Fostering Creativity
to help children express themselves

Creativity is the freest form of self-expression. It can help children express and cope with their feelings, and fosters healthy mental growth. Here are ways in which you can foster creativity:

+ **Identify your child’s interests**
Try painting, drawing, photography, sculpting, music, dance, or working with water, wood, clay, paper, leather, puppets or shadows with your child. Observe which activities they enjoy the most.

+ **Provide them with a wide variety of creative experiences**
Taking part in community and multi-cultural events is a great way to enhance their creativity. Take field trips, celebrate holidays and other activities with other ethnic groups, see a theatrical production, or attend an art show with your child.

+ **Encourage creative play**
Make sure children have time each day to unplug from electronic entertainment, and plug into their imaginations. Creative play should be self-directed, and should be encouraged when the child is both around other children and by themselves.