

'Stop comparing your child with peers'

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Early childhood education seminar held at Lokmat Bhavan No television for more than two hours, avoid cartoons

"Behaviour may be bad, but your child is not," renowned psychologist Upasana Saraf said while stressing the need for understanding the psychology of children in the age group of 2-7.

She was delivering her keynote address on 'Early Childhood Education' at Lokmat Bhavan, here this evening. The free seminar was jointly organised by Lokmat Campus Club and Indus World School.

Saraf, who is in charge of the Human Resource Development at Bombay Cambridge Gurukul, Mumbai and has an experience of 20 years in the field of child psychology, said, "Brain development depends on the atmosphere in which a child grows and 90 per cent of the brain develops by the age of five."

"Each child is unique in his/her own way, so stop comparing with other children at early stage.

Instead, praise and encourage children for any effort they make in writing, reading, drawing or creative work they do," she advised.

Citing her study of thousands of cases, the renowned psychologist said, "Please, don't force your children to write before they turn six years or else there are high chances that their interest towards studies may be affected."

"Avoid sending your tiny tot to tuition, for it may become dependent and may not perform without it. Parents should not go for costly toys either, as it is a myth that such toys help in developing a child's brain," she said, adding that actually it is interaction with parents and other family members that helps in developing a child's brain. She also asked parents to prevent children from watching

cartoons as they make children either too aggressive or too passive.

She also urged parents to have a balance between Emotional Quotient and Intelligence Quotient in growing children.

Achama Mathew assisted Saraf. The seminar concluded with a question-answer session. Indus World School director Prof Aditya Lohana coordinated the seminar.