How to Help Your Child with Depression by Harry Yadav

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Childhood is that carefree time when we are the rulers of our own world. It is characterized by joy, laugh and fond memories. Almost every one of us will agree on the view that childhood is the golden part of our life. Our parents, grandparents, family members, neighbors and peers make this world more beautiful for us. After entering in to the world of schooling, we experience a whole new world before our eyes. But this golden time sometime turns out to be the most dreadful experience to some children.

Family conflicts, bullying in school, study pressure and lack of parental support are some of the reasons that causes depression to kids. We have a conception that kids canâ€™t be depressed; but in some cases kids also can feel deep sadness and depression. Until 1980, depression was not recognized as a childhood disease. DSM-IV, the â€œBibleâ€• of the psychiatric profession, which identifies symptoms of mental illnesses, recognizes that children can be depressed. Depressed behavior may be mistaken for normal developmental problems.

A childhood melancholy may turn in to a severe psychological problem in the adulthood if proper care is not taken in an early age. As the children grow, there is an obvious change of personality that occurs to them. The beginning of adolescence causes changes in personality that may be normal. For this reason many parents, in the initial stage, could not recognized that their kids are facing some mental problem. It may be difficult even for the psychologists to understand whether this change is normal or hides some inherent problems.

The parents, teachers and family members can help the kids to come out of this mental misbalance. Here there are some suggestions that help kids come out of their melancholic mental state:-

1. The first step is to make your child feel comfortable with you. Parents need to develop such a relation with their kids where both of them can feel to exchange their views. This helps the kids to a large extent to release their suppressed feelings,

2. Make children understand that these depressed feelings are normal and they should not hide them,

3. Give your child time to grieve, even over the small things. A pet hamster may seem like a small thing to you, but may a big deal to a child who has never dealt with loss before,

4. Parents should give attention to the behavior of their children and should evaluate them from time to time. In case of need, they may take the help of the professionals too,

5. Although childhood suicide is rare, it does happen. Always take it very seriously if your child says he feels like he wants to die,

6. Some kids may get irritated easily. If such symptoms are shown, parents need to understand that it is the time to take action against that.

The home environment is the first important thing that impacts a childâ€™s psychology. So it is very important to maintain a healthy environment in home. Moreover, like every human being, kids also want full affection and love from their parents. Spending quality time with kids can be a good investment for a prosperous future of them.

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