- Child development

Benefits of Hobbies in a Child's Life

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It's been said that when we engage in a hobby we enjoy, the brain releases chemicals that are attributed to creating positive feelings called endorphins. Over time, our hobbies help to train the brain to be active, happy and healthy.

The COVID-19 pandemic, lockdowns, social distancing and isolation, and uncertainty have affected all of us, especially our kids. This is why it is very important than ever to encourage everyone, including our children, to find a hobby or two that is completely separately from school, work or anything that gives us stress.

Resources say that healthy eating, exercise, meditation and reading are hobbies, but not really. They can be more accurately categorized as lifestyle choices. So what kinds of hobbies are we talking about? We are referring to the fun and creative activities such as creating friendship bracelets, knitting, painting, playing a musical instrument, collecting and trading collectibles such as stamps, comic books, k-pop photocards, miniature figures, etc. There are also hobbies that involve physical activity such as dancing, rock climbing, hiking, bike riding, and they also provide physical benefits without technically exercising.

Endorphins are our bodies' way of telling us that what we're doing or engaging in, feels great, helps lower our stress levels and generally improves our mood and daily life. In this digital age, it is important to find an activity that allows us to unplug.

It can also be a fun activity that will enforce bonding with the kids. Parents can help out by doing research for their children if they are into scientific-leaning hobbies such as stargazing. You can also take them to places that are involved with their hobby, and it will allow you to spend quality time together.

Hobbies may change over time, and something that your child loved last summer may not be that interesting right now, and that's normal. Encourage multiple kinds of hobbies that your child can move in and out any time they fancy. The goal is to introduce and encourage activities that are fun, relaxing, rewarding, distracting. Hobbies can take many forms, but the benefits remain the same.