



KINGDOM OF BAHRAIN  
IBN AL HAYTHAM ISLAMIC SCHOOL  
SOCIAL COUNSELLING DEPARTMENT  
DIARY NOTE NO(1)



# How Parents Can Help Teens Stuck at Home?

Teens cut off from their normal activities and stuck at home want to feel like they have purpose and meaning

⇩ Here are some tips to make teens' stay-at-home days count



# Support new structures

- Do not just let them flow aimlessly from one hour to the next.
- Give them a strategy and help them get everything they can out of their days.
- A schedule might include time outside, exercise and participation in social connections while maintaining social distancing, such as a Zoom.



# Use screen time constructively

- Teens love their phones and tablets, and since they're pretty much a lifeline between teens and their friends, the pandemic may make it difficult to limit screen time.
- some social media and online time can be used to launch and complete a project, something with a beginning, middle and end that can give teens a sense of accomplishment.
- Teens can start a book club with friends — read a book together and talk about it, They can use social media to start challenges, photography projects and other activities, based on their interests.



# Set boundaries and provide purpose

Don't be afraid to assign chores and engage teens in the family's work, such as pitching in to prepare meals. And even if you push them to go outside for a walk or a jog, they might grumble at first, but most teens actually appreciate it.



# Discuss the facts about COVID-19 and the pandemic



Teens have great access to the internet and some of what they're reading about the corona virus and the pandemic might be scaring them, even if they don't say so, Parents should make sure teens are not getting confused or frightened by false information.

When children and adults can discuss corona virus information as a family using trustworthy, science-based sources. This can help clear up misunderstandings and give parents a chance to answer teens' questions honestly and clearly.



# Recognize hidden anxieties

- Teenagers may act aloof and independent, but behind that facade they might be harboring fears about how COVID-19 might affect them or those they love.
- Asking open-ended questions about teens' concerns may provide them a chance to express their fears.
- Teens feel more empowered when they understand that their actions matter.
- Praising teens for behaviors such as hand-washing, mask-wearing and social distancing shows them that they can play a part in protecting their own health and that of other people around them.



# Monitor teens' mental health

Parents should keep an eye on teens' mental health. You know your child best, so if something seems off about your teen, they should trust their instinct and find out what's going on, especially if the child has a history of depression or anxiety." Specifically, we recommends parents be on the lookout for:

- Sleep changes, such as sleeping more or insomnia
- Eating a lot more or a lot less
- Signs of self-harm, substance abuse or acting out more than usual
- Complaints of body aches that aren't due to a physical problem
- Isolating more than normal (for example, eating meal alone in their room)
- Not participating in activities that normally bring them joy







When parents notice such behavioral changes, it may be that they inform us we will refer to the school health department in the ministry.



**WE PRAY FOR YOU GOOD HEALTH  
AND WELLNESS**