

## What to do if your child is HYPERACTIVE?

### PARENT TALK

Riddhima Kapoor Sahni



We see a lot of kids these days, who are very hyper about a lot of things. They throw tantrums if they are not heard or paid attention to. The best way to deal with such a situation is to correct and discipline the child. You can't always give in to your child's demands. Throwing tantrums a few times is fine, but it shouldn't become a habit. Of course, being aggressive with the child is not the answer. You have to find a middle ground on how to discipline your child by talking to him/her and explaining that the behaviour is not acceptable and it is wrong. Reason it out with your child in a way s/he understands.

Using punishment as a means to discipline the child is not always right. I understand as a parent you might get agitated and frustrated when your child is not listening to you. At some point, you end up resorting to raising a hand on your child. However, aggression often ruins relationships and worsens situations. You don't want to let things go out of hand when you are trying to pacify your child.

Children are like blank slates. They learn what adults teach them and also what adults around them do. They ape and imitate everything in their surroundings. Getting aggressive with the child might make the child angrier. If the parent is aggressive, the child will automatically show aggression. The aggression may be directed towards you, other people, children or even things. Hence, you need to find a better way and a different way of expression while disciplining your child.

To establish order, talk to your child, reason it out, and don't show aggression. Be patient with your child. It may take some time, but slowly you will see the result. Your child will

understand that throwing tantrums is not getting them anywhere.

You can probably use positive rewards if the child listens to you. For example, extra playtime on weekends, late bedtime, etc. Encourage them to channel their hyperactive behaviour in a positive manner rather than being naughty or jumping all over the place.

A hyperactive child has trouble sitting idle or in one place. In that case, providing an outlet to channelise that excessive energy is the way out. This could be through sports or outdoor activities. Motivate them to take up a hobby and give their hyperactive behaviour a creative outlet. Let them engage in activities that help them be constructive. It helps with their overall growth.

My daughter was a very hyper child. I didn't know what to do. This was the only way that helped her and me through the phase. She started playing

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sports and doing a lot of digital art, and different activities that she enjoyed. It all turned into hobbies as time progressed.

You can also teach your child to be calm through meditation or yoga. Today, several schools have yoga and encourage children to practice it at home as well.

Other than that, I feel spending time with your child and engaging in activities that both of you like doing will help. You can make it into family time or parent-child bonding time. Parents need to be hands-on and help their children with their hyperactive tendencies.

I know working parents have a tough time striking a balance between work and home responsibilities. In such a scenario, leave professional commitments at the doorstep and spend time with the child. Give the child attention. Many times, children do things just to get a reaction from their parents - be it throwing tantrums or causing havoc in the house.

At the end of the day, children are children, hyperactive or not. Every child needs tender loving care, whatever your parenting method might be.

*(Riddhima Kapoor Sahni is a fashion and jewellery designer, and daughter of veteran actors Rishi Kapoor and Neetu Kapoor)*



Choose a custom-made wallpaper planned around the furniture in your room



Maximalist and minimalist elements are balanced out in this luxury home bar in the interior

## MODERN MAXIMALISM IS TAKING HOMES OVER

KASMIN FERNANDES

The optimistic air of this year's festive season has permeated through design and decor as well. After years of experimenting with various ways to project austerity, home owners are welcoming the richer Modern Maximalist look.

### WHAT DOES IT MEAN?

With no cookie-cutter definition in and of itself, Modern Maximalism celebrates freedom and artistic flair inviting you to enhance your space with precious mementos, keepsakes, and nostalgic photos. "I love the romanticism of the Modern Maximalist trend that harks back to the Victorian age. While today's representation may be more refined and planned out, it's the sense of discovery that holds the key to this look," says celebrity interior designer Sussanne Khan, Creative Director, Avas Living.

Modern Maximalist home décor is a style that is all about living with the things you love. "One doesn't necessarily have to be a collector or hoarder of things, though displaying objects from trips around the world and vintage objects that have been passed on over generations is excellent," says Aditi Murarka Agrawal, Co-founder of online home decor store Nestasia. More is more when it comes to this decor trend, which is good news for us texture and colour-doting Indians.

Lighter walls and bare floors along with dark bold colours or patterns are the main elements of this design. A vibrant wallpaper highlighting the ceiling gives a soothing feel. "People are eager to put big planters, and accent pieces they have collected from different places while travelling. They want to fill up their homes with art and décor," says architect and interior designer Aatika Manzar.

### ORGANISED CHAOS

The tricky part about Modern Maximalist interiors is adding elements without it looking overwhelming or overbearing. There is an order to the chaos. "The key is to pick the right colour palette, create a sense of harmonious balance between prints and patterns, and ensure the space doesn't look cluttered," says Apoorva Shroff, Founder and Principal Architect, lyth Design. A pop of colour in different corners is preferable to a

The organised chaos of Modern Maximalist home decor sits well with the love for colour and bold aesthetics among us Indians



Have a collection of bright artworks and sofa in accent colour against a plain wall



Arched water feature above the basin inspired by European drinking fountains in public squares

haphazard collage. This is why gold and metallic accents are great additions in the interiors. Try not to botch being a maximalist with having a jumbled space. Throw in some plush geometric rugs rather than having assorted knock-knocks that hold no nostalgia nor appeal. "Modern Maximalist rooms are slyly brightened with a 'more will be more' theory," says Raghunandan Saraf, Founder and CEO, Saraf Furniture. For example, for a residential project's indoor bar, Aboli Shah, Founder and Lead Designer at Aboli Shah Atelier, used elements such as a patterned floor, dense wallpaper, tinted mirrors, warmer lights and a choice of deeper colours.

### WONDERS OF WALLPAPER

The easiest step for projecting this rich look is through wallpapers. Wallpapers always help a house to create a desired statement. The best part about them is that after a few years, you could always replace them with another: "You could also choose a custom-made wallpaper with a ready print and apply it around your room's furniture. In one case, we used beautiful Bougainvilleas and lamps to play around the mandir wall of a living room," says architect Benny Sam Mathew from 5feet4 Design Studio in Mumbai. Make sure the wallpaper has a print likeable enough for you to live with for at least a few months.

### LAYER MATERIALS AND TEXTURES

The concept of layering works across the board here, from colour schemes, materials and textures to themes. Use two or more items from completely different schemes (a piece of modern art and an antique chest of drawers) to compliment one another. The more such varied pieces you can use in a room that compliment each other, the more of a Modern Maximalist your home is. "With an experimental attitude, home owners can achieve maximalist ambience via elaborate material boards. Layer finishes, textures, and colours in unique and unpredictable ways. For example, using artwork as bed backs," says Rahul Mistry, Principal Designer at Open Atelier Mumbai. "Rather than getting all your furniture from the same store or manufacturer, I recommend eclectic elements and personalized decor pieces handpicked from various sources," says Pooja Narayan, Director Architecture & Design, NBMA in New Delhi.

All this talk of 'more and more' need not scare the eco-conscious folk. This home decor style is planet-friendly. It lends itself naturally to sustainability by way of options for upcycled accessories, second-hand and repurposed furniture and quirky items you've picked up on your travels. Done right, a modern maximalist home is a warm expression of your creativity and your outdoor discoveries.

## Pocket-friendly first dates

The excitement of going on a date is often marred by the expenses that follow. If you are low on budget, here are pointers that will help you strike a balance between having a good time and saving money

With rise in inflation and the increasing cost of living, youngsters are becoming conscious about their spendings. The goal is to cut down on expenses wherever they can and save more. This has become a part of every aspect of one's life. And, it's no wonder that young Indian daters are all for affordable dates. In 2021, Tinder revealed through its Future of Dating report that young singles around the globe prefer keeping dates simple and creative because going outside is expensive. This year, the dating app found that its members are turning to affordable dates as frugal flirting catches on. If are looking for some tips to get you started, IANS shares few cool ones:

**Long walks and nature talks:** Beaches and parks are free for

all. To make your first date a little more romantic, a simple picnic at the park with some yummy snacks or long evening strolls by the sea while you play 20 questions with your date could be exactly what you need. You could also go cycling or take a pottery class. Maybe throwing in a 'gola' or ice-cream binge could make you seem cool in all the right ways!

**Explore street food:** They say a way to a person's heart is through their stomach, so hit up your local chaat-stores and go crazy with your taste buds. Use your chaat-tastic knowledge of street food and challenge your date to a pani puri competition. Take this opportunity to share some funny stories from your childhood and see the sparks fly.

creative as your personality with an art-inspired date. If both of you are into visual art and marvel over the rich history of India, invite your match to a museum date or hit the art gallery to share your knowledge and creativity. Don't forget to take pics for the 'gram. **Date night with a home-cooked meal:** Take a tip or two from your mom's recipe books and make your match a fancy meal right at home. You could also make your date a sous-chef and showcase your flirt game. Add in some great music and let the conversation flow.

**Hit the thrift shops:** If you've only got 200 rupees in your pocket, thrifting is awesome. Take your date to a popular street shopping market and show your quirk with your fashion. This might also be a nice time to get to know what they are into.

**Go hiking:** If getting dirty and sweaty is your vibe, you can never go wrong with adrenaline-inducing experiences. Maybe starting off small and being one with nature while exploring the great outdoors over the weekend could be your vibe. You can take your date for a mini-trek and watch the sunrise or sunset together. Explore new paths together by hiking up a mountain and don't forget to bring a snack for you two to share later.

**Wholesome art day:** If you both share a passion for art, or want to try something fun and aren't scared to get messy, invite your date over for an art day. You can showcase your talents and be goofy together. Maybe even turn it into a competition and bring out your competitive sides?



## DIFFERENT WAYS TO USE TEA BAGS

SHIKHA JAIN

The next time you brew yourself a steaming cup of tea, resist the natural instinct to chuck that soggy bag in the trash. As it turns out, the organic matter within tea bags is chock full of potential for upcycling. The possibilities are endless, and they all start with that leftover tea in the corner of your cabinet (not that you should have leftover tea). **Cleaning windows:** Black tea doesn't only help us shine in the morning, it can make windows shine too. Use about 10 grams of used black tea leaves per litre of water. Steep for 20 minutes and let it cool down to room temperature. Soak the cleaning cloth, drain the excess tea and clean the windows.

**Cool down a sunburn (or another burn):** To relieve the sting from a day of tanning, a rushed shave, or even a misplaced flat

iron, tea might just do the trick. All you have to do is take a used, cool tea-bag and place it on the affected area for instant relief. It works well for other types of minor burns (that is, from a teapot or steam burn).

**Add flavour to rice:** Add a little extra pep to rice (or any grain) with a tea bag. Simply place the bag in the pot of boiling water for a minute or two to let the flavour infuse. Use that tea-infused water to cook the grain of your

choice as normal. For example, use jasmine tea to infuse jasmine flavour to the rice.

**Deep-clean hands:** Some stinky scents refuse to budge. The next time you can't scrub away the smell of onions, seafood, etc., turn to tea bags. Just use them the same way you would a bar of soap. The organic tea leaves will banish those unfortunate smells in no time.

**Condition your hair:** Tea has shown to remove product build-up and improve hair colour, shine, and growth when applied to the hair. Brew a few tea bags before your shower, let them cool, then apply the tea mixture after your shampoo and condition. Let the tea sit in your hair for about 30 minutes, then rinse it out with cold water.



### JUGAAD