

Child Behavior during the Pandemic

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In these last months, children stopped attending to parks, schools, kinder gardens etc. Therefore, the world immersed in colors, toys and classmates has changed to the closest family environment.

A new protagonist appeared in their lives; a virus called "coronavirus". However, we can say that children already know how to deal with an invisible microbiological aggressor, and they have reinforced hygiene measures in each individual and at home.

At the beginning, the children experienced it in a natural way, wanting to enjoy their toys at home, carry out family leisure activities and help their parents with household chores.

And then, one wonders how much they have learned during these months.

They learned from the most valuable things that life can teach us: daily family routines, improved hygienic conditions, carried out domestic activities with their family, helped to tidy up their rooms and, above all, they understood that we take care of ourselves and stop this invisible virus with the help and collaboration of all.

The use of face masks, hand washing and physical distancing are essential to fight it and generate collective awareness. It is not only necessary to protect ourselves, but also to prevent spreading it to other people, our loved ones, neighbors, teachers.

All this implies preparing activities that carry problem solving and cognition, for example, preparing a cake requires coordination, precision, balance, at the motor level.

And regarding to social care, generate empathy towards others and feel and understand other people's emotions.

Then, as time passed by and the confinement continued for long days, situations of distress, sadness and anxiety began to appear for not being able to meet again with friends, family, recreational activities and the return of kinder garden or school.

The fundamental support of containment towards our children was the presence and listening of their parents. The importance of validating their feelings, understanding them for the moment they are going through and explaining it in a simple language according to their level of understanding. Comprehend that they are angry or nervous.

You must transmit security and explain that it is a transitory situation.

One way to help them is to supervise the exposition to information in the youngest children, preventing an overexposure and an increase in anguish and fear.

Hopefully in a short time we will be able to hug each other again and reunite with our families and friends.

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