## Safe kids · Healthy kids · Happy kids

## **Nurture Your Child's Creativity**

Research shows that today's American kids are not as creative as they were in the 1970's. Our children produce less unusual and unique ideas. They are less imaginative.

Everyone is born with the ability to be creative. However, creativity needs to be nurtured.

Kids need human contact. They learn from "hands-on" activities. It is not enough to look at what your child has created and say, "Good job". You need to take time to learn what they were thinking as they were creating.

Toddlers love to play. They are, by nature, curious. Without much effort, parents can nurture their child's creative talent – daily.

- Watch less TV.
- **Dance to music.** Vary the music. Ask your child to make up dance moves.
- **Play thinking games**, like I Spy. Say, "I spy with my eye something..............". Give a clue for the object you see. It could be something blue or shiny. Your child guesses what you see.
- **Teach your child to build a fort.** Cover a table with a sheet. Let him choose items to put in his fort.
- **Provide art in different forms.** Give your child play-dough, paper, crayons and paste. Coloring books really do not encourage her to make create.

- **Bake cookies together.** Then, enjoy them. Thumbprint cookies are great fun. Your child presses his thumb in the cookie. Then, he fills it with colorful jams.
- **Read daily.** Read books, magazines, cereal boxes and signs.
- **Play outside** even when the weather is cold. Take walks. Talk about the weather. Play with nature's toys leaves, twigs, stones.
- Name everything cooking utensils, tools, food, household items.
- **Teach your child a new word daily.** Use it 10 times that day.
- Share your interests with your child.

Experts tell us that kids need freedom to create. They also need:

- 1. Rules and limits. They provide structure and keep your child's life in order.
- 2. Lots of love. Children feel free to be different when they receive unconditional love.





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