



Maa-baap ki guide

✿ OCD

Aapka bachcha aur OCD

*Daraawne khayaalon aur dohraav mein phanse
bachche ke maa-baap ke liye garm guide:
vyavhaar ke neech ka dar dekhna, dohraav se
dheere peechhe hatna, milkar chhote bahadur
kadam uthana, aur madad kab leni hai jaanna.*

Yeh kiske liye hai: chinta aur dohraav mein atke bachche ke maa-baap ke liye.

Hawale: sameekshit shodh aur rashtriya margdarshan.

Bhashayein: English, Hindi, Marathi aur Kannada.

Muft padhiye: weave.clinic/family

1

✿ KYA YEH MERA BACHCHA HAI

Kya yeh mera bachcha hai, ya yeh koi atki hui chinta hai?

✿ CHHOTA SA SAAR

Wohi na khatm hone wala "pakka na?" Woh haath dhona jo rukta hi nahi. Sone ka woh waqt jismein ab kadmon ki ek lambi soochi jud gayi hai, aur har kadam bilkul sahi kram mein hona zaroori hai. Agar aapke ghar mein yehi hota hai, to na aap kahin chook rahe hain aur na aapka bachcha jaan-boojh kar tang kar raha hai. Kuch asli chal raha hai, aur uska ek dhaancha hota hai.

Shayad zyaadatar raatein ek jaisi hoti hain. Aapka bachcha wohi sawaal paanch, das, bees baar poochta hai, aur har jawab bas ek minute ka sukoon khareedta hai. Ya nal chalta hi rehta hai aur nanhe haath ragadte rehte hain, saaf ho jaane ke kaafi der baad tak. Ya batti ka button, ek dua, ek shabd, tab tak dohrana padta hai jab tak woh "bilkul sahi" na lage, aur beech mein rok dein to aansoo aa jaate hain. Aapne jawab diya, tasalli di, jaldi karwai, aur phir bhi baat ghoomkar wahin aa jaati hai.

Pehli baat jo jaanna zaroori hai, woh yeh hai. Jo ziddi aadat jaisa dikhta hai, woh aksar ek dara hua bachcha hota hai jo kisi asahniya ehssaas ko door karne ki koshish kar raha hai. Is tarah phansa hua bachcha koi anokhi baat nahi hai, aur woh shararat bhi nahi kar raha. Is tarah ka atka hua dar aur baar-baar dohraya jaane wala kaam bachpan ki ek pehchani hui mushkil hai, jise doctor achchi tarah samajhte hain.

Sirf ek doctor ya prashikshit visheshagya hi bata sakte hain ki asal mein kya ho raha hai, aur yeh kitaab aapke bachche par koi label nahi lagati. Aaj aap jo kar sakte hain, woh isse aasaan bhi hai aur utna hi asardaar bhi: vyavhaar ke neeche chhipe dar ko dekhna seekhiye, aur usse is tarah milna shuru kijiye jo sachmuch madad kare.

Har 100 mein 1 se 3

bachche is tarah ke atke hue dar ke saath
jeete hain

Chintaon aur dohraav mein phansa bachcha akela nahi hai. Yeh ek pehchani hui aur samjhi hui mushkil hai, na durlabh aur na bachche ki galti.



Wohi sawaal, baar-baar, aur ek nanha haath jo chinta ko chhod hi nahi paata.

Kai bachchon ke liye dar kisi ek cheez ke ird-gird jama ho jaata hai: keetanu, band darwaza, kisi apne ko chot lag jaana, ya koi bura khayal jise woh mann se nikaal hi nahi paate. Ek chinta aati hai aur aapaat sthiti jaisi lagti hai, isliye bachcha use rokne ke liye kuch karta hai, jaanchta hai, dhota hai, poochta hai, dohrata hai. Ek pal ke liye kaam ban jaata hai. Phir chinta laut aati hai, aur poora silsila dobara shuru ho jaata hai. Bahar se yeh nakhre ya naatak jaisa lag sakta hai. Andar se yeh ek bachcha hai jo kisi aisi cheez ke liye khud ko kada kar raha hai jo use sachmuch khatarnaak lagti hai.

Is baat mein sachmuch raahat hai ki iska ek dhaancha aur ek naam hai jise visheshagya achchi tarah samajhte hain, aur aisi saaf, parkhi hui baatein hain jo madad karti hain. Aapko akele andaze lagate hue isse nahi guzarna hai. Baaki ki yeh kitaab aapko batati hai ki yeh dar asal mein hai kya, aapka bachcha uske neeche kya mehsoos karta hai, aur ghar par woh chhote kadam kaun-se hain jo sabse bada farak laate hain.

● YEH KARKE DEKHEIN

Agle do din bas dekhiye, abhi kuch badle bina. Chinta kis baare mein hai, aur use halka karne ke liye aapka bachcha kya karta hai? Yeh kab sabse zyaada badhti hai, aur kab kam hoti hai? Aap kuch theek nahi kar rahe. Aap bas apne hi bachche ke dar ka dhaancha samajh rahe hain.

2

✿ YEH KYA HAI, AUR KYA NAHI

Yeh kya hai, aur kya nahi hai

✿ CHHOTA SA SAAR

Yeh ek daraawna atka hua khayal hai, aur uske saath ek dohraav jo dar ko door karta hai. Dohraav se milne wali raahat asli hoti hai, par woh pal bhar ki hoti hai, aur dohraav badhta jaata hai. Yeh na shararat hai, na andhviswaas, na dhyaan kheenchne ki koshish, aur na hi yeh aapki wajah se hua hai.

Dono hisson ko saaf-saaf dekhna madad karta hai. Pehle aata hai daraawna khayal, woh chinta jo apne aap aa jaati hai aur jaati nahi: keetanuon ka dar, kisi ko nuksaan hone ka dar, kuch galat hone ka dar, ya koi kaala "agar aisa ho gaya to" jo bachche ko dehla deta hai. Phir aata hai dohraav, woh kaam jo bachcha dar ko door dhakelne ke liye karta hai: dhona, jaanchna, ginna, baar-baar dohrana, ya aapse yeh vaada maangna ki sab theek hai.

Aur iske beechonbeech ek beraham pech hai. Dohraav ek pal ke liye kaam karta hai, aur raahat ka wohi pal dar ko lautna sikha deta hai. Har baar jab chinta ka jawab dohraav se diya jaata hai, dimaag yeh seekh leta hai ki woh dohraav zaroori tha, isliye agli chinta aur bhi zyaada zaroori lagne lagti hai. Raahat chhoti hoti jaati hai. Dohraav lambe hote jaate hain. Dheere-dheere woh poori shaam nigal sakte hain.



*Kai mahinon tak mujhe laga ki woh bas
keetanuon ko lekar nakhre kar rahi hai.
Jis din main samjhi ki woh dari hui hai,
ziddi nahi, usi din se maine jhallana
chhoda aur madad karna shuru kiya.*

Ek maa, Hubli

Yehi wajah hai ki aam taur par hum jo karte hain, woh kaam nahi aata. Dohraav par bachche ko daantna, use usi ek cheez ke liye daantna hai jo us dar ko shaant karti hai jis par uska koi zor nahi, isliye isse sharm to jud jaati hai par dar nahi jaata. Aur haar maan lena, yaani woh dohraav uske liye khud kar dena ya wohi chinta ek baar aur door kar dena, abhi to sab shaant kar deta hai aur aage ke liye dar ko khuraak de deta hai. Na sakhti is chakra ko todti hai aur na baar-baar ki tasalli, kyunki yeh chakra anushasan ka maamla hai hi nahi.

Aur yeh aapka kiya hua bhi nahi hai. Is tarah ka atka hua dar parivaaron mein chalta hai, aur yeh viraasat mein mili banavat se utna hi aata hai jitna ghar mein hone wali kisi bhi baat se. Yeh na galat parvarish se hota hai, na zyaada screen se, na kisi sakht dada-dadi se, aur na bachche ke bigad jaane se. Agar aapko iski koi jhalak apne bachpan mein ya kisi rishtedaar mein dikhti hai, to yeh aam baat hai, aur yeh koi chaaritrik kami nahi hai.

🔖 YAAD RAKHIYE

Dohraav dar ki aawaz hai, na ki aapka bachcha jaan-boojh kar aapki baat taalna ya aapka waqt barbaad karna chahta hai. Ise zor se aur apne mann mein dar kehkar pehchanna, mushkil ghadi mein dheeraj banaye rakhne ka pehla kadam hai.

Aur jaanna chahein to ^

Dar ko bachche se alag karne ka yeh matlab nahi ki usse koi ummeed hi na rakhi jaaye. Iska matlab hai ki aap ek dare hue bachche ko badtameez bachche ki tarah dekhna band karte hain, aur dar ko us mushkil ki tarah dekhne lagte hain jiska saamna aap dono saath milkar karte hain. "Tumhara dimaag tumse keh raha hai ki yeh khatarnaak hai, aur main jaanta hoon yeh sach lagta hai, aur main yeh bhi jaanta hoon ki tum surakshit ho", yeh ek aisa vaakya hai jis par bachcha dheere-dheere bharosa karna seekh sakta hai, "bewaqoofi mat karo" se kahin zyaada.

3

✿ AAPKA BACHCHA ANDAR KYA MEHSOOS KARTA HAI

Aapka bachcha andar kya mehsoos karta hai

✿ CHHOTA SA SAAR

Dohraav ke neeche ek shak hai jo shaant hi nahi hota, aur ek dar hai jo khatre jaisa lagta hai. Aksar uske saath sharm bhi hoti hai aur chhipana bhi, kyunki woh khayal galat ya sharminda karne wale lagte hain. Yehi wajah hai ki "bas band karo" kaam nahi kar sakta.

Us engine ko sochiye jo yeh sab chalata hai. Ek shak aata hai, "kya maine sachmuch taala lagaya tha", "kya mere haath sachmuch saaf hain", "agar mujhse kisi ko chot lag gayi to", aur woh us tarah mita nahi jaise koi aam khayal mit jaata hai. Woh chipak jaata hai, aur bahut zaroori lagne lagta hai, kisi sachchi aapaat sthiti jaisa. Bachcha yun hi tay nahi kar sakta ki darwaza band hai aur baat khatm. Shak kaan mein phusphusata rehta hai, "par pakka na?", aur use ek pal ke liye shaant karne wali ekmaatratra cheez hai dohraav.

Aur yehi woh hissa hai jo ise chhipaye rakhta hai. Kai bachchon ko in khayalon par gehri sharm aati hai, isliye woh dohraav chhipate hain aur chupchaap sehte rehte hain. Sabse daraawne atke hue khayal aksar wohi hote hain jin par bachcha kabhi amal karega hi nahi, kisi ko nuksaan pahunchane wale khayal ya aise khayal jinki baat karna bhi mana maana jaata hai. Aur chunki ye khayal itne galat lagte hain, bachcha maan leta hai ki inhein sochne ke kaaran woh zaroor bura ya khatarnaak hoga. Woh nahi hai. Aise takleef dene wale khayal is mushkil ki ek jaani-pehchani pehchan hain, na ki is baat ki nishani ki bachcha kaisa hai.

Yehi wajah hai ki "bas band karo" kaam nahi kar sakta, chahe yeh kitna hi sahi kyun na lage. Aap baaton se kisi shak ko hata nahi sakte, kyunki shak tark par khada hi nahi hota, aur aap sharminda karke kisi bachche ko us dar se bahar nahi la sakte jo uska apna dimaag bana raha hai. Dare hue bachche ko ruk jaane ke liye kehna use bas itna sikhata hai ki woh ise aur achche se chhipaye, aur iske saath aur bhi akela mehsoos kare.

Jab aapko vyavhaar ke neeche chhipa shak aur chhipi sharm dikhne lagti hai, to sab kuch badal jaata hai. Woh haath dhona avagya nahi hai, woh ek bachcha hai jo surakshit mehsoos karne ki koshish kar raha hai. Woh na khatm hone wale sawaal aapko behlane ke liye nahi hain, woh ek bachche ki minnat hain ki dar aakhirkaar chup ho jaaye. Yahaan aapki shaant samajh kisi bhi chatur daleel se zyada kaam ki hai, kyunki woh bachche ko theek wohi baat kehti hai jisse dar inkaar karta hai: tum bure nahi ho, aur tum ismein akele nahi ho.

● YEH KARKE DEKHEIN

Agli baar jab aapka bachcha iski giraft mein ho, to khayal se behes karne ke bajaye us bhaavna ko naam dekar dekhiye. "Tumhari chinta abhi bahut tez hai, aur mujhe dikh raha hai ki yeh kitna daraawna lagta hai. Main yahin hoon." Aap yeh nahi maan rahe ki khatra asli hai. Aap apne bachche ko dikha rahe hain ki ek daraawni bhaavna ka saamna shaanti se kiya ja sakta hai aur use jhela ja sakta hai.

4

✿ GHAR PAR ASAL MEIN KYA MADAD KARTA HAI

Ghar par asal mein kya madad karta hai

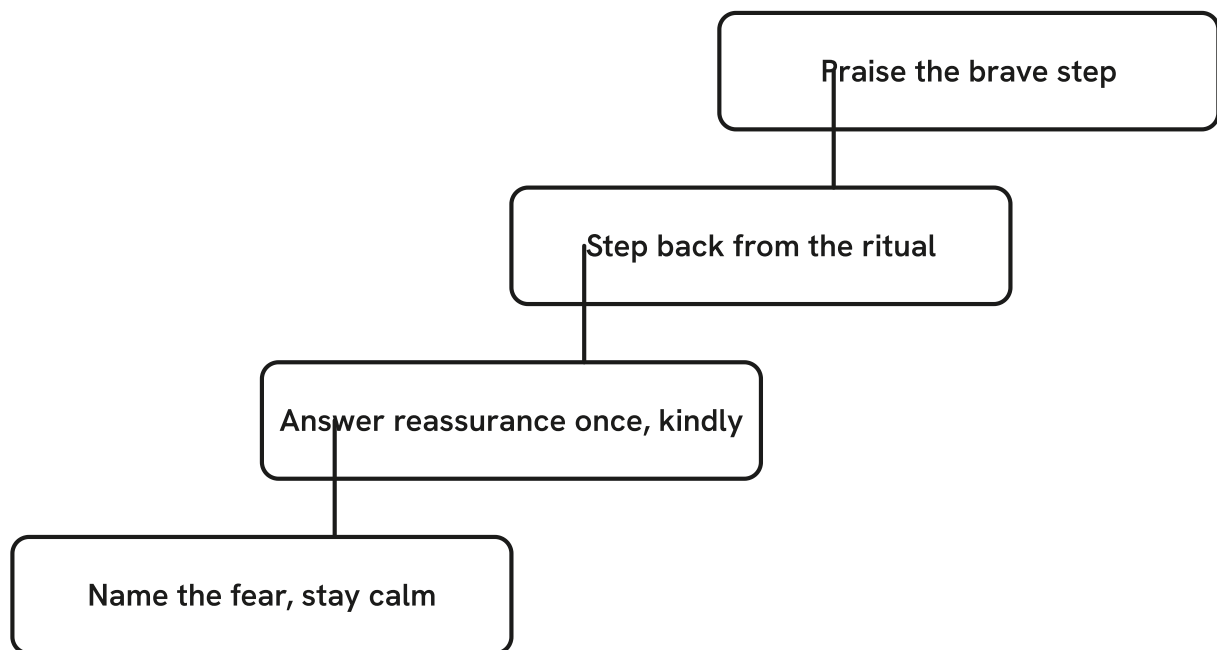
✿ CHHOTA SA SAAR

Jo kadam sabse zyaada madad karta hai, woh pehle-pehal galat lagta hai: dohraav karne se aur baar-baar tasalli dene se narmi ke saath peechhe hatiye. Apne bachche ko chhote bahadur kadamon mein dar ka saamna karne mein sahara dijiye, bahadur kadam ki tareef kijiye, aur khayal se behes mat kijiye. Sudhaarne se pehle judiye.

Sabse mushkil aur sabse kaam ki baat se shuru karte hain. Har baar jab parivaar bachche ke liye woh dohraav khud kar deta hai, ya wohi chinta beesvi baar door kar deta hai, to ek pal ke liye sab shaant ho jaata hai aur chupke se dar ko khuraak mil jaati hai. Parivaar ki zindagi ka ek bachche ke dar ke ird-gird is tarah jhuk jaana itna swaabhaavik aur itna pyaar bhara hota hai ki zyaadatar maata-pita bina dhyaan diye aisa karte rehte hain. Ise narmi se, ek-ek kadam kam karna un sabse taaqatwar kaamon mein se ek hai jo aap kar sakte hain.

Tasalli kam karke aap berahmi nahi kar rahe, aap apne bachche ko uski apni taaqat lauta rahe hain.

To asli baat hai sahara dena, bachana nahi. Bachana bachche ke liye dar ko hata deta hai; sahara dena bachche ko uska saamna karne mein madad karta hai, jabki aap paas khade rehte hain. Yeh aap dheere-dheere aur saath milkar karte hain, ek baar mein ek chhota bahadur kadam, koi badi chhalaang kabhi nahi. Aaj ek baar kam dhoiye. Chinta ka jawab ek baar, narmi se dijiye, phir garmjoshi ke saath seema par tike rahiye. Darwaza sirf ek baar jaanchkar chhod dijiye aur dar ke abhi tez rehte hue hi saath milkar wahaan se chal dijiye, aur rukiye, aur bachche ko mehsoos karne dijiye ki dar apne aap kam ho raha hai.



Dohraav se peechhe hatiye, ek baar mein ek kadam. Pehle apni shaanti se shuru kijiye, tasalli kam kijiye, aur ek chhote bahadur kadam ki tareef tak pahunchiye.

Har cheez se pehle dar ko naam dijiye aur shaant rahiye.

Tasalli ek baar, narmi se dijiye, phir dheere se seema par tike rahiye.

Dohraav karne ya usmein madad karne se peechhe hatiye.

Bahadur kadam ki tareef kijiye, dohraav ya baar-baar poochne ki nahi.

Do aur baatein maayne rakhti hain. Khayal se behes mat kijiye. Shak se behes koi jeet nahi sakta, aur koshish karne se use aur waqt hi milta hai. Chinta ko galat saabit karne ke bajaye aap apne bachche ki madad kijiye ki woh uske saath baith sake, bina kuch kiye. Aur tareef bahadur kadam ki kijiye, tasalli ki nahi. "Tumne rukkar intezaar kiya aur chinta ko apne aap chhota hone diya, yeh bahut bahaduri thi", yeh vaakya theek wohi hunar sikhata hai jisse dar lad raha hai. Koshish ko dekhiye aur zor se kahiye, jab bhi ho sake.

Sahara dijiye, bachaiye nahi.

Dohraav unke liye khud mat kijiye aur wohi chinta baar-baar door mat kijiye. Apne bachche ke paas khade rahiye jab woh dar ka ek chhota-sa hissa jhelta hai, aur use khud ko sambhalte hue mehsoos karne dijiye.

Ek chhota kadam.

Ise nanhe-nanhe hisson mein baantiye, ek baar kam dhona, ek "pakka na?" jiska jawab na diya jaaye, das ke bajaye sirf ek baar jaanchna. Dheema hona naakami nahi, dheeme-dheeme hi bahaduri banti hai.

Khayal se behes mat kijiye.

Tark se kisi shak ko hataya nahi ja sakta. Behes chhodiye, aur apne bachche ki madad kijiye ki woh chinta ko wahin rehne de, bina us par amal kiye.

Bahadur kadam ki tareef kijiye.

Nateeje ka nahi, koshish ka naam lijiye. "Tumne chinta ko apne aap chhota hone diya", yehi woh vaakya hai jo himmat badhata hai.

Yahaan saboot mazboot hain, aur ummeed jagane wale hain. Is mushkil ke liye sabse achcha kaam karne wala ilaaj ek baatcheet wali therapy hai, jo bachche ko chhote-chhote kadmon mein dar ka saamna karne mein madad karti hai, bina dohraav kiye. Aur ghar par aap jo karte hain, yaani riyaayatein kam karna aur bahadur kadam ki tareef karna, woh usi dawa ka rozmarra wala roop hai. Aap jo karte hain, woh sachmuch maayne rakhta hai.

● YEH KARKE DEKHEIN

Is hafte ek dohraav ya ek baar-baar lautne wali chinta chuniye, bas ek. Apne bachche ko pehle se narmi se bata dijiye: "Aaj raat hum darwaza ek baar, saath milkar jaanchenge, aur phir apni kahani padhenge." Shaant aur paas bane rahiye, yeh maankar chaliye ki dar badhega, aur baad mein koshish ki tareef kijiye. Chhota aur sthir har baar bade aur zabardasti wale se behtar hota hai.

5

✿ APNA AUR PARIVAAR KA KHYAAL

Apna aur parivaar ka khyaal rakhna

✿ CHHOTA SA SAAR

Yeh ek lambi daud hai, koi tez bhaag nahi. Dohraav poore parivaar ko apne andar kheench sakte hain, आपको थका सके हain, aur chupke se bhai-behnon ko bhi dar mein shaamil kar sakte hain. Aapka apna aaram aur sahara ilaaj ka hissa hai, koi aisho-aaram nahi.

Iske saath jeena sachmuch thaka deta hai, aur jo thakan aap uthate hain woh asli hai. Dohraav poore ghar par haavi ho sakte hain: school se pehle ka woh atirikt ghanta, woh sawaal jo kabhi khatm nahi hote, woh tayshuda tareeke jinke ird-gird sab dabe paanv chalna seekh jaate hain. Baar-baar us dar mein khinchte chale jaana maata-pita ko thaka deta hai. Aapka apna aaram aur sahara आपके बच्चे की मदद का हिस्सा है, koi aisi cheez nahi jise आपको पहले kamana pade. Ek thaka hua maata ya pita shaant nahi reh paata, aur shaanti hi woh cheez hai jo आपके बच्चे को सबसे zyada chahiye.

Yeh bhi dhyaan rakhiye ki dar chupke se poore parivaar ko kaise apne hisaab se badal sakta hai. Bhai-behen aksar ismein shaamil kar liye jaate hain, unse kaha jaata hai ki dohraav ek khaas tareeke se karein, chinta ka jawab dein, ya tayshuda tareeke mein khalal na daalkar ghar ki shaanti banaye rakhein. Yeh aasaan hai ki unki zarooratein kinare khisak jaayein, jabki sab kuch ek bachche ke dar ke ird-gird jhukta rahe. Parivaar tab sabse achcha chalta hai jab woh ek shaant team ki tarah milkar dar ka saamna kare, na ki jab ek bachche ke dohraav poore ghar par raaj karein.

 AAPKE SAATH

Agar kabhi baat "main aur nahi kar sakta" tak pahunch jaaye, to woh ehssaas aam hai aur usse ubra ja sakta hai, woh naakami nahi hai. Aapko thaka hone ka haq hai, aur aapko apne liye sahare ki zaroorat hone ka bhi haq hai. Neeche juda sankat card aise logon tak pahunchata hai jinse aap kisi bhi waqt baat kar sakte hain.

Yaad rakhiye ki is tarah ka dar aksar parivaaron mein chalta hai. Kabhi-kabhi aisi kitaab padhte hue koi maata ya pita in pannon mein apna hi bachpan pehchan lete hain, wohi baar-baar jaanchna, wohi andar hi andar ghulta dar. Agar apne hausle ko thaame rakhna aur tasalli kam karna aapke liye aur bhi mushkil lagta hai, to shayad wohi banavat yahaan bhi kaam kar rahi hai, yeh koi kamzori nahi. Khud ke saath bhi utni hi narmi bartiye jitni aap apne bachche ke saath bartna seekh rahe hain.

Aur bojh baantiye. Hamare kai gharon mein dabaav kai guna ho jaata hai, jahaan rishtedaar aapki parvarish par ungli uthaane, aapke bachche ki tulna chachere-mamere bhai-behnon se karne, ya yeh kehne ke liye taiyaar baithe hote hain ki bas thodi sakhti ki zaroorat hai. Aisi baatein sach nahi hain, aur aapko har behes jeetne ki zaroorat nahi hai. Ek chhoti, sthir baat kaam aati hai: "Ismein doctor hamari madad kar rahe hain, aur hum ek योजना par chal rahe hain." Phir ek aisa insaan dhoondhiye jo sachmuch aapke saath ho, jeevansaathi, behen, ya koi dost, aur mushkil aur thake hue hisse zor se kahiye. Sharm aur akelapan, dono chuppi mein panapte hain, aur jaise hi aap ise akele uthana chhod dete hain, dono mein se koi zyaada der tikta nahi.

Aur jaanna chahein to ^

Poore parivaar ko narmi se ek hi baat par le aaiye. Agar bhai-behen dohraav mein shaamil kar liye gaye hain, to unhein chupchaap, pyaar se aur bina kisi ko dosh diye, yojna ke hisse ke taur par chhoda ja sakta hai. Agar dada-dadi ya naana-naani achche mann se har chinta ka jawab dete hain, to unhein naya tareeka dikhaya ja sakta hai: jawab ek baar, garmjoshi se, phir tike rehna. Jo ghar ek hi shaant aur ek jaise tareeke se jawab deta hai, woh aapke bachche ko us ghar se kahin zyada deta hai jahaan kuch log bachate hain aur kuch daantte hain. Aapko sabka perfect hona nahi chahiye. Aapko bas itna chahiye ki ghar ka kaafi hissa ek hi disha mein kheenche.

● YEH KARKE DEKHEIN

Is hafte ek chhoti cheez chuniye jo sirf aapke liye ho, kisi dost ke saath aadha ghanta, ek sair, ya jaldi so jaana, aur use bina apraadh-bodh ke lijiye. Phir ek aise insaan ke baare mein sochiye jise aap team mein la sakein, aur use ek thos tareeka bataiye jisse woh madad kar sake.

6

✿ MADAD KAB LEIN, AUR SANKAT

Madad kab lein, aur sankat

✿ CHHOTA SA SAAR

Madad ke liye haath badhaiye jab khayal aur dohraav sachmuch waqt khaane lagein, din mein ek ghanta ya usse zyaada, ya jab woh school aur neend jaisi rozmarra ki zindagi rokne lagein, ya jab aapka bachcha hataash lagne lage. Baatcheet wali therapy, jo bachchon ko apne dar ka saamna karne mein madad karti hai, pehla sujhaya gaya kadam hai, aur dawa ke baare mein faisla doctor karte hain.

Kisi doctor ya baal maansik swaasthya visheshagya se milna tab sahi hai jab dohraav sachmuch waqt lene lagein, din mein kareeb ek ghanta ya usse zyaada, ya jab dar aapke bachche ko school jaane, sone, khaane, ya saamaanya paarivaarik jeevan mein shaamil hone se rok de. Kai parivaar bahut zyaada intezaar kar lete hain, aksar sharm ki wajah se aur is ummeed mein ki yeh apne aap chala jaayega. Jaldi haath badhana koi zaroorat se zyaada pratikriya nahi hai. Yeh un sabse samajhdaar kaamon mein se ek hai jo koi maata ya pita kar sakte hain, aur jitni jaldi madad mile, nateeje aam taur par utne hi behtar hote hain.

Aur madad sachmuch kaam karti hai. Pehla sujhaya gaya kadam hai ek baatcheet wali therapy, jo bachche ko chhote-chhote kadmon mein apne dar ka saamna karne mein madad karti hai, aur yeh bahut saare bachchon ki madad karti hai. Kabhi-kabhi doctor ek vikalp ke taur par dawa ki baat bhi kar sakte hain, har maamle ko aapke parivaar ke saath milkar dhyaan se taulte hue, par yeh faisla doctor hi aapke saath milkar lete hain, kabhi apne aap uthaya gaya kadam nahi, aur kabhi aisi cheez nahi jise aap khud se shuru ya band karein. Ek achcha visheshagya poore bachche ko dekhta hai, aur yeh योजना ek baatcheet hai jismein badlaav hote rehte hain, koi ek baar ka faisla nahi.

Ek haalat aisi hai jis par turant ek alag tarah ke dhyaan ki zaroorat hoti hai. Agar aapka bachcha kabhi yeh baat kare ki woh yahaan nahi rehna chahta, ki woh khud ko chot pahunchana chahta hai, ya gayab ho jaana chahta hai, ya agar in khayalon se hone wali takleef asahniya ho jaaye, to ise gambheerta se lijiye aur paas bane rahiye. Use akela mat chhodiye, kisi bhi khatarnaak cheez ko narmi se uski pahunch se hataiye, aur usi din madad ke liye haath badhaiye. Ye shabd aur ye pal hamesha kuch karne ke laayak hote hain, tab bhi jab aapka ek hissa ummeed karta hai ki uska yeh matlab nahi tha.

Aap **Tele-MANAS ko 14416 par** kisi bhi waqt, din ho ya raat, phone kar sakte hain, poore Bharat mein muft maansik swaasthya sahaayta ke liye, aapki apni bhaasha mein. Kisi turant ki aapaat sthiti mein, nazdeeki aspataal jaaiye. Madad maangna taaqat ki nishani hai, naakami ki nahi, aur yeh un sabse bahadur baaton mein se ek hai jo koi maata ya pita ek dare hue bachche ke liye karke dikha sakte hain.

YAAD RAKHIYE

Aapko yeh akele nahi uthana hai, aur yeh kabhi aapke akele uthane ke liye tha bhi nahi. Dohraav ke neeche chhipe dar ko dekhiye, use khuraak dene ke bajaye narmi se peechhe hatiye, saath milkar chhote bahadur kadam uthaiye, aur jaldi madad ke liye haath badhaiye. Chintaon aur dohraav mein phansa bachcha, apne paas ek shaant aur sthir maata ya pita ke saath, yeh seekh sakta hai ki shak uth sakta hai aur guzar bhi sakta hai, bina uski baat maane.



*Jis nanhe mann ne ek khayal ko
aapaat sthiti ki tarah lena seekha
hai, wohi mann, dheeraj bhari
madad aur paas khade ek sthir
maata ya pita ke saath, chinta ko
guzar jaane dena bhi seekh sakta
hai. Yeh shayad hi kabhi kisi ek
saaf pal mein hota hai, aur lagbhag
hamesha kai aam, dheere-dheere
aur shaant hote palon mein hota
hai.*

● YEH KARKE DEKHEIN

Do cheezein likhkar apne phone mein rakhiye. Ek: woh ek dohraav ya chinta jiske baare mein aap sabse zyada kisi doctor se poochna chahenge, ek sachche udaharan ke saath. Do: Tele-MANAS number, 14416. Do chhote kadam, ek samajh ki or aur ek madad ki or, isi tarah aage ki raah shuru hoti hai.

YEH JAANKARI KAHAN SE HAI

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AUR PADHNE KE LIYE

- International OCD Foundation: a resource for families of children and teens with OCD

Yeh guide samajhne mein madad karti hai. Yeh nidaan nahin hai. Uske liye doctor se milein.

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- Kya sab kuch bahut zyada lag raha hai? **Sankat card padhein.** Madad ek panne door hai.