

## *For Families:*

**Triple P (Positive Parenting Program):** Tired of hearing the “I’m bored” statement? Boredom may simply be your child’s imagination calling out to them. Consider how to promote their creativity such as the following:

1. Get them outdoors - stand back and allow your child to initiate, and then follow their lead. Play – particularly outdoor play and unstructured play, without electronic devices – is so good for kids.
2. Collect an assortment of craft items that allows your child to experiment.
3. Play your child’s favorite music and have them dance their jitters away. Create puppets out of felt, paper or mismatched socks for play-acting.
4. Regardless of the age of your child, make time for friends to come over.

To consider other ways of dealing with the “boredom blues” of your child, visit [triplep-parenting.net](http://triplep-parenting.net) or call the Health Action Line at 1-800-660-5853.

**Triple P Cafes:** Lanark - [http://www.healthunit.org/children/resources/Positive\\_Parenting\\_Lanark.pdf](http://www.healthunit.org/children/resources/Positive_Parenting_Lanark.pdf)

Leeds Grenville - [http://www.healthunit.org/children/resources/Positive\\_Parenting\\_Cafes.pdf](http://www.healthunit.org/children/resources/Positive_Parenting_Cafes.pdf)