



Creativity is a gift found in most children, and it can be stifled or expanded by the adults around them. It must be encouraged at an early age in order to nurture optimum potential in children.

A walk in the park or around the block is a wonderful time to encourage curiosity, which is the beginning of creativity. Explore nature with your children. Listen to their questions and give them answers immediately or talk about how they can find the answers later.

Bath time is a time to allow parents and children to use their imaginations. Help the children tell stories and build their ability to create new stories. Bedtime stories can be a time for parents to talk about when the children were young. Children like to hear stories about themselves when they were first born and when they were toddlers.

When your four-year-old draws a picture you can't recognize, try inviting, "Tell me about your picture" instead of asking "What is it?" She will feel free to use her imagination. Allowing your children to climb on playground equipment or help gather groceries in the store can be an excellent way to encourage creativity.



Creativity in children is not necessarily a product of intelligence, but a product of feeling self-confident and safe from criticism for being different. Most children enjoy playing with things like blocks and paper and crayons to make their own stories. Pressure from parents, teachers and peers to do what is expected of them and not make mistakes can shut down creativity.

So parents, allow your creativity to run wild as you encourage and model creativity to your children.

You and your family do not have to struggle alone. LCFS counselors help families generate hope and cope with life's challenges. Most insurance plans accepted; sliding-scale fees are available on a case-by-case basis. For more information or to schedule an appointment, contact us at lcfs_info@lcfs.org or 800-363-LCFS (5237).

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