



**ORIGINAL RESEARCH PAPER**

**Medical Science**

**MANAGEMENT OF COVID-19 CHILDCARE**

**KEY WORDS:** Covid-19, Children, Yoga, Management.

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**ABSTRACT**

The COVID-19 crisis that has immersed the world during 2020 has challenged children's education, and well-being. Many parents now struggle to balance their duties for childcare and employment, with a increasing burden placed on women. The parents are facing lot of challenges to avoid infection of Covid-19 in their children's. The yoga helps in keeping the child's immune system strong. In this paper the effect of yoga and Homeopathy has been discussed in the management of covid-19 in childcare.

**INTRODUCTION:**

The entire World is under risk of Corona virus disease (COVID-19). The current COVID-19 pandemic has resulted in many fatalities and forced scientific communities to advance their Research and Development (R&D) activities. The first case of the COVID-19 pandemic in India was reported on January 30, 2020 and since then the cares are rapidly increasing.

The epidemic spread quickly worldwide within 3 months and was regarded as a pandemic by WHO on March 11, 2020. Currently, there are no accepted specific antiviral agents targeting the novel virus, while some drugs are still under investigation. COVID-19 is a disease caused by the "novel corona virus". The incubation period of COVID 19 is 1 to 14 days.

It is considered that in India in the third wave lot of children's will get infected because of the Covid-19 virus.

According to the survey conducted by American Academy of Pediatrics and the Children's Hospital Association, in the U.S. children represented about 13% of all COVID-19 cases in US. Research suggested that children younger than ages 10 to 14 are less likely to become infected with the virus that causes COVID-19 compared to people age 20 and older.

The children and adults encounter similar symptoms of COVID-19. In children's symptoms tend to be mild and cold-like. Most of the children recover within one to two weeks.

Possible symptoms can include:

- Fever or chills
- Nasal congestion or runny nose
- Cough
- Sore throat
- Shortness of breath or difficulty in breathing
- Fatigue
- Headache
- Muscle aches or body aches
- Nausea or vomiting
- Diarrheal
- Poor feeding or poor appetite
- New loss of taste or smell
- Belly pain

These are some of the symptoms which your child may encounter if he or she is infected by the Covid-19 virus it is also most likely that children also might have COVID-19 and not show symptoms. This forced the parents to follow recommendations for preventing the spread of COVID-19.

Some general practices to avoid the infection of Covid-19 in children's:

1. Ask them to Keep their hands clean
2. Teach them about Practice of social distancing
3. Clean and disinfect your home regularly
4. Wear cloth face masks

Following guidelines to prevent the spread of the COVID-19 virus can be particularly difficult for kids. Stay patient. Be a good role model and your child will be more likely to follow your lead.

Some children may be at a higher risk for a serious case of COVID-19, needing medical care in a hospital. The children who are at higher risk are as follows:

- The child under age 2.
- The Black and Latino children, who can be affected by health disparities, leaving them disproportionately vulnerable to severe COVID-19 complications.
- Children who were born prematurely i.e. before due date.
- The children's living with obesity or chronic lung disease

The Yoga helps to increase children immunity and acts as a immunity booster to avoid infection of Covid-19 in them.

Following Yoga Poses can help Children to prevent the infection of Covid 19 by boosting their immunity:

Kids can start practicing Yoga as soon as they start to understand instructions. Ideally kids of 4 years and above are capable to understand the instructions and follow the teacher. Kids can practice surya namaskar and pranayama. Children derive enormous benefits from Yoga. Yoga helps to enhance their flexibility, strength, coordination and body awareness. Yoga increases concentration and memory power in kids. It makes them relaxed and calm.

Children feel excited when they get a chance to play role of animals, trees, flowers or warriors in Yoga. You should allow them to bark in dog, meow in cat pose and roar in tiger pose or hiss in cobra pose. They can also count 123s while holding the pose.

The instructions given should be fun instructions type so that they can happily practice it. When they are doing Bhujanga Asana, ask them to imagine that they are snakes without hands and legs. When they are in a tree pose ask them to imagine that they are a giant oak tree with roots growing from their feet.

In general, home caregivers should understand how to:

- To spot the slightest change in the child's behaviour or

appearance and communicate those changes to other caregivers

- How to administer medicines
- To monitor medication schedules of the child.
- To assist with exercise and other therapies
- To understand the child's medical condition
- To recognize problems, and know how to handle emergencies and when to call for help

**CONCLUSION:**

Form our experience in our Advanced institute of paramedical sciences, Indore we have found that if yoga is done under the supervision of trained professional's the Covid -19 infection can be prevented in children's. We found that if proper care is taken at home can help in prevention of Covid-19 infection.

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