

**ENCOURAGE YOUR**

**CHILD'S**

**CREATIVITY**

A free resource for parents  
from UBIC Holly Hill

For more info: (386) 547 - 4004 | Visit us: [ubichollyhill.com](http://ubichollyhill.com)

# ENCOURAGE YOUR CHILD'S CREATIVITY

It's natural for children to be creative, but they need a supportive environment to keep that spark alight. As a parent, you can help your child to appreciate art and express themselves.

Each of us can be creative, and it's a skill that can be developed. Innovation and originality extend beyond galleries and museums. **God made us creative and unfortunately as we get older some of us can lose that spark. As we encourage our kids to express themselves we can also be inspired to create.**

Share the joy of creativity with your family. Learn more about how to help your child use their imagination.

## Benefits of Encouraging Your Child's Creativity:

1. **Build confidence.** Fear of failure inhibits the artistic process. Create opportunities for your child to take risks and learn from experience. Show them that it's okay to be different. **Help them to identify and use their personal strengths. Remember if they created it, it can't be wrong.**
2. **Manage stress.** Crafts and hobbies are a healthy way for children to process difficult emotions. They'll be less likely to turn to riskier options like overeating or drugs. I know I personally stayed away from all kinds of trouble by being involved in music in school and in bands with my friends outside of school.
3. **Develop cognitive skills.** Creativity involves thinking as well as making things. While they're finger painting or writing songs, they're also solving problems and innovating. In this way both 'sides' of our brain are involved

and studies show that as we get older the creative things we did as children can help us hold on to our cognitive skills.

4. **Enjoy life. Creative children are likely to experience more happiness and success.** They'll know how to entertain themselves, relate to others, and contribute in the workplace. For people like me who are not athletic playing music with others WAS my team sport. Being creative can be fun on your own or in a small or large group.

### **Tips for Encouraging Your Child's Creativity:**

1. **Offer praise.** Children want to use their imagination but might hold back if they feel like they're being judged. Stay positive and recognize their efforts, even if they color outside the lines.
2. **Enable unstructured play.** Is your child overscheduled? **Leave some free time** in between dance classes and organized sports, so they can explore on their own. Buy open-ended toys like blocks or let them fool around with empty boxes and string. How many of us have seen our kids have more fun with the box than the gift that was inside?
3. **Actively engage.** Limit TV and computer time. Use the screen time app if your child has a phone. See how many hours a day or a week they're spending staring at a screen. Spend your days doing things together instead of just sitting and watching. Go outdoors for a hike. Play board games and talk about your day.
4. **Dare to be messy.** Children love sticky stuff, so relax the rules during craft time. If you're concerned about cleaning bills, designate a special area in the basement or backyard where spills and smudges are allowed. You can

also explore options like sidewalk chalk that can easily wash away.

5. **Provide prompts.** Even great artists sometimes need help getting started. Complete the first few steps of a drawing, and then ask your child to help you. Ask them questions about what they want to make and why.
6. **Seek inspiration.** Stay on the lookout for stimulating ideas. Visit art museums and watch nature documentaries. There's LOTS of inspiration for paintings, songs and activities in the Psalms! **Carry a journal around, so you and your kids can jot your thoughts down for later use.**
7. **Stock up on supplies.** Be prepared for when your kids have sudden artistic urges or complain about being bored. Keep a variety of materials on hand, like crayons and clay.
8. **Pursue passions.** Choose activities based on your child's personal interests. A soccer fan might want to assemble a collage with images from sports magazines and their own ticket stubs. A music lover might try building their own instruments using household objects. This can be a fun activity for the whole family. Homemade instrument band, anyone?
9. **Make it social.** Invite other family members and friends to join you for playdates and outings with a creative theme. Help your child upload images of their favorite works to share with their grandparents or classmates. With all the bad news and negative talk on social media couldn't we all use a smile brought on by a creative child?
10. **Teach by example. Your children will be more likely to develop their creativity if they see you doing it too.** Work on your individual projects side by side and discuss your experiences. Trust me, it's fun!

# WHAT DO I DO NOW?

I'm glad you asked. My name is Matt McKeown and I'm the pastor of UBIC (United Brethren In Christ) church in Holly Hill. We have some great options for kids of all ages. On Sunday mornings at 9 we have Little Lambs for preschoolers and Kids' Church with Mr. Kenny and it's a blast for kids K-5th grade. For our middle and high school students we have THE WELL; a teen hangout on Wednesday nights from 6-8pm with extended hours during the summer. We even have a van route to take kids home so you don't have to pick them up. Just drop them off and we'll get them home.

We also have a Christian school that's K-12 and we accept scholarships for people who qualify. Go to [UBICAcademy.com](http://UBICAcademy.com) for more details.

When your child or family wants to take your creation to the next level we have a recording studio. Check us out at [SoundMindFL.com](http://SoundMindFL.com) and maybe you can record your own song!

We want to be a resource for you. Please let us know how we can help and come alongside you as a parent in our community.

If you have any questions, need any advice or just need to talk please call me at 386-547-4004 or visit us in person at 560 Flomich St. or online at [UBICHollyHill.com](http://UBICHollyHill.com).

In God's Love,



Pastor Matt McKeown