

**Child development - Vol. 12 : Remedies
on problems faced by children - 2**

Behavioural problems in children & associated remedies

(English)

Authors

Doctor & Vaidyacharya, Sadguru Vasant Balaji Athavale

M.D. (Paediatrics), D.C.H., F.A.M.S.

('Sainthood' or 'Stage of a Guru' denotes 70-79 % spiritual level,
'Stage of a Sadguru' denotes 80-89 %, 'Stage of a Paratpar Guru'
denotes 90% and above, whereas 'God' denotes 100% spiritual level.)

Dr Mahesh Harikisandas Gandhi (M.D., D.P.M.)

Dr (Mrs) Shraddha Mahesh Gandhi (M.D., D.P.M.)



Sanatan Sanstha

Sanatan's Texts on Parenting

Read, put into practice and become ideal parents !

Contents

Chapter 1 : Sense and motor organs and abnormal behaviours	11
1. What common behavioural problems are seen in children in relation to various sense and motor organs ?	11
2. What is the effect of television on children ? How best can we use it ?	11
3. What are hyperactive or hyperkinetic children ?	12
4. Should the parents encourage Baby Speech (Lisping) ?	16
5. Why do some children stammer or stutter ?	17
6. How should we tackle a child with stammering ?	19
7. What is cluttering ?	23
8. What is Elective Mutism ?	24
Chapter 2 : Undesirable behaviours	25
1. Why do some children suck their thumb ?	25
2. Why are some children seen rocking their body / head ?	26
3. What leads to rhythmic head banging in children ?	27
4. Why do some children develop the habit of pulling their hair ?	29
5. Why do children talk with dolls or imaginary playmates ?	30
6. What leads to the development of tics ?	31
7. What is Tourette's disorder ?	32
Chapter 3 : Emotions	35
1. What are the functions of emotions ?	35
2. How should parents tackle emotional upsets in a child ?	35
3. How does anger manifest itself and what factors affect anger ?	37

4.	How can anger be controlled ?	38
5.	What is breath-holding spasm ?	40
6.	What is temper tantrum ?	41
7.	What are the causes and manifestations of anxiety ? How should one tackle it ?	43
8.	What is separation anxiety ? How should one tackle it in an infant ?	46
9.	What is overanxious disorder of childhood ?	51
10.	What are the causes of fear in children ?	53
11.	What is jealousy and how should we overcome it ?	55
12.	What is sibling rivalry ?	56
13.	What are the causes and manifestations of shyness or avoidant disorder in children ? How can it be treated ?	57
14.	How can one identify children suffering from mood disorders like depression or mania ?	63
15.	What is Hysteria ?	66
Chapter 4 : Problems of School Children		68
1.	What is discipline ?	68
2.	How should parents inculcate discipline in a child ?	68
3.	What are the methods of disciplining the child when he misbehaves ?	70
4.	Should physical punishment be imposed for disciplining a child ?	71
5.	What mistakes are committed while inculcating discipline in a child ?	72
6.	What is the aim of education ?	73
7.	What should be the medium of instruction in the school ?	74

Behavioural problems in children ...	9
8. At what age should a child be taught reading and writing ?	74
9. What is the role of nursery school or kindergarten in education ?	75
10. What can lead to poor school performance ?	75
11. How should we tackle a child with poor school performance ?	81
12. Should education be forced upon a rebelling and continuously unwilling child ?	86
13. Why do some children have school phobia ?	86
14. Why are some children afraid of examinations ?	87
15. Why do some children run away from school without informing the parents or teacher ?	88
16. What are gifted children ?	89
17. How should teachers and parents handle gifted children ?	89
18. What is mental retardation ?	90
19. What are the psychiatric problems associated with epilepsy ?	95

Sanatan's Text in the 'Balsanskar' series

How to study ?



- ❖ How to increase memory power ?
- ❖ What should be done to study well ?
- ❖ How to increase your concentration in studies ?
- ❖ What are the remedies to overcome examination fear ?

卐 ————— Preface ————— 卐

Dear Parents, Medical Students and Doctors,

Every child misbehaves and all of us lose our temper several times. Most of the children have some psychological problem at one time or another. All the childhood mental disorders have been dealt with enough detail without delving too much into the controversies of the subject. Reading has been made lucid and comprehensible to enable parents to handle a majority of the problems of school going children with confidence. This book will be very useful to family physicians because of its clinical approach and practical suggestions. Needless to say, the book gives factual information regarding the subject, but the application of this science is an art which needs to be mastered. A caution to parents is that no drug should be administered without consulting a Psychiatrist.

- Authors

卐 ————— 卐

Why does Sanatan follow Oxford (UK) English ?

Principally, there are 2 types of English all over the world - USA and UK. The two key dictionaries from either side of the Atlantic are Merriam-Webster (USA) and Oxford (UK). Both these dictionaries accept the differences between American and British English and make references to both in their word definitions. The language one speaks is English; the dialect is American English. Likewise, British English is also a dialect of English, even though it can be thought of as the 'original' dialect. Given the fact that UK's is the 'original' English, Sanatan has selected to follow it in spiritual texts.