



Balancing Boredom This Summer

Ahhh summer: fresh air, sunshine, and... boredom? We've all heard the dreaded "I'm bored" but it can actually be a good thing! Although too much boredom can lead to apathy and frustration, a "just right amount" of boredom can inspire creativity and imaginative play. Read on to help you find your balance.

3 Simple Tips to Help You Balance Boredom and Fun This Summer:

1. Set up a routine with both structured activities and free time

This helps your child know what to expect while also giving them time to feel "bored" and explore their imagination. A visual schedule can be especially helpful!

2. Create open ended activities

It can be tempting fill summer days with outings and adult led play, but creating space for imagination and free play can be amazing too! Think art without an end goal, sensory play, and outdoor exploration.

3. Encourage your children to participate in everyday activities

The school year can so busy with school, extracurricular activities, homework, etc. Summer is a great time to get your kids interested in the everyday happenings of your home (cooking, cleaning, gardening, grocery shopping, etc).



Do you have questions about your child's development?

Call or email us today for a free "get to know you" call!

