

SRI SATHYA SAI VIDYA VIHAR, GAIL, VIJAIPUR

CIRCULAR- 13/07/2026

Parenting Challenge -1 Problems & Solutions

"Understanding and Handling Generation Alpha"

(For Parents and Students of Classes IV to VII)

Dear Parents,

In today's rapidly evolving digital world, children of **Generation Alpha (born between 2010 and 2024)** are growing up with unprecedented access to technology and information. They are naturally curious, creative, digitally proficient, and quick learners. However, they also face challenges such as excessive screen time, emotional sensitivity, reduced attention span, gaming addiction, and difficulties in managing relationships and emotions. The children are becoming less receptive to parental guidance and often respond with resistance, arguments or tantrums when corrected or advised. These changing behavioural patterns make parenting more challenging than ever before and call for greater understanding and effective parenting strategies.

To help parents understand these changing needs and equip students with essential life skills, **the school, in association with Mrs. Salony Priya (Kolkata)**, a renowned Counselling Psychologist with nearly **18 years of experience** in Education Management, student and teacher empowerment, parental guidance, Human Development & Training and comprehensive counselling shall be organising a **student and Parent workshop** in **two different sessions** (one for students (Boys & Girls separately) and another one for parents) on **Sunday, 19 July, 2026**. The workshop aims to strengthen the partnership between parents and the school in nurturing confident, emotionally resilient, and responsible children.

The session schedule is as follows:

For Students

Topic: *Early Puberty – How to Handle*

- **Girls (classes IV- VII):** 9:00 a.m. – 10:30 a.m.
- **Boys (classes IV to VII):** 11:00 a.m. – 12:30 p.m.

For Parents

Topic: Puberty, Gaming, Mobile Addiction, Attention deficit, Arrogance- How to Handle????

Time: 1:30 p.m. – 4:00 p.m.

We look forward to your wholehearted support in making this programme meaningful and impactful.

Principal