

Tips To Bust Your Child's Boredom



Create a boredom jar where you may put paper slips with different activities to try.

Plan activities, such as karaoke or drawing, to enhance bonding.



Arrange a family hour to have conversations with your child.

Encourage your child to help others (siblings or friends) solve their problems.



Involve your child in long-term activities, such as learning a musical instrument, and cultivate their interest in practicing the skill.