

BOREDOM



Navigating Boredom

We want to ensure we have open-ended toys/items at home that are age-appropriate available. Here are some ideas:

- Blocks
- Lego
- Magnatiles
- Train tracks
- Playdough
- Marble run
- Books
- Art stuff:
Glue, scissors,
markers,
crayons, water
paint, colouring
books, plain
paper

We also want to be **proactive**, especially when our child struggles with boredom.

Sometimes, when children are overwhelmed by boredom, they can't use the rational part of their brain and get stuck. Therefore, it can be helpful to discuss this with our children and come up with ideas in advance for when they are feeling bored.

With our kids, we can brainstorm ideas for when they are feeling bored. We can write them down so they can refer to it when needed. Here are some ideas, of course, not all of them will be applicable due to them having to be age-appropriate: Baking, Cooking, Reading, Biking, Drawing, Painting, writing, Doing experiments, Building something, etc.

Notice how older kids sometimes have a harder time than younger kids to figure out something to do, this can be due to being told more often what to do

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Sometimes, we can feel *triggered* when our child tells us,
“I have nothing to do!” because:

- We are busy, and we feel an urgency to entertain them. The thing is, we are the ones creating this urgency for ourselves.
- Our children have so many toys and things to keep them busy that we wonder how they could feel bored. Sometimes, it has nothing to do with what kids have or don't have. Rather, they may not know how to navigate free time because they haven't been given much.

This could happen because we don't rotate things, and children get bored of seeing the same things all the time

The more comfortable we are with our kids feeling bored, the more comfortable they will feel with boredom. if we feel threatened by it, then they can also feel like it's “wrong” or “too much”.



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Here are some ideas for what we can say when our child says,
“I have nothing to do”,
“I’m so bored!”:

- “I wonder what you are going to come up with next!”
- “I see how challenging it is for you when you are bored. I understand.”
- “I trust your boredom will guide you to something fun!”

Offer some suggestions if needed. Refer to the list you’ve created with your child for ideas. Let them be with their boredom and see where that takes them.

Let’s not forget to highlight how they’ve figured something out on their own and help them notice how capable they are by mentioning what they ended up doing. :)

Every time we see our child figure it out, it also helps us the next time such a situation arises; we can remind ourselves that we must trust that our child will figure something out.