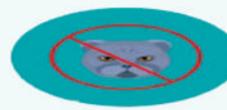


# STATETIMES

# SUNDAY

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## Things parents MUST do to raise extraordinary teens



There are several milestones in a child's life. From being an infant to a toddler to becoming a school-going kid, a child has to survive through various stages of childhood. But one of the most difficult transitions in a kid's life is when he or she enters the teenage world. Apart from experiencing physical transformations, they also have to take on the challenges life puts in front of them. That's when things, relationships, mentality and mindsets begin to change and develop. So what can you, as a parent, do to raise good, thriving teens? Here are certain suggestions to consider...

### Build a strong relationship

When it comes to parenting, strengthening your bond with your child is essential. During their growing years, they're innocent, dependent and much likely to seek your help and advice. That's when you should establish your role in their lives. As a parent, develop a relationship, wherein your child can trust you and feel safe around you. The more you're available during their childhood, the more they'll turn to you for guidance in their teen years. The road ahead is turbulent, so build a bond that promotes comfort and an assurance for safety and security.

### Focus on physical health, but also build strong mental capacity

Bringing up a healthy, strong kid is of utmost importance. But it is as important to develop good mental health hygiene. The teen years are full of challenges. There are several physical, mental and emotional hurdles they're likely to experience, which is why preparing them in advance, teaching them how to manage difficult emotions is key. Always be curious about how they're feeling. Make it easier for them to convey their emotions. If they're stressed, help them identify the stressors, discuss the kind of methods that help ease the mind and also, make sure to listen. Do not interrupt their thought process, rather let them reflect and deal with it.

### Teach them the importance of opinions

Teenage kids are likely to be curious. They have questions, ideas and opinions. But most teens find it difficult to express. They may feel as though they're overstepping, especially kids who are introverted. This is why parents must encourage kids to be outspoken, enthusiastic and fearless. Help your kids understand the importance of having an opinion, expressing it and enabling them to accept criticism.

### Give them space early on in life

Setting boundaries is important. The earlier you do it, the better it is. As your child transitions into a teen, they're likely to need more space, more independence and more freedom. Parents might not like the idea of letting their children go, but it is the only way to help them find themselves, carve their own identities and also learn responsibility.

### Educate them about the responsible use of technology

The Internet is a boon and a bane. Using it responsibly is therefore crucial. As far as teens are concerned, they're extremely prone to online threats like cyberbullying, harassment, phishing and more. That said, communication is the key to keeping your teen safe online and in the real world. Let them know about the ills of digital technology, teach them about the healthy use of the internet and social media and most importantly, alert them about the threats online.

### Promote body confidence

Most teens are conscious about their bodies and their appearance. What others think of them matters more than what they think of themselves. Negative feelings of inadequacy, low self-esteem are usually what causes teens to doubt their beauty and worth. This, in the long run, is likely to take a toll on their mental health. Having said that, parents must encourage body positivity in kids. They must promote confidence, self-love and -care.

## Brain exercise: Yoga poses that can improve your concentration power



Here are 5 best yoga poses which are helpful in improving concentration power:

### Bhramari pranayama

This is also known as bee breathing. It not just improves concentration, it also removes negative emotions from the body like anger, agitation, anxiety, frustration and stress.

**How to do it:** Sit straight, close your eyes, place your index finger on your ears. Take deep breath in and out and while doing so make a low humming sound. Continue this for 3-4 times.

### Paschimottanasana

Paschimottanasana is where you stretch and bend forward. It works on the brain by stretching and relieving stress from the spine.

**How to do it:** Sit with legs stretched straight in front of you. Raise your hand and bend forward from the hip joint and upwards. Place your hand on your legs by stretching forward. Make sure your spine is straight in the process. Now, come back to the normal position. Repeat doing this for 2-3 times.

### Setu Bandhasana

Also known as the bridge pose, Setu Bandhasana is a bit difficult to do. This calms the brain by improving blood circulation.

**How to do it:** Lie on your back. Bend your knees keeping your feet flat on the floor. Now lift your body upward forming a bridge-like pose. Support your body using your feet and hands. Keep breathing in and out in a gentle manner. Do this for 2-3 times and hold this posture for about 1 minute.

### Sarvangasana

In this you have to rest the entire body on the shoulder. This posture improves the functioning of thyroid and parathyroid glands. Hence this is highly recommended for improvement of cognitive function.

**How to do it:** Lie on your back. Draw the feet close to the hips and lift the lower body part slowly. Maintain balance by keeping your hand under your hip. Keep going upwards till your body completely rests on your shoulder. Hold this pose for 1 minute and repeat it 2-3 times.

### Halasana

The yoga pose is also known as the plow pose. It stretches the back and neck of the



body and relaxes the body by reducing fatigue. It improves blood circulation in the nervous system and hence regulates brain function.

**How to do it:** Lie on your back, keep your hands straight and parallel to the floor. Bring your knees towards you. Now slowly lift your leg upwards and then gently slant it towards your head. Make sure your hands are straight meanwhile. Touch your leg on the floor just above your head. Hold this position for 5-10 breaths and gently come back to normal position. You can try this for 2-3 times.

## What people with the highest IQ level do



Only a handful of people have an IQ that is higher than others and are set apart from others. Some of these people have unusual habits that make them really special. People with exceptionally high IQ are focused, determined and smarter. Sometimes genetics also play a major factor in deciding one's IQ level. But they resort to certain habits that make them even more successful. Hence, we have listed down some of the things that people with the highest IQ do.

### They have a library of books

These people have a ton of books that they keep reading about. People with the highest IQ constantly look for ways to enrich their minds and gain more knowledge, so make sure to keep reading a book or two.

### They question everything

These people are always brimming with questions. They don't hesitate to raise questions whenever and wherever they want to know more about things. They have a thirst for knowledge that they desperately try to fulfil.

### They have a balanced way of thinking

People with the highest IQ have a very balanced way of thinking. They always think both ways before arriving at a decision. They don't make any hasty calls and know better than to judge something or someone before knowing the facts right.

### They try different ways of learning

People with high IQ levels never restrict themselves to one thing. They are up for learning many different things mainly because they have the capacity to do so. They embrace challenges and never cower away from them.

### They practice daily puzzles

These people ensure that they practice daily brain-exercising puzzles. This keeps their mind sharp and helps them to work efficiently on tasks. Their performance increases and they lead to improvement in intelligence.

### They keep practising

People with the highest IQ never stop practising even if that means doing the same thing over and over again. They believe in perfecting something by practising relentlessly. This is a very important skill in order to achieve intellectual excellence.

