



## **BOREDOM CAN MAKE YOUR CHILD MORE AWESOME!**

***It's okay for a child to be bored.*** Letting your children be bored can be terrifying the first time you do it, but it's a lot easier than it seems. They'll complain at first. Just wait a few minutes and they'll find something to do on their own. That's more than just okay, it's an essential skill they'll need for the rest of their lives.

Boredom is something we fear, but it's a major part of our lives. And making our kids handle it head-on just might be one of the best things we can do for them.

### ***Boredom improves creativity***

The mind doesn't always go where we want. It likes to wander, especially when we're trying to get it to keep still. And it's never more active than when it has nothing to do.

When our kids have nothing to do, they exercise their imaginations and that just might be the most important skill they can develop. The workplace our children are going to enter is changing rapidly, and we don't have the ability to prepare them for that world. It's going to take a lot of creativity to adapt.

### ***Boredom makes kids more motivated***

When our children grow up, we won't be there every moment of every day. We won't be able to entertain them or to fill their schedules with educational events. At some point, we have to let go and hope for the best.

That's why kids need to learn how to motivate themselves. Letting them be bored plays a big role in learning that skill. Boredom gives children practice in making their own decisions and finding ways to be interested in what's going on around them.

### ***Boredom makes kids more interesting***

When we spend all of our time entertaining our children, they never have to learn how to entertain themselves. They don't need us to be there every minute. They need to learn how to handle things themselves.

Giving our kids too much attention can create some major problems. Inadvertently, it can teach them that they're the focus of the world and that everybody's here to serve them. It can also cause kids to accept an identity developed by their parents, instead of developing their own.

## **Boredom is good for parents too**

Focusing on parenting 24/7 cranks up your stress and anxiety, which can actually hurt your kids. **Children pick up their parents' anxiety**, which can hurt their performance in school and can create behavioural problems down the road.

You don't need to kill yourself trying to keep your kids happy. In fact, it may make things worse. If you're not happy, your kids aren't either, and if you're not mentally well, your kids aren't either.

**So put down the juggling balls and let your kids be bored for a while.** Take a little time for yourself. Not only is it good for you, but it just might be the best thing you can do for them.

