

ANNEXURE - B

Practical Tips for Families – Support your Child A home that is understanding, non-judgmental, and supportive is the strongest protective factor against stress and self-harm.)

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- 1. Maintain Dignity and Respect Privacy:** Allow privacy and space as your ward is a grown-up now and needs his/her own space. Communicate with respect to create a healthy environment at home.
- 2. Avoid Excessive Academic Pressure:** Encourage effort, learning, and resilience and not just marks, ranks, or placements. Appreciate small progress.
- 3. Respect Independence and Boundaries:** Allow students to make choices about career, friends, and routine. Balance guidance with autonomy.
- 4. Normalise Conversations about Feelings:** Talk openly about stress, failure, and coping strategies, which is the best way to build trust. Share your own healthy ways of dealing with challenges.
- 5. Recognise Warning Signs:** Watch for withdrawal, irritability, extreme mood swings, restrained eating, sleep issues, or loss of interest.
- 6. Support Healthy Lifestyle Habits:** Encourage regular sleep, balanced meals, physical exercises, yoga, mindfulness meditation, and digital detox among family members.
- 7. Celebrate Diversity of Strengths:** Value creativity, teamwork, kindness, and resilience and not only academic achievement.
- 8. Stay Connected without Being Controlling:** Check in regularly with short calls or messages. Show care, not surveillance.
- 9. Promote Safe Social and Peer Networks:** Encourage friendships, extracurricular activities, and community involvement.

10. Have a Healthy Home Environment: While it is difficult for all to deal with their respective challenges, it is vital for everyone's emotional and physical health to have a peaceful atmosphere at home.