



TALK LINE
FAMILY SUPPORT CENTER

Tips for Dealing With Your Child's Boredom

Before you respond to your child's complaint about being bored, try to figure out what's really going on with your child and what you might do to address this.

What Children Might Mean When They Say They Are Bored:

- **They want attention from you.**
- **They need redirection or activity ideas.** Children today are used to being scheduled and entertained. They sometimes have a hard time figuring out what to do with their free time.

What Should You Do When Children Say They Are Bored?

- **When your child wants attention:**
 - Remember there is nothing wrong with your child. He/she just wants to feel connected to you.
 - Don't try to fix anything as your child is simply asking for your presence.
 - Try to put aside what you are doing, and pay attention to your child.
 - Move close to your child.
 - Listen to your child. Listening helps your child feel safe and connected.
 - Offer physical contact. You can do this in a playful way by saying something like, "Maybe, if I massage your little toe, it will help."
 - Get your child to laugh.
 - After you have listened and stayed close for 10-15 minutes, make a few suggestions about things to do.
- **When your child needs redirection or activity ideas:**
 - Start a conversation about things that interest your child or ways he/she might solve the situation.
 - Involve your child in tasks around the house or in a routine.
 - Turn off electronics. Go outside, or find a board game to play.
 - Plan ahead by brainstorming with your child about things to do when he/she is bored in the future. (*See [100 Things to Do When Your Kids Say "I'm Bored!"](#) for ideas.*)



Thanks to Patty Wipfler, "Bored Kids: What To Do When Your Child Is Bored" from [Hand in Hand](#), and [PositiveDiscipline.com](#)