



# Unearthing Your Child's Interests



THROUGH OBSERVATION  
AND ENCOURAGEMENT



# Why are Hobbies/Interests Important?

They build a child's

- knowledge
- curiosity
- goal setting
- confidence
- social skills
- coping strategies

# How Do I Know What My Child Is Interested In?

- ♦ Observation– Watch them
- ♦ Conversation– Talk & listen to them
- ♦ Scaffold– Build on child’s interest





# Observation

## Notice what your child:

- enjoys doing
- shows a special interest in
- does really well
- struggles with but enjoys
- prefers doing alone
- needs support with

# Conversation

## What does your child

- talk about
- ask questions about
- read about
- watch/play videos about
- pretend to be





# Scaffold

## Build on Child's Interest

- introduce a new idea, toy or activity that supports and builds on interest
- gauge your child's curiosity
- engage with child
- support child's efforts
- encourage child

# What if Child Loses Interest Quickly?

- ♦ Was child's curiosity satisfied?
- ♦ Were you more interested than your child?
- ♦ Did your child need support/help?
- ♦ Was there the opportunity to scaffold – do more?
- ♦ Were there competing interests – too many distractions?
- ♦ Were your expectations realistic



1

### Start small

- Gauge child's interest before making big investment

2

### Pace yourself

- Support doesn't mean expensive purchases or packages

3

### Be creative

- Especially initially, find free and low-cost hobbies

4

### Be realistic

- Factor the cost of hobbies/interests into your family budget

# Worried about the Expense of New Hobby



# Red Flags

**Watch out for these expectations that can get in the way:**

- encouraging interest/hobby that your child does not enjoy
- expecting your child to master interest/hobby right away
- thinking that your child should enjoy/master your interest/hobbies
- comparing your child's progress to others
- becoming angry/frustrated if your child loses interest
- making your child feel guilty if they lose interest
- making it more about mastery than enjoyment



# Family Hobbies

Great way to:

- ♦ spend time together
- ♦ encourage each other
- ♦ offer help/support in fun/caring way



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