

## **Mom, i wanna go out! children burnout during movement control order (MCO)**

### **ABSTRACT**

The novel coronavirus (COVID-19) has spread across the world and resulting in significant changes in almost all aspects daily life. Although literature shows that children are minimally susceptible to 2019-Corona virus disease (COVID-19), they are hit the hardest by impact of this pandemic. Being quarantined in homes may impose greater psychological burden than the physical sufferings caused by the virus. School closure and lack of outdoor activities are likely to disrupt children's usual activities. These changes place children at increased risk for burnout. The purpose of this paper is to review the concept of children burnout, discuss children burnout in the context of the current COVID-19 pandemic, and focus specifically on the effects of socio-emotional development of children. Parents, psychologists, government and non-governmental organizations have important roles to play to mitigate the socio-emotional effects of COVID-19 on children. Implications for parents also will be discussed.