

Taking care of the mental health of your child

Adolescence is the most critical part of a human beings life as it is during this particular phase when we learn how to perceive things that surround us. One has to take care of the mental health of a child from the beginning as the mental effects which a child has to go through during the childhood are seen to last for long. If these effects are negative then the child may suffer certain serious mental problems during the adult age. Thus it is the duty of the parents to take good care of their child during his teen age so as to ensure a bright future rather than a confused and depressed one.

Many researches have been laid down to understand the relation between the mental health of a person and the circumstances that he or she faced in their childhood. In most cases, there has been a direct contact between the two. Many criminals were supposed to have a depressed childhood and frustrated school days which led to a volcano eruption during their youth. These researches claim that mental pattern developed during early days of a child surely affects the attitude of the person and his or her way of living life in an unconstructive manner during the later stages of his life. The researches prove that a person who has gone through a mental disorder in his life has more chances of dispute in relationships than the person who hasn't. These patients suffer from insecurity problem as they fear a threat to their life even while sitting at home. This is why they suffer not only physically but mentally in almost all aspects of life.

Some of the ill effects of the mental health disorders are the physical ailments like asthma or allergies, unrelenting pain, migraine attacks that can sometimes cause severe headache and the person feels like losing consciousness, epilepsy and sometimes it can also lead to severe heart disorders. Vision and hearing problems have also been reported in some children who suffered mental health disorders. In case adolescent age the disorders can lead to depression, substance and anxiety disorders, or personality disorder like the paranoia and the schizophrenia.

Now let us find what causes these mental disorders in little kids, it is the [stress](#). The stress can be due to many reasons. Some of them can be dispute between parents, financial problems, due to some behavioral problems from friends, school and family members. These are not so serious instances of child mental disorder. The serious and the most negatively affecting causes of mental disorders include child abuse, discrimination or stress due to loss of first crush that little kids tend to have in their adolescence.

Thus if you want your child to be secure and away from all these deadly names that you are reading, do give him a sound mental childhood else the results can be dangerous. Medical science is providing the way to solve this problem and all that is needed is the support from the external world.

About the Author

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