "Can tension, headaches, or altered sleep be linked to my emotions?"

Expert Answer

Yes. Emotional stress often affects the body. Headaches, disturbed sleep, fatigue, poor concentration, stomach discomfort, and muscle tension are common physical manifestations of stress and anxiety.

However, persistent symptoms should always be medically evaluated to exclude physical illness. Along with medical care, stress can often be reduced through regular exercise, relaxation techniques, adequate sleep, healthy eating, and talking openly with trusted family members or friends.

"Our body often speaks the emotions that our mind keeps hidden."

Question 11: "My work, my life and work out for health."

Expert Answer

Balancing professional responsibilities with personal health is challenging, but it is one of the best investments you can make. Schedule physical activity just as you would schedule an important meeting. Even 30 minutes of brisk walking, yoga, cycling, or any enjoyable exercise most days of the week benefits both body and mind.

Maintain regular meal timings, stay hydrated, sleep adequately, and spend meaningful time with your family. Good health improves productivity, relationships, and overall quality of life.

"Health is the foundation on which every other success is built."

Question 12: . Mental Health and Emotional Well-being

Expert Answer

Mental health is an essential part of overall health. Adolescents experience many emotional changes while growing up, and they need understanding rather than judgement. Encourage open conversations, spend quality family time, and reassure children that it is okay to express their feelings.

Healthy routines---including regular exercise, adequate sleep, balanced nutrition, and positive friendships---protect emotional well-being. If sadness, anxiety, irritability, or behavioural changes persist and interfere with daily life, seek professional guidance early.

"Listening with empathy is often the first step towards healing."

Question 13: "How can I maintain a balanced diet?"

Expert Answer

A balanced diet is one that provides all the nutrients your body needs in the right proportions. Include a variety of whole grains, pulses, milk or dairy products, seasonal fruits, green leafy vegetables, nuts, and protein-rich foods such as eggs, fish, or legumes. Drink adequate water and try not to skip breakfast.

Reduce the intake of sugary drinks, packaged snacks, fried foods, and highly processed foods. Healthy eating is not about strict dieting---it is about making nutritious food choices consistently. Remember, good nutrition improves immunity, energy levels, concentration, and long-term health.

"Eat food that nourishes your body, not just satisfies your hunger."

Question 14 : As a teacher, I use computers every day. Sometimes I feel stressed by technology. How can I manage it?"

Expert Answer

Technology is now an essential part of teaching, but excessive screen exposure can cause eye strain, fatigue, neck pain, and mental stress. Follow the 20-20-20 rule---every 20 minutes, look at an object 20 feet away for 20 seconds. Maintain good posture, take short breaks, and organize your work to avoid unnecessary digital overload.

Also, create "technology-free" time after work by engaging in exercise, reading, hobbies, or spending time with family. Technology should simplify your work, not dominate your life.

"Use technology wisely---don't let it use your time and peace of mind."

Question 15 : "What are the typical physical changes that adolescents go through?"

Expert Answer

Adolescence is a period of rapid growth and development. Physical changes include a growth spurt, development of breasts and menstruation in girls, enlargement of testes and voice changes in boys, growth of body hair, acne, increased sweating, and changes in body shape. Emotional maturity and social development also progress during this time.

The timing of puberty varies among individuals. Parents and teachers should reassure adolescents that these changes are normal while promoting healthy eating, physical activity, good hygiene, and open communication.

"Puberty is a journey of growth---not a problem to be feared."

Check out this link:

<https://iapindia.org/pdf/2808-Guideline-for-Attainment-of-Puberty.pdf>

Question 16 : Life Skills Development

Expert Answer

Life skills prepare us not only for examinations but also for everyday life. Communication, empathy, critical thinking, teamwork, resilience, and decision-making help adolescents become confident and responsible adults.

Develop these skills through reading, debates, sports, volunteering, leadership opportunities, and meaningful interactions with family and friends. Mistakes are valuable teachers---learn from them and continue growing.

"Success in life depends not only on what we know but also on how we live."

Question 16: How can students improve their communication skill?

Expert Answer:

Communication is an essential life skill that helps students express their thoughts clearly, build healthy relationships, and develop confidence. Like any other skill, it improves with regular practice.

Teachers can encourage students to participate in class discussions, debates, storytelling, role plays, presentations, and group projects. Reading books, newspapers, and good-quality articles helps improve vocabulary, while writing journals, essays, and creative stories strengthens written communication.

Teach students to be good listeners as well as good speakers. Encourage them to maintain eye contact, speak politely, respect different opinions, and express their ideas confidently without interrupting others. Creating a classroom where students feel safe to ask questions and make mistakes helps build confidence.

Parents can also support communication skills by having regular family conversations, encouraging children to share their experiences, and limiting excessive screen time that replaces face-to-face interaction.

Remember: Good communication is not about speaking the most---it is about listening carefully, expressing ideas clearly, and treating others with empathy and respect. These skills help students succeed not only in school but throughout life.

"Life skills strengthen the mind, while supportive relationships strengthen the heart."

Check out these useful links.

- World Health Organization (WHO): Life Skills Education for Children and Adolescents in Schools

<https://iris.who.int/handle/10665/63552>

- UNICEF: Life Skills Education and Citizenship Education

<https://www.unicef.org/education/life-skills>

Question 17 : "Exam pressure."

Expert Answer

Examinations often create anxiety because students fear failure or disappointing others. Encourage them to prepare consistently rather than studying only before exams. Adequate sleep, healthy food, regular physical activity, and short relaxation breaks improve both learning and concentration.

As teachers, we can reduce exam stress by appreciating effort, avoiding comparisons, and reminding students that examinations measure knowledge at one point in time---they do not determine a child's worth or future success.

"Prepare with confidence, not with fear."

Question 17: . "What is the main concern or behavior you are observing? What is the child's age? How long has it been present, and what has already been tried?"

Expert Answer

These are excellent questions because they help identify the real problem before offering advice. When evaluating any behavioural concern, understanding the child's age, the duration of symptoms, changes in school or home, family circumstances, and previous interventions provides valuable information.

Parents and teachers should observe behaviour without making assumptions. Careful listening and systematic assessment often reveal the underlying cause and help determine whether reassurance, counselling, or specialist referral is needed.

Question 18 : "What is the main concern or behaviour you are observing in your child?"

Expert Answer

Thank you for asking a very important question. Before we can help an adolescent, we must first understand what has changed. Is your child becoming withdrawn, irritable, anxious, excessively angry,

losing interest in studies or hobbies, spending excessive time on screens, or avoiding friends and family? These behavioural changes often provide valuable clues about what they are experiencing emotionally.

Observe without making assumptions or labeling your child as "lazy" or "disobedient." Maintain a diary if needed and discuss your observations calmly with your child. Early recognition and supportive communication often prevent small concerns from becoming bigger problems.

"Observe behaviour with curiosity, not criticism."

Question 18: "What is the age or age range of the adolescent or child?"

Expert Answer

Knowing the child's age helps us understand what behaviours and developmental changes are expected. Early adolescents (10--13 years) are beginning puberty and often think concretely. Middle adolescents (14--16 years) are strongly influenced by peers and may experience emotional ups and downs. Late adolescents (17--19 years) become more independent and begin planning their future.

Advice should always be age-appropriate because the needs of a 10-year-old differ greatly from those of an 18-year-old.

"Age provides context; understanding provides the solution."

Question 19: "How long has this problem been present, and what have you already tried?"

Expert Answer

The duration of a problem helps us determine whether it is a temporary reaction or a more persistent concern. It is also important to understand what steps parents or teachers have already taken. Open conversations, routine changes, counselling, limiting screen time, or improving sleep may already have been attempted.

Sharing this information with your pediatrician or mental health professional helps identify the most appropriate next steps and avoids repeating strategies that have not worked.

Expert Pearl

"Every solution begins with understanding the story behind the symptom."

Question 19: "What is the main concern or behaviour you are observing in your child?"

Expert Answer

Thank you for asking a very important question. Before we can help an adolescent, we must first understand what has changed. Is your child becoming withdrawn, irritable, anxious, excessively angry, losing interest in studies or hobbies, spending excessive time on screens, or avoiding friends and family? These behavioural changes often provide valuable clues about what they are experiencing emotionally.

Observe without making assumptions or labeling your child as "lazy" or "disobedient." Maintain a diary if needed and discuss your observations calmly with your child. Early recognition and supportive communication often prevent small concerns from becoming bigger problems.

"Observe behaviour with curiosity, not criticism."

Question 20: . School or academic stress

Expert Answer

Academic excellence should never come at the cost of emotional well-being. Encourage students to maintain a balanced routine that includes study, physical activity, adequate sleep, recreation, and family time. Recognize signs of stress such as irritability, declining performance, frequent absences, or loss of interest in school.

Your reassurance and encouragement can help students develop confidence and resilience even during challenging academic periods.

Expert Pearl

"A student's confidence grows when a teacher believes in them."

Question 21 : Physical Health • Academic Stress • Relationships & Communication

Expert Answer

Balancing teaching, studies, personal health, and relationships is not easy, and it is understandable to feel overwhelmed at times. Begin by caring for your own physical health through regular meals, adequate sleep, hydration, and physical activity. Plan your academic work realistically and avoid expecting perfection from yourself.

Healthy relationships are strengthened through respectful communication, patience, and mutual understanding. Remember that seeking support from trusted family members, mentors, or counsellors is a sign of wisdom, not weakness.

Expert Pearl. "Balance begins with taking care of yourself first."

Question 22: Screen Time / Digital Addiction

Expert Answer

Technology should be used as a tool for learning and communication---not as a replacement for real-life relationships. Encourage families to create technology-free zones at home, especially during meals and before bedtime. Promote outdoor games, reading, art, and family activities that strengthen emotional bonds.

Children learn digital habits by observing adults, so parents and teachers should model balanced technology use themselves.

Expert Pearl. "Children follow our example more than our advice."

Question 23: School or Academic Stress

Expert Answer

School should be a place where students enjoy learning rather than fear failure. Encourage realistic goals, regular study routines, and healthy lifestyles that include adequate sleep, physical activity, and recreation. Appreciate progress rather than perfection.

Students should know that asking for help is a sign of maturity, not weakness. Together, parents and teachers can create an environment where children feel confident to learn and grow.

"Learning flourishes where fear is replaced by encouragement."

Question 23:. Mental Health

Expert Answer

Good mental health begins with feeling loved, understood, and accepted. Encourage open conversations at home where children feel comfortable sharing their thoughts without fear of criticism. Listen patiently, acknowledge their emotions, and spend regular quality time together.

Healthy routines---including adequate sleep, balanced nutrition, physical activity, and limited screen time--also support emotional well-being. If sadness, anxiety, or behavioural changes persist, seek professional help early.

Question 22:. Emotional Well-being

Expert Answer

Children often communicate emotional distress through changes in behaviour rather than words. Be attentive to signs such as withdrawal, irritability, sleep disturbances, declining academic performance, or loss of interest in favourite activities.

Respond with empathy rather than criticism. Encourage your child to express emotions openly, solve age-appropriate problems independently, and participate in sports, hobbies, and social activities. Celebrate effort rather than perfecti

Question 23: "What are some healthy habits for better mental and physical health?"

Expert Answer

Healthy living is built on simple daily habits. Eat nutritious meals, stay physically active, sleep adequately, drink plenty of water, and maintain good personal hygiene. Limit recreational screen time, spend time with supportive family and friends, practice gratitude or mindfulness, and make time for hobbies that bring joy.

Good health is not achieved through occasional efforts but through small, consistent habits practiced every day.

Question 24: "How can we stay mentally and physically fit in today's busy world?"

Expert Answer

In today's fast-paced life, health should become a daily priority rather than something we postpone. Regular exercise, balanced nutrition, adequate sleep, and stress-management techniques such as yoga, meditation, or prayer help maintain both physical and mental well-being.

Take short breaks during work, avoid prolonged sitting, maintain meaningful relationships, and spend some time each day doing something you genuinely enjoy. Remember that caring for yourself allows you to care better for others.

Question 25: "How can students cope with today's environment and become emotionally stronger?"

Expert Answer

Today's adolescents face academic pressure, social media influence, peer expectations, and uncertainty about the future. Emotional strength develops through supportive relationships, healthy routines, problem-solving skills, optimism, and learning to accept setbacks as part of life.

Encourage students to focus on their strengths, seek help when needed, stay physically active, and build confidence through small achievements. Resilience is not about avoiding difficulties---it is about learning to recover and grow from them.

Question 26: "What is important physical health or mental health for children?"

Expert Answer

Physical and mental health are equally important because they are closely connected. A physically healthy child is more likely to have good energy, concentration, and immunity, while a mentally healthy child is better able to learn, manage emotions, build relationships, and cope with challenges.

Encourage balanced nutrition, regular physical activity, adequate sleep, emotional expression, family bonding, and open communication. Just as we seek medical care for physical illness, we should also seek help early when emotional or behavioural concerns arise.

Healthy minds and healthy bodies grow together.

Question 27 : What are the common parenting challenges, and how can parents handle them?

Expert Answer:

Parenting is rewarding, but it also comes with challenges at every stage of a child's growth. Common concerns include managing behaviour, setting limits, balancing screen time, encouraging healthy habits, handling academic pressure, improving communication, and supporting emotional well-being.

The key to overcoming these challenges is to build a relationship based on love, trust, and respect. Spend quality time with your child every day, listen without interrupting, and encourage open conversations. Set clear and consistent rules, but explain the reasons behind them. Be firm about values while remaining flexible and understanding.

Avoid comparing your child with others or expecting perfection. Every child has unique strengths, interests, and a different pace of development. Praise effort, honesty, kindness, and perseverance rather than only achievements. Give children age-appropriate responsibilities and opportunities to make decisions so they develop confidence and independence.

Children learn more from what parents do than from what they say. Be a positive role model by practising healthy habits, managing stress calmly, showing respect, and solving problems constructively.

Remember, there is no such thing as a perfect parent. What children need most is a parent who is present, patient, consistent, and willing to learn and grow with them.

Learn More:

- UNICEF Parenting: <https://www.unicef.org/parenting>
- World Health Organization (WHO): Parenting and child health resources: <https://www.who.int/teams/maternal-newborn-child-adolescent-health-and-ageing>
- Indian Academy of Pediatrics (IAP) -- Guidelines for Parents: <https://iapindia.org/guidelines-for-parents/>

Question 28 : How can students control emotions ?

Expert Answer:

Emotions such as anger, sadness, fear, excitement, and frustration are a normal part of growing up. The goal is not to suppress emotions but to help students understand, express, and manage them in healthy ways.

Teachers can support emotional regulation by creating a safe and respectful classroom where students feel heard and accepted. Encourage students to identify and talk about their feelings, listen without judgment, and reassure them that it is okay to experience different emotions. Teach them to pause before reacting, take slow deep breaths, count to ten, or step away briefly from a stressful situation before responding.

Help students develop healthy coping strategies such as regular physical activity, creative hobbies, mindfulness, journaling, and problem-solving. Encourage respectful communication and teach conflict-resolution skills so that disagreements can be handled calmly.

Teachers should also model emotional regulation through their own behaviour. Responding calmly, showing empathy, and treating students with respect helps them learn by example. If a student has persistent emotional outbursts, withdrawal, or difficulty coping, discuss your concerns with the parents and, if needed, refer the student to the school counsellor or a mental health professional.

Remember: Emotional regulation is a life skill that develops over time. With patience, guidance, and a supportive environment, students learn to manage their emotions, build resilience, and make thoughtful decisions.

Learn More:

- **World Health Organization (WHO):** Adolescent Mental Health <https://www.who.int/news-room/fact-sheets/detail/adolescent-mental-health>
- **UNICEF:** Mental Health and Well-being <https://www.unicef.org/mental-health>

Question 29 : "How can we balance all aspects of life? Is it possible to achieve development without stress?"

Expert Answer:

Life cannot be completely free of stress, and in fact, a small amount of stress often motivates us to grow and achieve our goals. The aim is not to eliminate stress but to manage it in healthy ways.

Maintain realistic expectations, prioritize important tasks, take regular breaks, exercise, sleep adequately, and spend time with family and friends. Learn to say "no" when necessary and remember that perfection is neither possible nor required.

A balanced life is built through healthy routines, meaningful relationships, and self-compassion.

Question 30 : How to reduce Tv time as my daughter is 4 years old and how to develop life skills

Expert Answer:

Children learn best through play, conversation, and everyday experiences rather than screens. Instead of simply taking away the TV, gradually replace screen time with enjoyable activities such as storytelling, drawing, puzzles, outdoor play, music, dancing, pretend play, or reading together. Create

a daily routine with fixed times for meals, play, learning, and sleep, and avoid keeping the television on in the background. Parents should also model healthy screen habits, as children often imitate what they see.

According to the World Health Organization (WHO), children aged 2--5 years should have no more than 1 hour of sedentary screen time per day, and less is even better.

Life skills begin developing in the preschool years. Encourage your daughter to help with simple household tasks such as putting away toys, watering plants, setting the table, or sorting clothes. Teach her to greet people politely, share, take turns, express her feelings, solve simple problems, and make small choices such as selecting her clothes or books. Praise her efforts rather than expecting perfection, and allow her to learn through trial and error.

Remember, the greatest gift you can give your child is your time. Conversations, play, and shared family experiences build confidence, independence, communication skills, and emotional resilience that last a lifetime.

Learn More:

- World Health Organization (WHO): Guidelines on Physical Activity, Sedentary Behaviour and Sleep for Children Under 5 Years

[**https://www.who.int/publications/i/item/9789241550536**](https://www.who.int/publications/i/item/9789241550536)

- UNICEF Parenting: Practical tips on play, positive parenting, and healthy child development

[**https://www.unicef.org/parenting**](https://www.unicef.org/parenting)

Question 31 : How can we help our son develop good time management skills?

Expert Answer:

Time management is a skill that children learn gradually with guidance and practice. Instead of managing your son's time for him, teach him how to plan and prioritize his own activities.

Help him create a simple daily routine that balances schoolwork, physical activity, hobbies, family time, relaxation, and adequate sleep. Encourage him to make a realistic to-do list, complete important tasks first, and break large assignments into smaller, manageable steps. A planner or calendar can help him stay organized.

Limit distractions during study time by keeping mobile phones, television, and other screens away. Encourage focused study sessions of 30--45 minutes, followed by short breaks. At the end of each day, review what went well and discuss how the next day can be planned better.

Give your son age-appropriate responsibilities at home, such as organizing his school bag, helping with household chores, or managing his own schedule. These responsibilities build discipline, independence, and accountability.

Most importantly, be a role model. Children learn time management by observing their parents. Maintain regular routines, respect family schedules, and appreciate your child's efforts rather than expecting perfection.

Remember: Good time management is not about being busy all the time---it is about balancing responsibilities, health, family, and leisure in a way that supports lifelong well-being.

Learn More:

- World Health Organization (WHO): Adolescent Health

[**https://www.who.int/health-topics/adolescent-health**](https://www.who.int/health-topics/adolescent-health)

- UNICEF Parenting: Practical guidance on building healthy routines and positive parenting

[**https://www.unicef.org/parenting**](https://www.unicef.org/parenting)

Question 32: School or Academic Stress

Expert Answer:

Academic stress can be reduced when learning is encouraged rather than feared. Help students develop realistic study schedules, healthy sleep habits, regular physical activity, and confidence in their own abilities. Praise sincere effort, avoid unnecessary comparisons, and encourage students to ask for help whenever needed.

A supportive classroom where mistakes are treated as learning opportunities promotes both academic achievement and emotional well-being.

"Children learn best when they are encouraged rather than judged."

Question 33: "What can we do to reduce school stress not only for students but also for teachers?"

Expert Answer:

A healthy school environment benefits both students and teachers. Encourage open communication, realistic expectations, regular physical activity, creative learning methods, and emotional support within the classroom. Appreciate effort rather than focusing only on results.

Teachers should also care for their own well-being by maintaining work-life balance, sharing responsibilities, and seeking support when needed. A calm, positive teacher creates a calm, positive classroom.

Schools that promote kindness, respect, and mental well-being help everyone thrive.

Question 34: Relationships & Communication

Expert Answer:

Healthy communication lies at the heart of adolescent healthcare. Every consultation offers an opportunity to build trust, encourage adolescents to express themselves freely, and involve families in supportive rather than judgemental conversations.

Using open-ended questions, active listening, empathy, confidentiality (where appropriate), and shared decision-making strengthens therapeutic relationships and improves health outcomes. Communication is often the most effective intervention before any prescription is written.

"Listening with empathy is one of the most powerful treatments in adolescent

Question 35: How to motivate a child for good habits in every field?

Expert Answer:

Children develop good habits not through constant reminders but by observing and practicing them every day. The most powerful motivator is your own example. If children see parents eating healthy, being physically active, reading, managing emotions calmly, and treating others with respect, they are more likely to adopt these habits themselves.

Start with one or two small, achievable habits rather than trying to change everything at once. Set a regular routine for meals, sleep, study, physical activity, and family time. Give your child age-appropriate responsibilities at home and appreciate their efforts rather than expecting perfection. Praise positive behaviour, honesty, kindness, perseverance, and responsibility instead of focusing only on results or marks.

Allow children to make simple decisions and learn from their mistakes. Encourage participation in sports, hobbies, reading, school activities, and community service to build confidence, discipline, and life skills. Avoid frequent criticism, comparisons with others, or using rewards and punishments as the only motivators.

Remember, habits are formed through consistency, encouragement, and patience. A loving, supportive environment helps children develop values and behaviours that last a lifetime.

Learn More:

- World Health Organization (WHO): Parenting and child health resources -- <<https://www.who.int/teams/maternal-newborn-child-adolescent-health-and-ageing>>
- UNICEF Parenting: Practical, evidence-based parenting tips to build healthy habits and positive behaviour -- <<https://www.unicef.org/parenting>>

Question 36 : What are the common parenting challenges, and how can parents handle them?

Expert Answer:

Parenting is rewarding, but it also comes with challenges at every stage of a child's growth. Common concerns include managing behaviour, setting limits, balancing screen time, encouraging healthy habits, handling academic pressure, improving communication, and supporting emotional well-being.

The key to overcoming these challenges is to build a relationship based on love, trust, and respect. Spend quality time with your child every day, listen without interrupting, and encourage open conversations. Set clear and consistent rules, but explain the reasons behind them. Be firm about values while remaining flexible and understanding.

Avoid comparing your child with others or expecting perfection. Every child has unique strengths, interests, and a different pace of development. Praise effort, honesty, kindness, and perseverance rather than only achievements. Give children age-appropriate responsibilities and opportunities to make decisions so they develop confidence and independence.

Children learn more from what parents do than from what they say. Be a positive role model by practising healthy habits, managing stress calmly, showing respect, and solving problems constructively.

Remember, there is no such thing as a perfect parent. What children need most is a parent who is present, patient, consistent, and willing to learn and grow with them.

Check out these useful links:

- UNICEF Parenting: <<https://www.unicef.org/parenting>>
- World Health Organization (WHO): Parenting and child health resources:
<<https://www.who.int/teams/maternal-newborn-child-adolescent-health-and-ageing>>