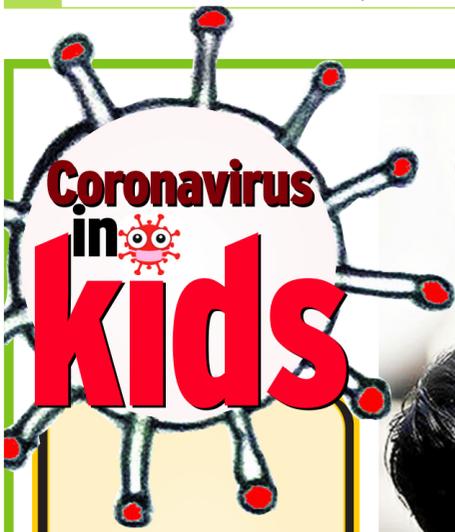


THURSDAY, MAY 6 2021



Child getting a COVID test?



TAKING THE NASAL SWAB TEST CAN BE STRESSFUL

The RT-PCR test or the nasal-swab test isn't the easiest of tests to undergo. It can feel icky, there are a lot of preventive measures to be followed, all of which can be very scary for little kids subjected to the test. The anxiety building up could also make them doubly worried about taking the test and risk wrong results.

In such a scenario, it's important to mitigate fears and make the test-taking procedure less stressful for kids, as well as yourself. Here are a few tips that can come in handy.

PREPARE THEM WELL IN ADVANCE

If there's one thing child psychologists and experts have been stressing since the start of the pandemic, it is to not hide or shield the child from the news, and make him or her aware. The same goes for testing. The more a child knows about the procedure, the easier it will get for them to handle their fears. Being prepared enhances control and makes anyone less stressed. For starters, tell them what the test is, why they need it and what the lab technicians will look like (in PPE suits and overalls).



Here's how to prepare them

Coronavirus cases are continuing to swell up across the country, impacting the little ones as well. Doctors now say that there's a huge rise in cases reported amongst the age group of 5-15. While in many cases, kids can be the first to report symptoms, some can catch the infection from their parents or family members. Nonetheless, it is crucial that kids get tested, as and when they develop symptoms...



PRAISE YOUR CHILD THAT THEY DID WELL

Praise and reward strategies work exceptionally well in reassuring children in times of crisis. It's not easy for a kid to remain calm in the middle of the pandemic when everybody around him/her seems to change. Be emotionally available, positive and praise them for getting the test done, or abiding by quarantine rules.

MAKE THEM SIT COMFORTABLY

Exercising any kind of restraint or forcing down protocols on kids is not going to make them comfortable. If your little one is feeling scared or anxious, sit by their side, wrapping your arms around them when the swab is being administered. Hug and comfort them after the test is done.

DEVISE A PLAN TO DISTRACT KIDS WHEN THEY ARE TO GET TESTED

Babies, younger children are more likely to feel a sense of anxiety, cry or throw a fit when they get tested. It can also become difficult to get them to focus their attention. At a time like this, experts feel parents should use the time to distract them from the pain, stress and make the test get over easily and quickly. Distract them with their favourite toys, video or try and engage them in sensory experiences. Even holding their hand, offering them reassurance can help.



Safety from Covid

Keep the grandparents safe from grandkids!



As per doctors, the risk is that children usually carry the disease without being symptomatic. So, it makes better sense if grandchildren and grandparents stay apart – especially if they are over 65. Padma Shri Dr K K Agarwal says that while kids are getting impacted too, Covid-19 is more serious for the elderly and those suffering from chronic medical conditions. The disease is much milder and easily treatable (usually) in most children, so far so that Covid positive parents assume it's safe to leave

WHAT'S THE RISK?

them with their parents. However, if both grandparents and grandchildren are staying together and not showing any signs of illness, don't separate them as it can lead

to psychological stress. But being cautious is crucial. Doctors are reiterating: even for vaccinated adults, the vaccine is similar to a seat belt while driving and can protect only to an extent. Both grandparents and kids should wear masks in common areas of the home to stay safe.



SO WITH GRANDCHILDREN AROUND, TAKE THESE PRECAUTIONS

- Do not send them out to play with other kids or have play dates.
- Treat their symptoms as soon as they appear (they should stay fully masked except while sleeping).
- Ensure the household's diet is rich in protein to ensure healthy immune responses.
- Ensure they maintain proper hand and respiratory hygiene.



REMAIN CALM YOURSELF

One of the most important things to remember is that you don't project your own anxiety on your children. When your kid senses that, he/she will become all the more anxious. So, no matter how worried you are, try and remain calm, reassure yourself and ease your kid's worries. Given the crisis we are facing right now, any parent of a child exhibiting symptoms is bound to be scared and surrounded by a lot of news as well. Be prepared, gather your facts and take time to ground yourself, before the child gets tested.



INDOOR GARDENING

MOST IMP THING TO KNOW ABOUT HARVESTING HERBS

Harvesting herbs by snipping off leaves will encourage further growth. The likes of rosemary and bay will need clipping to keep them miniature. And save seeds for next year when they flower. (Keep watching this space for more on herbs)



THYME FOR A HERB GARDEN

If you want to grow only one thing this year, make it a herb (they are healthy for pandemic life). They are easy to look after, can grow in poor soil and tolerate periods of drought. They also make sense to your pocket as fresh herbs are expensive to buy in the shops.

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GUARDIOLA'S CITY INCH CLOSER TO THE CL TITLE

Manchester City finally cracked the Champions League code with an impressive 2-0 win over Paris Saint Germain, the 4-1 aggregate triumph earning them a first ever spot in the final of Europe's elite club competition

City back on track

After stumbling in the latter stages of the Champions League in his four previous campaigns with the club, Guardiola dropped his usual focus on the tasks ahead to reflect on banishing the one major question mark over his stewardship of the club. Those moments had proved too tough for City in each of the past four seasons. Last season's 3-1 quarter-final loss to a very beatable Olympique Lyonnais followed defeats to Tottenham, Liverpool and Monaco in the Champions League knockout stages. "It remained in my head for weeks and it was painful, I cannot deny," Guardiola said recently.

Unbeaten throughout the season

Many had wondered whether the Spaniard's obsession with the competition had led him to over-think games or transmitted nerves to his players, but this season was different. City have not sneaked

To reach the final of this competition is so difficult. It is the toughest one, the quality of the opponent and the composure you have to have to suffer the toughest moments.

PEP GUARDIOLA,
Manager,
Manchester City

into the final or battled through against the odds, they have marched to Istanbul by winning every knockout game -- home and away. Indeed, they are unbeaten throughout their entire Champions League campaign this season, winning 11 games and drawing just once. Throughout the Guardiola years, City have produced some glorious attacking football but also, especially in Europe, some shaky defensive displays. This year, though, they have combined the flair in the final third with a rock solid defence that has conceded just four goals in the Champions League so far.

Youngsters making a mark

The addition of Ruben Dias, the Portugal central defender signed from Benfica, has proven to be a masterstroke. The arrival of the 23-year-old has transformed City in the same way that Virgil van Dijk gave Liverpool the solidity they were lacking before their Champions League triumph two years ago. Teenager Phil Foden, cautiously introduced into the side by Guardiola, has come of age during this campaign, effectively replacing Raheem Sterling in the attack. Riyad Mahrez, who scored both goals on Tuesday, has flourished, while Ilkay Gundogan has come out of his shell to become an all-round midfielder.

City will start as favourites

City's exits in Europe have all featured moments when they have

let the game get away from them -- losing their cool, their shape and their focus.

But this season there has been a solidity and maturity that is so vital at the highest level and both in Paris and at home, City were firmly in control. "In big occasions there are going to be nerves. We have to control that. You put the pressure on yourself," said right-back Kyle Walker, reflecting on the earlier exits. "You go back to Anfield and throwing it away in the first leg. The second year we are at Tottenham and lost in the first leg before chasing it here. Last year, it was different, over one leg - a proper cup game. To finally get the victory over there and then come here and win is full credit to this squad." Chelsea or Real Madrid await but whether it is an all-English final or a clash with the 13-times winners, City will start as favourites, and justifiably so.

Manchester City's Algerian midfielder Riyad Mahrez celebrates scoring his team's second goal



Photo: AFP

SIMONA HALEP KNOCKED OUT OF MADRID OPEN

World number three Simona Halep loses in Madrid Open to Belgian Elise Mertens, while Dominic Thiem claims straightforward win in his first match since March

Romania's Halep, who won the Madrid title in 2016 and 2017, is yet to reach a WTA Tour final this season and this was her earliest exit in the Spanish capital since a 2015 first-round loss. Halep had sailed through the first two rounds on the Madrid clay without dropping a set but she ended up second best in a match which yielded 15 breaks of serve. Halep served 10 double faults in the match, Mertens nine. Halep, a two-time Grand Slam champion and former world number one, was twice a break up in the final set at 3-1 and 4-3 but finally succumbed after just over two and a half hours of play, losing 4-6, 7-5, 7-5.

Quarter-finals draw

In the quarter-finals, 13th seed Mertens will meet her doubles partner, Belarusian seventh seed Aryna Sabalenka, who dispatched American Jessica Pegula 6-1, 6-2 in just 52 minutes. World number one Ashleigh Barty will meet ninth seed Petra Kvitová in the quarters, while eighth seed Belinda Bencic is up against Spaniard Paula Badosa, ranked 62 in the world. The final last-eight tie will see Anastasia Pavlyuchenkova play Karolina Muchova, who needed four match points to beat Maria Sakkari 6-0, 6-7 (9/11), 7-5. Russian Pavlyuchenkova edged out Australian Open runner-up Jennifer

Brady 7-5, 6-7 (8/10), 6-3 despite missing a match point in the second set. In the men's draw, world number four Thiem eased to a 6-1, 6-3 thrashing of American Marcos Giron in his first match in two months. The Austrian, playing for the first time since a surprise loss to Lloyd Harris in Dubai, broke his 91st-ranked opponent's serve four times and did not face a break point. "I need 100 percent in every aspect of my game," said the third seed. "I was just not able to put that on court in Doha, Dubai, or towards the end of the Australian Open, so that's why it was better to take a break." Thiem will next face Australia's Alex de Minaur. AGENCIES

TUCHEL PINS HOPE ON 'TOP GUY' KANTE FOR TITLE

Chelsea boss Thomas Tuchel heaped praise on midfielder N'Golo Kante, saying that the Frenchman's winning mentality is key to their quest for trophies. World Cup-winner Kante produced a man-of-the-match display as Chelsea secured a 1-1 draw in the first leg in Madrid for a narrow advantage in the two-legged tie. Kante has been ever present in Chelsea's midfield, making 43 appearances in all competitions.

"He's a top guy," Tuchel told reporters. "He's the guy you need to win trophies... that's why we're so happy he's here and he's at our club." Kante has won the Premier League, Europa League and FA Cup titles since joining the London club in 2016 and Tuchel backed the 30-year-old to add the Champions League crown to his collection. "It's a pleasure to watch what he's doing with the mentality of a real helper... he'll always give everything to help out on the pitch - it's a fantastic combination," Tuchel added. REUTERS



Photo: AP

QUIZ TIME!

Q1: Who won the Portuguese Grand Prix 2021?

- a) Sergio Perez b) Lewis Hamilton
c) Max Verstappen d) Valtteri Bottas

Q2: Which tennis player has won the 2021 Barcelona Open Tournament?

- a) Roger Federer b) Novak Djokovic
c) Rafael Nadal d) Stefanos Tsitsipas

Q3: How many medals did India win at the 2021 AIBA Youth World Boxing Championships?

- a) 11 b) 7 c) 5 d) 10

Q4: Which cricketer became the 1st batsman to complete 6000 runs in the IPL?

- a) Rohit Sharma b) Virat Kohli
c) KL Rahul d) Shikhar Dhawan

Q5: Which Indian weightlifter has created a new world record in Clean and Jerk?

- a) S Sathish Kumar b) Mirabai Chanu
c) Jhili Dalabehera d) Jeremy Lalrinnunga

Q6: Indian freestyle wrestler Bajrang Punia won Silver in the 2021 Senior Asian Wrestling Championships. In which weight division category does he compete?

- a) 95 kg b) 65 kg c) 70 kg d) 80 kg

Q7: Stefanos Tsitsipas won his first ATP Masters 1000 trophy after he won the 2021 Rolex Monte Carlo Masters singles title.

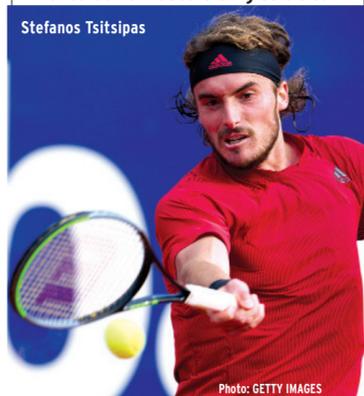


Photo: GETTY IMAGES

Q8: The memoir titled 'Believe Taught Me' is based on the life of which Indian cricketer?

- a) Alexander Zverev b) Daniil Medvedev
c) Dominic Thiem d) Andrey Rublev

Q8: - What Life and Cricket Taught Me' is based on the life of which Indian cricketer?

- a) Ajinkya Rahane b) Yuvraj Singh
c) Suresh Raina d) Rohit Sharma

Q9: Lizelle Lee has been named as the ICC Women's Player of the Month for March 2021. She plays for which country?

- a) England b) Australia
c) South Africa d) New Zealand

Q10: Name the Indian Army Officer who recently broke his own 2 Guinness World Records for Fastest Solo Cycling?

- a) Ratan Lal b) Renjith Kumar
c) Arvind Pandey d) Bharat Pannu

Q11: Who has become the first Woman Sailor to qualify for the Olympics?

- a) Jyoti Kumari b) Nethra Kumanan
c) Achanta Sharath d) Bhavani Devi

ANSWERS: 1. b. Lewis Hamilton
2. c. Rafael Nadal 3. a. 11 4. b. Virat Kohli
5. b. Mirabai Chanu 6. b. 65kg
7. d. Andrey Rublev 8. c. Suresh Raina
9. c. South Africa 10. d. Bharat Pannu
11. b. Nethra Kumanan