The Power of Creativity

"Creativity represents a miraculous coming together of the uninhibited energy of the child with its apparent opposite and enemy, the sense of order imposed on the disciplined adult intelligence." - Norman Podhoretz

Creativity is often undervalued and underappreciated. We're all born with imaginations, but life has a way of sapping it out of us. Creativity is not just for the artistically inclined; it's important to the way we think, communicate, and express ourselves. Someone who can think creatively is instinctively more empathetic to others and is intrinsically better at finding solutions to difficult problems. For all the benefits of creativity, it is not an art that's stressed in school. Instead, children learn to follow instructions and conform to a code of behavior. Without opportunities that challenge children to imagine and problem solve, they lose the ability to do so. Imagination fuels progress, and needs to be nurtured and preserved. Here are a few simple ways you can encourage your child's creativity at home.

Respond thoughtfully to all of your child's questions. It's ok if you don't know the answer; questions show that your child is thinking, and starting a dialogue is a great way to encourage higher thought.

Encourage activities that involve making, building or exploring. Praise your child's efforts and respond with your own questions and ideas.

Go to the library. Your local library is filled with books on an array of subjects to captivate your child's imagination. Teach your child how to search for titles and subjects on their own, and show an interest in what they find. Fostering a love of reading is a great way to cultivate wonder and creativity.

Have story time. Take a little time every week to write stories with your child, and take turns reading them to each other. The sillier and crazier, the better!