

What to Say When Your Child Says “I’m Bored”

**Upcoming Event**

**What’s Behind the Behaviour**

Centacare’s free online seminar that focuses on why children behave the way that they do and how to create your own toolbox of helpful ideas to promote positive behaviours.

**Where:**

Online via Microsoft Teams

**When:**

Thursday, 14th November

**Time:**

5.00 pm - 7.00 pm

**Cost:**

Free

**Register Now**

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Parents often hear their children complain about being bored. “How can they possibly be bored?” they wonder, with the abundance of toys, gadgets and other stuff around to keep kids occupied. We can feel compelled to offer children suggestions to combat their boredom, but it is helpful to know that boredom creates opportunities for kids to develop creativity, leadership and problem-solving skills. Whilst we can support, intervening too much can hinder these important areas of development. “I’m bored” moments are actually golden opportunities for kids to come up with something fresh and new (although they may not realise this!).

**Try these phrases when your child says they’re bored:**

“I wonder what your fantastic imagination will come up with next”.

Boredom busting takes practice. Start off small and ensure your child has lots of opportunities for unstructured time.

Overscheduling can inhibit boredom busting skills.

Notice when your child has independently solved their boredom, “I noticed when you were feeling bored earlier, you found something great to do”.

**Wellbeing Tip**

“Let’s make a deal. You find something to do for 20 minutes, then we’ll do something together.”

“Being bored is really good for your brain. Let me know what your brain comes up with”.

“I get it. Being bored can be tough. I know you’ll figure this out”.