

# THE KIDS ARE NOT ALL RIGHT

THE IFP - Halton Hills | Thursday, April 1, 2021

**PANDEMIC TAKING A TOLL ON OUR CHILDREN, WRITES DR. NADIA ALAM**



**DR. NADIA ALAM**  
Column

"I hate COVID. I wish it would go away!" my 11-year-old railed when I said no to hanging out with friends outside our social bubble.

Watching him throw himself onto the couch, arms crossed, refusing to interact with his brothers and sister, I wondered again about the long-term impact of COVID-19 on our youngest generation.

The babies unable to see more than half a face above a mask.

The kids spending hours parked in front of screens for virtual schooling.

The ones who went to school and watched as friends sniffled and were quietly but quickly sent home.

The teens cohorted into artificial and arbitrary social groups, some with friends, some apart, all of them describing challenges coping with loneliness, fear and uncertainty.

All are now building virtual lives and relationships rather than real ones.

Humans are social creatures. They are built to communicate using multiple means, verbal and non-verbal. Body language and

tone convey important social cues.

These social cues are how we not only absorb information, but how we negotiate our interpersonal relationships and attitudes.

Sometimes what we say is not what we mean, and that meaning is only captured through body language and tone.

All that has been stripped away as society has accepted containment efforts for the pandemic. All we are left with are flat words on a screen. The context that colours our lives is now obscured.

Where does that leave the youngest among us, the ones just learning to navigate the rules by which we conduct ourselves as a society?

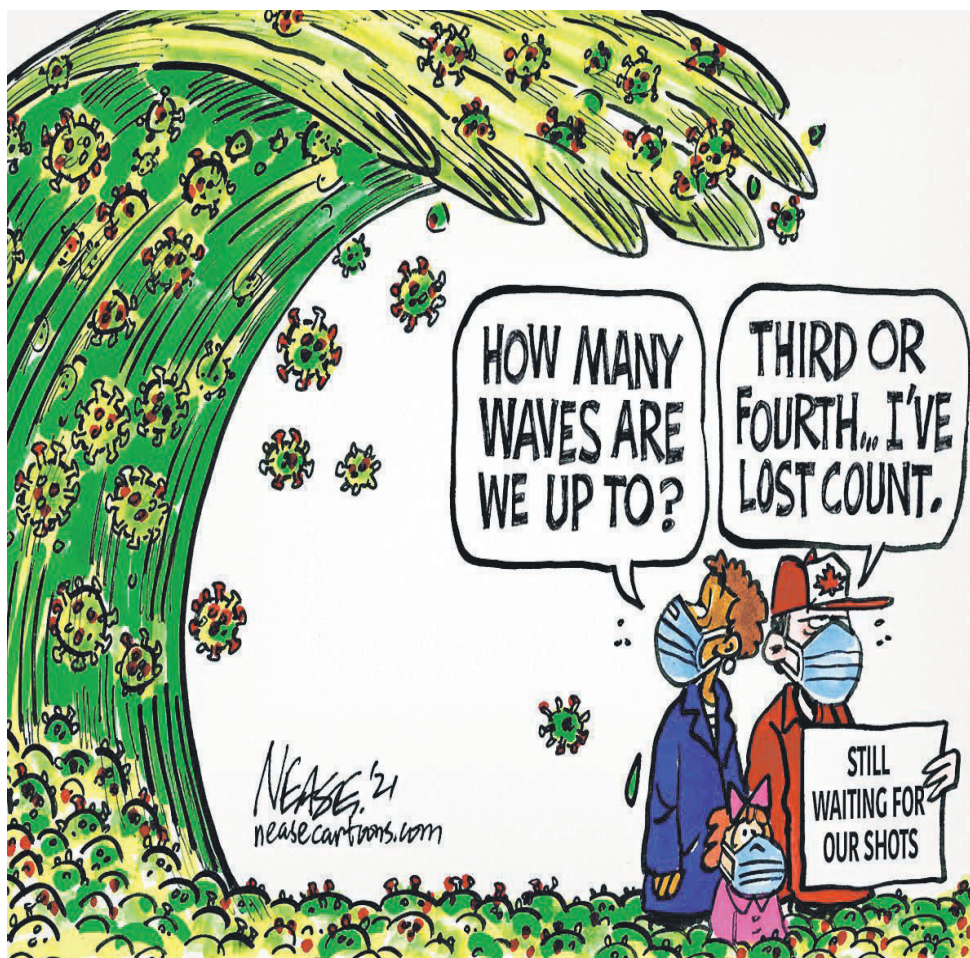
Our kids are in trouble. A study by SickKids showed that kids during the pandemic were faring "mostly worse, occasionally better."

This holds true right on up to post-secondary students. Eating disorders have skyrocketed. Ditto for anxiety, depression, domestic violence and self-harm.

I have no magic pill. My advice? Pay attention. Spend time with your kids. Start a conversation over a shared activity. Monitor for increasing anxiety, withdrawal, irritability or a sense of hopelessness. Get help.

Being apart doesn't mean being alone.

*Nadia Alam is a Halton physician and past president of the Ontario Medical Association. Her columns also appear on [www.drnadialam.com](http://www.drnadialam.com). She can be reached through her website.*



## STOCK MARKET RISK REDUCES WITH TIME

**LENGTH OF INVESTMENT CAN HELP LOWER CHANCES OF LOSING MONEY, WRITES PETER WATSON.**



**PETER WATSON**  
Column

Do not invest in the stock market if you have a short-term perspective.

Investing in the stock market for one day is basically a 50-50 proposition. More specifically, days the stock market increases in

value is just 54 per cent.

That is how the stock market has performed over the last 70 years.

If you want success at investing, take a longer-term perspective. Then, the odds can shift in your favour.

During the last 94 years ending in 2020, the years that the stock market gained was 75 per cent of the time.

It is far more favourable investing for one year versus one day.

Want better odds? Extend the period to five years. Then the number of times the stock market gained was 84 per cent.

After 10 years, the number of times the stock market gained was 95 per cent.

And finally, if you look at every 20-year period, the stock market index increased in value 100 per cent of the time.

This information is

based on the S & P 500 Index, which tracks 500 of the largest publicly traded companies in the U.S. and as reported by AndCo Consulting and Crestmont Research.

The more time you are invested in the stock market, the better your odds are at success.

*Peter Watson is registered with Aligned Capital Partners Inc. (ACPI) to provide investment advice. Investment products are provided by ACPI. ACPI is a member of the Investment Industry Regulatory Organization of Canada. The opinions expressed are those of the author and not necessarily those of ACPI. Watson provides wealth management services through Watson Investments. He can be contacted at [www.watsoninvestments.com](http://www.watsoninvestments.com).*

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