

NURTURING PARENTING

Many a times I have parents telling me the child wastes time in useless activities. Most of the time what is perceived by parent as a useless activity actually helps in developing a skill in child. This free time activities a child indulges into on his own is mostly indicative of his interest and special aptitudes. The challenge is that the parent has to recognize it and then nurture it.

While much of the learning children experience comes through their own exploration and discovery parents have a tremendous role to play in facilitating their child's learning. Honor your child's need for free unstructured time to play, think and day dream each and every day. Here are some creative play and thinking activities that give your child an opportunity to dream and create. Check it out , if your child does some or most of it, be happy. He is not wasting time. If he is not engaged in any such activity please create some space for him to do so, it is important !

- ❖ Playing in the sandpit or with mud.
- ❖ Listening to favourite music cassettes while doodling or drawing .
- ❖ Playing with Play-Doh
- ❖ Swinging on the backyard swing.
- ❖ Riding bikes
- ❖ Drawing cartoons
- ❖ Gazing at the stars from the terrace or lawn
- ❖ Skipping stones across the water
- ❖ Chasing lightning bugs or other insects in the garden
- ❖ Chasing butterflies
- ❖ Building forts indoors with sheets and blankets
- ❖ Playing melodies on the casio or imaginary guitar
- ❖ Looking at picture books
- ❖ Making designs on the driveway with chalk
- ❖ Taking photos of your neighborhood environment
- ❖ Dancing a singing to favourite music
- ❖ Building with blocks etc.
- ❖ Looking at sports card , stamp, or coin collec6ions.
- ❖ Looking at family photos

When was the last time your child did any of the above activities? If you can't remember it is serious. **Allow the child to be a child and learn from all these activities.**

If your child does not engage in freewheeling play each and every day try to find the culprit and make changes that allow for daydreaming and play. Its fun and its important for wholesome development. Respect and encourage your child's quiet reflective time in which he can dream invent experiment doodle or dawdle (Be careful not to overscheduled your child's life).

Show heartfelt appreciation for your child's creations- put artwork on the refrigerator, send it to grandparents, save it in a special portfolio, or frame it. Demonstrate an attitude that encourage and values curiosity and creativity. Go for a walk in the woods, on the beach or in your neighborhood and observe ponder and chat.

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