

## Special Article in Madicare Insight :- Dr Maitri Thakker

### Childhood Under Pressure : The Silent Crisis in Children's Mental Health

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"Children are not small adults. Their minds are still forming, still fragile. And yet, the pressures we place on them today could break even the strongest among us." Mental Health Awareness Month serves as a critical reminder that mental wellness begins early. In recent years, clinicians, educators, and parents alike have witnessed a worrying trend : childhood is no longer the sanctuary it once was. Across age groups, children are reporting heightened levels of stress, anxiety, sadness, and isolation. It's time we pause and ask are we doing enough to protect their mental health?

### The Changing Face of Childhood

In a world that increasingly celebrates achievement, independence and digital connectivity, one group is quietly shouldering a burden it was never meant to bear our children. The idyllic idea of a carefree childhood is being replaced by a reality of relentless academic pressure, screen-induced overstimulation, social comparison, and emotional



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isolation. As adults look ahead, children today are being pushed to grow up faster than ever before often at the cost of their mental well-being.

### The Invisible Weight of Expectations

Children rarely say, "I'm anxious" or "I feel low" Instead,

they show us. A once-active child becoming withdrawn. A playful child suddenly erupts in anger. Physical symptoms like frequent headaches or stomach pain, trouble sleeping, or changes in appetite may mask deeper emotional struggles. Yet, in our rush to correct behavior, we often