



Established 2001

BAWA-LALVANI PUBLIC SCHOOL

CBSE Affiliation No. 1630328

- Parents may interact with children on a regular basis to know their physical and mental well being.
- Watch out for signs of anxiety, depression /anger during digital learning.
- Check if your child is becoming very secretive about his or her online activities. For example, not talking to you, deleting history of the internet browser, using encryption software, or quickly flickering the screen display when he/she sees you. It's better to talk openly about your own internet use and encourage your child to do the same.
- Explain and talk about basic hygiene and healthy lifestyle practices for protection during COVID-19 using digital resources. There are plenty of digital resources (videos, animations, booklets, etc) available in the web.
- Combine online time with fun filled offline play, games and other activities, so that there is a balance between the screen time and the concrete play time.
- Parents may ensure the involvement of their wards in physical activities such as yoga, exercises, etc., during breaks from digital learning.