

Parenting Tips
from
Community Parenting Service
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Opening times : Monday to Friday 11 am to 3 pm

What to do if your child complains of boredom

- Try hard not to give him or her a list of ideas, your ideas may not sound interesting to your child instead try suggesting that he or she complete some household chores
- Listen and respond to your child's complaints with the occasional "um" or "arh" or "uuh huh" before long he or she will get the idea that you are not being of any help and will wander off to find something else he or she can do.
- Encourage children to become involved in hobbies or sporting activities.
- Limit the amount of time your child spends watching TV or playing computer games. This will give your child's creative instincts the opportunity to surface.
- Try not to always be your child's entertainer. Allow them their own space to develop their individual talents.

If you've ever wanted tips on using positive discipline in the home, ideas for play activities for children or need to understand your child's world then your parenting information centre can help. You can join our **FREE** lending library and borrow books and videos that best suit your needs. You can pick up free parenting information from your local parenting service.