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## Discussion

The COVID-19 diseases resulted in changes in the way people work and live. Therefore, children with Neurodevelopment Disorder (NDD) and their parents faced significant challenges which affected their quality of life (QOL). The article has focused on the influence of COVID-19 on the QOL of kids with NDD and their mothers. COVID-19 altered people's lives, making children and parents suffer significantly due to fear of losing jobs and children's disconnection from the outside environment. Individuals' schedules changed drastically as lifestyle altered and relationships interfered with social distance requirements and staying at home. Children with NDDs agonized both emotional and physical challenges due to the erratic alterations in their routine.

The article study utilized 152 parents with their children that had NDDs. All the participants came from the Hachioji region in Japan during the coronavirus pandemic. However, 136 parents completed the questionnaires, but they evaluated their quality of life and mental health. The study ensured a diversity of parent participants and 97% mothers, 0.7% older sister, 1.5% fathers, and 0.7% grandmother. 58.1% of children maintained their sleep schedule, and 41.9% had altered sleep patterns, and no child had sleep disorders; this reduced their quality of life (Ueda et al., 2021). Also, 33.8% of mothers had regular working schedules, and 43.4% had altered working schedules. Among parents, no one was unemployed to obtain reliable results on quality of life. A regular working schedule for parents and reduced sleep schedule in kids was linked with reduced quality of sleep in both children and parents. Similarly, loss of jobs and reduced income made parents susceptible to anxiety and stress, making their children have maladaptive behaviors hence reducing QOL. The source is credible because it is up-to-date and

has used citations where appropriate. Also, the majority of the sources used are current as they were less than ten years ago.

### **Reference**

Ueda, R., Okada, T., Kita, Y., Ozawa, Y., Inoue, H., Shioda, M., ... & Ozawa, H. (2021). The quality of life of children with neurodevelopmental disorders and their parents during the Coronavirus disease 19 emergency in Japan. *Scientific reports*, *11*(1), 1-8.

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