DEPRESSION IN CHILDREN

Description

Depression â?? an emotional issue that has the power to strike any adult or children with no partiality. Not identifying it promptly at home or in school, among children, may bring about serious emotional and psychological difficulties as they pass through their crucial developmental phases. Parents have to adopt keen observation and ways and means not to let the children slip into this mental chaos at any stage of their childhood.

All children feel sad sometimes but when sadness is experienced for a long period of time, like over a month or more, the sadness can turn into depression. And the consequent behavior changes may interfere with the regular school work, lack of interest in normal social activities, frequent mood swings and we can note as an indication that they are suffering from depressive spells.

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Depression in children like in adults can be caused by any combination of external factors that relate to learning difficulties, poor family relationships, the death of a close family member, illness or perceived illness. Depression is not a temporary behavioral aspect or neither a passing mood nor it goes away without any rational prompt intervention.

Depression needs to be taken very seriously, when noticed, by the parents. The telltale signs can be gathered asking for Information from teachers, close friends, and classmates. How the child is behaving in various activities, like are there any marked changes from their normal behavior. If parents detect any of the clues, find someone your child can talk, to a close friend, a teacher he admires, a relative he is close to or a professional counselor. This emotional cushioning of the support group is essential to wean away from your child from the shadows of depression.

Some of the indicative symptoms that inform us whether the children are just sad or suffering from depression are:

They lack concentration or show poor performance in school activities.

They look sad or get quickly into bad moods

They lack motivation, enthusiasm, and energy

They are impulsive

They show no interest to go to school or indulge in any responsible activity

They speak like that they are useless, hopeless and go about with low self-esteem

Parents have better instincts about when something isnâ??t right with their children. Keep a tab on each and every action, mood, behavior, efforts of the children whatever age they are. Communicate with them, talk to them, and observe them. Create a mood at home that they can come to you at any time, night or day; give them a notion that in whatever the event â??good or bad, they can trust you â?? no questions asked. Speak to their close friends, their teachers, regarding who they are with, what they

do, and where they go.

Category

1. Uncategorized

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