

# Excessive study load hampers children's growth: Experts

STAFF CORRESPONDENT

The children, who suffered from malnutrition in the womb and take excessive study load in their early age, lack physical and mental developments, said experts at a roundtable yesterday.

Textbook-based study may help the children get good results but cannot ensure their overall growth, even they often fail to learn social norms and moral values, they observed.

The kids, aged between three and eight, should learn through playing

instead of taking the load of study, and pregnant mothers should get proper care and nutrition to accelerate development of the children, they said.

Bangla daily Prothom Alo in association with United Nations Children's Fund (Unicef) organised the roundtable at the newspaper's office in the capital.

State Minister for Women and Children Affairs Meher Afroze Chumki said parents must teach their kids moral values at an early age. Parents should not just focus on good results.

The children should get proper care from the moment of their birth, and families should take care of the mothers during pregnancy, she said.

Dhaka University Professor M Nazmul Haq said the best way for children to learn by themselves is through playing. "But it is absent in our education system, which needs to be changed."

"More textbooks and extra pressure of study are harmful for development of a child. We have to get rid of it," he said, adding, parents and teachers have to change their mindset.

Dr Wahida Khanam, professor of the Institute of Child and Mother Health, said spending more time on computer, mobile phone or television also hampers childhood development, and such tendency has increased in recent times.

Anjeer Liton, director of Bangladesh Shishu Academy; Abdul Quayum, associate editor of Prothom Alo; Mohammad Mohsin, education manager of Unicef; Mohammad Tariq Ahsan, professor of DU; and Dr Golam Mostafa, an adviser of Aga Khan Foundation-Bangladesh, spoke among others.

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