

# Behavioural cues in children

Sometimes you can learn a lot from your child's behaviour. Observe for new behaviours as these are indicators of some disturbance



Aruna Gracias Rathod

Children can be expressive but when it concerns certain fears, they will not express their feelings openly, as they dread being ridiculed or being called a 'baby'. As a result, these fears will be displayed in their behaviour. As a parent or caretaker, it is up to you to observe and be vigilant if your child exhibits a particular behaviour repeatedly or it's something you haven't seen before.

For instance, if your child shows anger or gets easily provoked, or keeps asking questions suddenly, or doesn't want to sleep alone – it's time to pay attention to this change.

Sometimes children may misbehave for attention from parents or elders, if this happens once in a while it's fine. But when the 'misbehaviour' continues for a while, then you need to address it.

## SIGNS TO WATCH OUT FOR

Attention seeking behaviour can be annoying. But it's the go-to tool when kids need more attention and they can't express themselves. There are different ways in which children express themselves but some common signs that you need to heed are:

**Yelling** - Talking loudly, interrupting you or others or just complaining continuously is something you need to watch out for. Children who need more attention often become loud and irritable.

**Rebellion and defiance** - You may find that your child is arguing more, refusing to follow rules and rebellious. This is a sure-fire sign that your child needs extra attention.

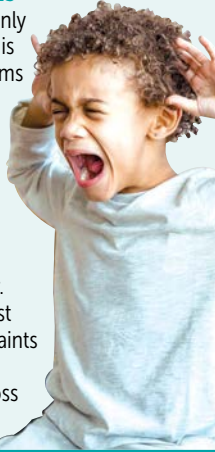
**Repeating themselves** - Your child may ask you the same question over and over again. It's a way of establishing contact and getting your attention.

**Withdrawing** - Not all children behave in the same way. Some children just withdraw. "If a

child starts distancing and isolating themselves, avoiding meals with family or disengaging with everything and everyone in general, it might be their way of signalling that they need more time, connection, and emotional support from you," explains Dr Chetan Nerkar, psychologist. **Anger outbursts and Melt downs** - Toddlers and pre-schoolers often turn to tantrums and meltdowns. This kind of behaviour is a sign your kid needs more attention from you. It also means they are getting frustrated or overwhelmed but lack the skills to deal with their big feelings.

## PHYSICAL SYMPTOMS AND COMPLAINTS

Another commonly overlooked sign is physical symptoms and complaints. "Some children have physical complaints when they want attention," says counsellor Vinaya Bhosekar. Some of the most common complaints are tummy pain, headache and loss of appetite.



Also watch for any destruction of toys or violence towards favourite toys.

## REGRESSIVE BEHAVIOURS

Signs of regressive behaviour are if a child who was once got dressed independently may start demanding that you dress them. Another example is if a child who used to sleep through the night might begin waking up again. While regressive behaviours can be normal at times, they often signal that your child needs more attention from you.

## Clingy behaviour and constant neediness

Pre-schoolers and very young children tend to cling to parents if something is troubling them. They feel safe with you.

## Dealing with behaviours - Check list on your life

Most parents are struggling with time and can't give enough time to children. You work all day at a stressful job, go home tired, and are immediately bombarded with questions. Your children mean well, but everyone requires time to decompress after a stressful day.

Being fully present with your child is becoming difficult because you are on call: the boss can access you 24x7; maybe you are working from home, household chores etc are the hallmarks of modern life.

## ANOTHER BIG FACTOR IS STRESS.

**How to give kids the attention they need** Sprinkle attention throughout the day. "Keep



checking on them. Don't wait for their results to either praise them or criticise them," advises Vinaya.

Simple, everyday interactions can make a big difference. You can eat together, spend your free moments doing something they enjoy, or even take them on errands with you.

**Disconnect from devices** - keep aside an hour or two without your phone.

Pure time with your child and see the difference it makes.

## WHAT NOT TO DO WHEN THINGS GO WRONG

Don't punish your child where there is a scene at home or when they are very angry. Punishment works only for that moment, but doesn't help children to cope with

overwhelm and frustrations. **What should you do instead?** First, ensure you're calm before trying to calm your child. Then explain to your child about his/her anger. When they are calm, listen to them and encourage them to share their feelings.

When it comes to older children, don't keep probing about their lives. Respect their privacy. "Avoid going through their things to try and figure out what's been troubling them," Vinaya advises. "Doing this could really damage the trust between you two, and make them less likely to open up to you now and in the future."

**YOU SHOULD ALSO AVOID** pushing your kid too hard as this may lead to a shut down. Most children respond well to extra TLC, and their behaviors often improve.

## DD KOSAMBI FESTIVAL OF IDEAS: A celebration of knowledge, culture, and critical thought



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The 14th edition of the D D Kosambi festival of Ideas will be held at the Kala Academy, Panjim from February 24 to 28 at 5 pm. This year, the inaugural lecture will be delivered by Gaur Gopal Das, a monk, life coach and motivational speaker. He will talk about relationships and life. Gaur Gopal Das, is an electrical engineer, who had a brief stint with Hewlett Packard, who then decided to upgrade his career to be life coach. He has spoken at various educational and corporate firms in India and abroad.

On February 25, Alka Sarangi, a prominent novelist and eminent Hindi author, will talk about 'And it says, save me from suicide'. Alka is a Hindi author from Bengal. Her first novel, 'Kalikatha via Bypass' won the Sahitya Akademi award

The five day festival will feature speakers who will talk about the challenges that life will throw up and ways to deal with them

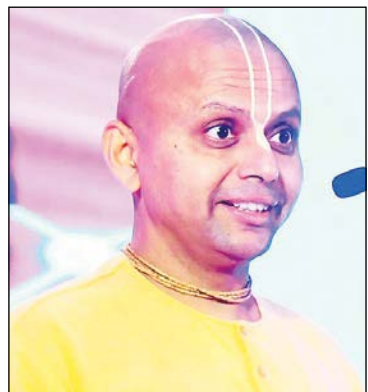
in 2001 and she is the youngest writer to win the award. On February 26, Aditya Gupta, entrepreneur, adventurer, author, designer and photographer will talk about '7 life lessons from Everest'. He has been recognised as one of the hundred great Indians. Climbing Everest is more than just a physical challenge. It is a master class in leadership, resilience and decision making.

On February 27, PadmaShri Nivedita Bhide, Jeevan Vrat (life worker) and All India Vice President of Vivekananda Kendra Kanyakumari will speak about 'The Relevance of the message of Swami Vivekananda'. PadmaShri Nivedita Bhide has written over 19 books and presented papers in



national and international seminars and delivered lectures in IIT's and universities. On February 28, Abhilash Tomy, Commander, Naval Officer, Aviator and Champion Yachtsman will talk about 'Sailing around the world'. A renowned ocean sailor has become a symbol of resilience and determination. In 2021, he embarked on a solo journey around the world in his 56 foot sailboat. His 151 day solitary voyage reached its conclusion in Mumbai where was greeted by the President of India.

This festival is the only one of its kind in the country. The people in the State look forward to the interaction session between the public and the speakers, subsequent to the talks to clear doubts in the minds of the people.



## BISHOP SIMIÃO FERNANDES URGES CONFIRMANDS TO BE SIGNS OF HOPE

PICS: MANUEL CLEMENTE



Br Malvino Alfonso

Bishop Simião Fernandes, Auxiliary Bishop of the Archdiocese of Goa and Daman, administered the Sacrament of Confirmation to 77 candidates at Our Lady, Mother of the Poor Church, Tilamola. This sacrament was conferred during the Eucharistic Celebration. Fr Aldrin D'Costa, parish priest of Our Lady, Mother of the Poor Church, Fr Rosario Oliveira, parish priest of Sé Cathedral Church, Old Goa, and Fr Aiden Fernandes, assistant to the parish priest of Tilamola Church, concelebrated the Eucharistic celebration.

Delivering a homily on the theme, 'Go, Proclaim the Gospel and Become Pilgrims of Hope', Bishop Simião Fernandes urged the candidates (confirmands) to proclaim the Gospel within their families, in society, and towards nature, becoming true pilgrims of hope. 'Proclaim the Gospel in your families through simple expressions like 'Please', 'Sorry', and 'Thank you.' Witness to Christ through your good behaviour, prayer, and by reading and reflecting on the Word of God together as a family,' said Bishop Simião.

Reflecting on the 'Spes Non Confundit' Bull of Induction for the Jubilee Year 2025 by Pope Francis, the Prelate emphasized the need to be signs of hope in society – reaching out to prisoners, persons with disabilities, migrants, the sick, youth, elderly and the poor.



Bishop Simião encouraged the candidates to stay close to the Church and serve by becoming active members of the various parish associations. Fr Aldrin D'Costa welcomed the Bishop and the faithful gathered for the occasion and later expressed his gratitude to everyone who contributed to the celebration.

Roshel Fernandes, catechist of the parish, anchored the liturgy, while the parish choir, led by Clinton Carvalho, enriched the celebration with their melodious singing. The catechists of the parish, along with the parish priest and assistant priest, worked tirelessly to make the celebration of this sacrament a memorable one.

## Quizzards

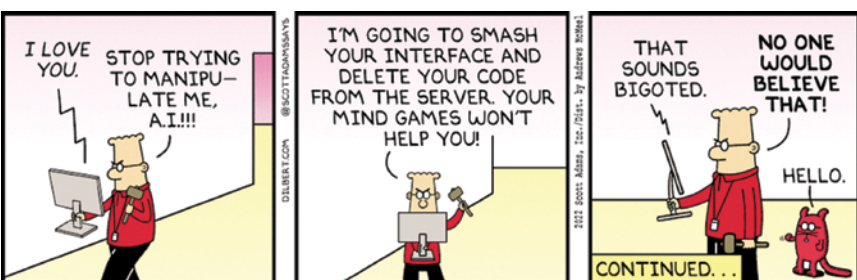
The Museum of Christian Art, in collaboration with Quizzards, is back with the second edition of Quizzards. Test your general knowledge on history, architecture, art, traditions, and more in this thrilling evening of quizzing. A team of three is required to compete for exciting prizes in special categories. Participants are requested to register themselves in groups of three. The top teams in the following categories are under 18 team, all women team and family team. The quiz will be held on March 8 at 4.30 pm onwards.

**Venue:** Museum of Christian Art, Old Goa  
**Date:** Last date for registrations is February 20



## Herald Gaming Console

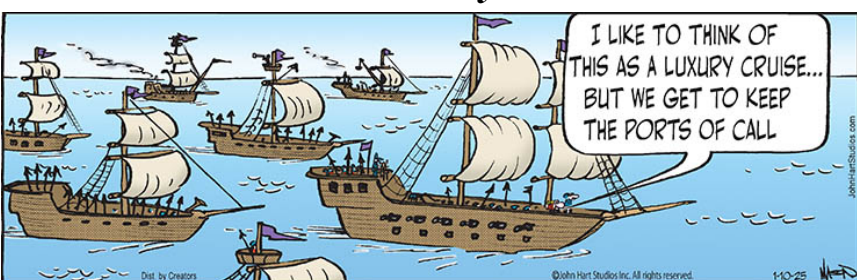
### Dilbert



### Garfield



### Wizard of id



### crossword 4772

#### ACROSS

1- Tickle pink; 6- Flat sound; 10- Environmental sci.; 14- Unit of volume; 15- Ness monster; 16- That's...; 17- The devil; 18- Winglike parts; 19- Makes brown; 20- Wipe off; 21- Light ax; 23- Paranormal letters; 25- Start to fix?; 26- Emulates Eminem; 29- ... saw Elba; 32- Alpaca's cousin; 37- Greek letter; 38- Actual; 39- Sailor; 40- In spite of; 43- Tempt; 44- Little bit; 45- It's nothing; 46- Place on a scale; 47- Russo of 'Tin Cup'; 48- Designer Chanel; 49- Yale student; 51- U-turn from NNW; 53- Malarkey; 58- California-Nevada lake; 62- First class; 63- Russian ruler; 64- Unified; 65- Matches a bet; 66- Goldfinger portrayer Frobe; 67- Beat back; 68- Warts and all; 69- Garfield's pal; 70- Short literary composition; LaBelle; 30- College cheer; 31- Borden bovine; 33- Boy; 34- Acid type; 35- Crazy; 36- Saxon; 38- Wealth; 39- Fills to the gills; 41- Hairpiece; 42- Imperial unit of weight; 47- Washed lightly; 48- Stops; 50- Release; 52- Blank look; 53- Denials; 54- That's haven't heard; 55- Capone's nemesis; 56- Indian garment; 57- Harper's Bazaar illustrator; 59- Jumps on one leg; 60- Draft rating; 61- Hard to hold; 62- Al Jolson's real first name;

#### DOWN

1- Otherwise; 2- Storyteller; 3- boy; 4- Tantalizes; 5- Sea eagles; 6- Blind piece; 7- Han was a 'Star Wars' character; 8- Shrimp dish; 9- Clip wool; 10- I could horse; 11- Cat's nail; 12- Sty cry; 13- Misérables; 22- Treasure State capital; 24- Golfer Calvin; 26- Extend a subscription; 27- Make up for wrongdoing; 28- Singer

#### solution 4771

ACROSS  
1- Tickle pink; 6- Flat sound; 10- Environmental sci.; 14- Unit of volume; 15- Ness monster; 16- That's...; 17- The devil; 18- Winglike parts; 19- Makes brown; 20- Wipe off; 21- Light ax; 23- Paranormal letters; 25- Start to fix?; 26- Emulates Eminem; 29- ... saw Elba; 32- Alpaca's cousin; 37- Greek letter; 38- Actual; 39- Sailor; 40- In spite of; 43- Tempt; 44- Little bit; 45- It's nothing; 46- Place on a scale; 47- Russo of 'Tin Cup'; 48- Designer Chanel; 49- Yale student; 51- U-turn from NNW; 53- Malarkey; 58- California-Nevada lake; 62- First class; 63- Russian ruler; 64- Unified; 65- Matches a bet; 66- Goldfinger portrayer Frobe; 67- Beat back; 68- Warts and all; 69- Garfield's pal; 70- Short literary composition; LaBelle; 30- College cheer; 31- Borden bovine; 33- Boy; 34- Acid type; 35- Crazy; 36- Saxon; 38- Wealth; 39- Fills to the gills; 41- Hairpiece; 42- Imperial unit of weight; 47- Washed lightly; 48- Stops; 50- Release; 52- Blank look; 53- Denials; 54- That's haven't heard; 55- Capone's nemesis; 56- Indian garment; 57- Harper's Bazaar illustrator; 59- Jumps on one leg; 60- Draft rating; 61- Hard to hold; 62- Al Jolson's real first name;

### sudoku 4772

			5				1	
	6	4		7	9			8
5				2	4			
9		8						
	3	7				8	4	
						5		7
			8	9				2
8			6	5		3	7	
	2			7				

#### Instructions for Sudoku

9 x 9 letter: To solve a Sudoku puzzle, every number from 1 to 9 must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes

#### solution 4771

6	2	5	8	9	1	4	3	7
3	4	7	2	5	6	1	9	8
1	9	8	4	3	7	6	5	2
9	8	1	6	7	5	2	4	3
2	3	1	4	8	9	5	7	6
7	5	6	3	4	2	8	1	9
8	7	3	5	6	4	9	2	1
4	6	2	9	1	3	7	8	5
5	1	9	7	2	8	3	6	4