

Connecting with Children Through Art Making

A guide to spending more creative time with your children: make time to connect, take it slow and help your children process all that keeps them busy, without the chaos.

- Designate a space – making a consistent, organised space helps you establish simple rules, makes clean up easy and fuss free. This makes the art more enjoyable for everyone, making it something the children (and you) will look forward to.
- Organise Your supplies – Keep your supplies especially for art-making and spend some time organising them so they are readily available and easy to pack up. Keep them simple and don't go overboard with expensive or complicated supplies – this just creates stress.
- Keep it simple, short, and stress free. Offering children only a few choices reduces the overwhelm and keeps the focus on the process rather than the product.
- Especially at the beginning, offer projects that are open-ended and process based, without expectations of a particular outcome. Taking the gentle and simple path provides your children with positive associations and makes them more enthusiastic about the next opportunity. It is all about making opportunities to connect and create positive memories together.
- Designate a regular time of the day/week. Routine is everything. Kids get to know what to expect and it helps to build their stamina, interest, and abilities. Build a ritual that invites an element of calm in your busy days.
- Follow your child's lead. Plan projects that interest your children – notice what type of play or interests they gravitate towards and build those themes into the art. As they build their creative muscle they will initiate their own ideas and topics. You can gently guide these to keep them achievable and enjoyable.



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