

Prioritizing Child Mental Health: The Key to Unlocking a Brighter Tomorrow

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Abstract

Childhood is a crucial period of growth and development, not only physically but also mentally and emotionally. The state of a child's mental health significantly impacts their overall well-being and lays the foundation for future success. This article explores the importance of child mental health, common challenges, and strategies to promote emotional well-being from an early age.

Keywords: Child mental health; COVID 19; Childhood

Introduction

Childhood mental health is integral to a child's ability to learn, form relationships, and navigate the complexities of life. Positive mental health contributes to resilience, emotional regulation, and the development of essential life skills. Conversely, untreated mental health challenges in childhood can lead to difficulties in various aspects of life, including academic performance, social relationships, and overall quality of life [1].

Methodology

Common Mental Health Challenges in Children:

Anxiety disorders

Excessive worry, fearfulness, and avoidance behaviors characterize anxiety disorders in children.

Attention-deficit/hyperactivity disorder (ADHD): Difficulty

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Results

Impact of COVID-19

The COVID-19 pandemic has had significant implications for child mental health. Lockdowns, social isolation, and disruptions to routine can contribute to increased stress and mental health challenges in children.

A study published in JAMA Pediatrics in 2020 found an increase