22. SUBJECT: “I’m bored!” Fun activities to help beat boredom

“I’m bored!”

You probably hear this phrase a lot as a parent. What do you say to this? (I’ll tell you a little secret—sometimes, when I’m at the end of my parenting rope, I’ll reply, “Bored? Great! I’ll give you some work to do!”)

Seriously, though, how can we respond to our kids’ requests for things to do in a healthy way that doesn’t destroy our sanity?

My next three emails will be exploring some ideas that might help with this. Hopefully they’ll also spark some of your own ideas to help beat boredom!

But first—

Here’s today’s *Tip for Modern Parents*:

**Make sure your child’s “I’m bored” statements are not a call for needed attention.**

Sometimes kids don’t know how to express what they need. And a simple “I’m bored” might be the only way they know how to say “I want your attention.” It’s not always the case, but it’s worth checking.

Stay tuned for some fun boredom busters coming soon...

Onward to better parenting,

ADD NAME