

Sharmila Bachcha

"Beta, namaste bolo!" Beta: statue. — guests waiting

KYA KARO

1. Observe karne do — dekhna bhi participation hai
2. Ghar par role-play karo — teddy se namaste
3. Chhoti bravery celebrate karo — private mein

YEH BOLO

Guests se: "Yeh warm-up leta hai — apna time lega."

Baad mein: "Aunty ko namaste TUMNE khud bola. Brave tha."

YEH MAT KARO

- ✗ "Yeh bahut SHY hai" — label identity ban jaata hai
- ✗ Aage dhakelna ya zabardasti bulwana
- ✗ Confident bachchon se compare karna

SCIENCE KYA BOLTI HAI

Shyness kharabi nahi, temperament hai. Push se sharam badhti hai — safety se himmat aati hai.

Roz ka ek chhota kadam — ProParents app

Poora guide: proparents.in/parenting/shy-child

Based on CDC's Learn the Signs. Act Early. guidance · Screening, not diagnosis · proparents.in



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