

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.

