

# NEWSLETTER

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## parenting with CREATIVITY

AUGUST  
2023

As school starts again, it can bring many feelings. For some, the routine is welcomed and needed. For others, the routine can stifle creativity and spontaneity. It can be hard to find those moments to just “cut loose” as a family when the demands on your time become intense again.

This month, use the time that you have to find ways to be creative as a family. Adolescents and teenagers tend to fear creativity sometimes, because creating can often lead to failure, vulnerability, and the need for courage. Practicing these things in the security of your family will help them step into a confident, creative future.

**Allowing your child to experiment (safely) with things that allow for creativity can help to flex the muscles required to take chances when it matters.**

### Questions for parents to consider:

- How do you find time to be creative?
- What scares you about being creative?
- How do you feel when you have accomplished a task that required creativity or problem solving?

### Questions to ask your child:

- In what area of your life do you think you are most creative? When are you least creative? Why do you think that is?
- What is something that you haven't ever tried that you would like to do? What is stopping you?

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## CREATIVITY:

Using your imagination to do something new

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### **WEEK ONE:**

#### ***What is creativity?***

When you were in preschool, creativity came easy. Now, though, you may struggle with creativity because you forget how to imagine, or because sometimes you think creativity is only about being artistic, or even because you are afraid to stand out. This matters now, though, because being creative is critical to your future. It will take creativity to work together, to solve problems, or to entertain and bring joy.

### **WEEK TWO:**

#### ***Growing in creativity***

As you get older, your ability to be creative is no longer limited to a box of crayons or a tub of Play-Doh®. Now, your understanding of technology, your strengths in subject-specific areas, and your interest in a variety of topics has opened doors for you to explore creativity in new ways. How do you find the courage to take advantage of that?

COLLEGE AND CAREER FOCUS

### **WEEK THREE:**

#### ***Create in confidence***

In *The Art of War*, author Steven Pressfield writes: "Most of us have two lives. The life we live, and the un-lived life within us." How does fear hold you back from being your most creative self? Being creative puts you out there – and it might make you look silly. Showing your true identity through what you create can leave you vulnerable. How do you push through fear to be your most creative self?

MENTAL HEALTH FOCUS

### **WEEK FOUR:**

#### ***Creating new and building better***

Have you ever noticed that social media trends usually start with someone creating something new - a new dance, a new trend, a new joke - and then others simply recreate that for their own channel? If you think about it, copying other people's trends might not be the best use of our creative minds. On the other hand, maybe another person's great idea is just what we need to get us started, so we can take that idea and build on it, or make it better. This week, we break down how to create new ideas as well as how to take existing ideas and build on them to make them better.