

GET YOUR PLAY ON!



Play is an essential part of every childhood. It's the way children explore, create and discover. Through play children learn about themselves and the world around them.

WHY ARE HOBBIES IMPORTANT?

Hobbies are activities that are done purely for enjoyment. Hobbies are usually enjoyed as "time out" from the routines of daily life. Encouraging children to pursue their hobbies allows them to immerse themselves in something they truly enjoy.

Hobbies allow children to direct their own interests and set their own goals. This self-directed approach to play encourages curiosity and builds self-confidence. Hobbies help children make friends through meeting others with similar interests. Hobbies also help children to learn about managing and prioritising their time.

HOBBIES & PLAY



PRACTICE MAKES PERFECT

We have all heard the saying 'practice makes perfect'. A hobby can give children the chance to nurture a talent and become highly skilled in a particular area. Hobbies in childhood can develop into lifelong passions. A hobby might even be the starting point of a child's future career. A young child with a passion for cooking may grow up to be a chef. A young child who enjoys watching and mapping stars may become an astronomer. An enthusiastic Auskick participant may grow up to be an AFL footballer.

While some children choose a hobby that they will pursue for many years, some hobbies may not be forever. Children's interests can change as they grow up, children may also resist a hobby if they feel pushed into it. A parent's role is to encourage and support children to pursue their own interests.



HOBBIES FOR THE FAMILY

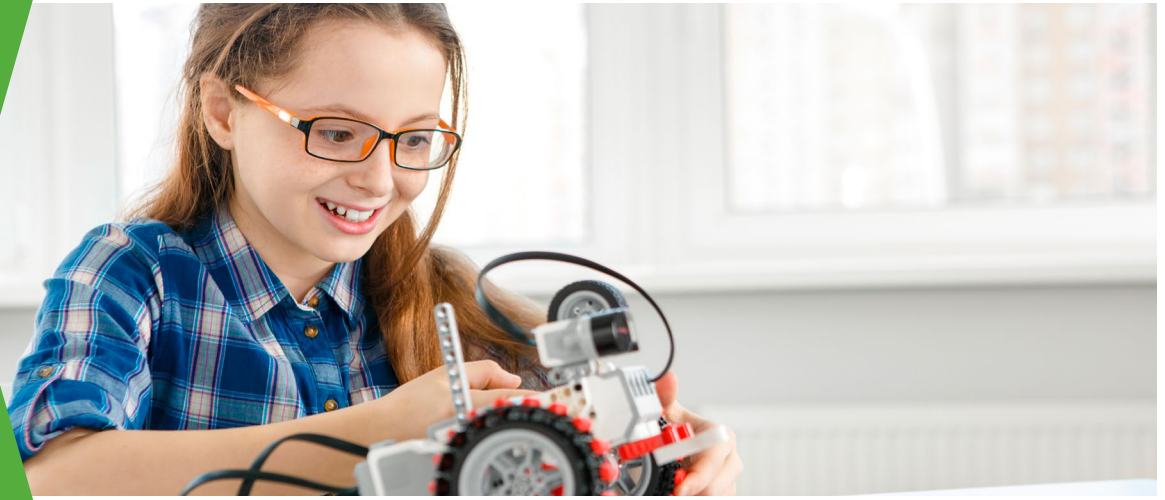
Hobbies could be passed on from parents, or even grandparents. This shared interest can provide a great way to develop close relationships with a child. Families may all share in the same hobby, creating an opportunity for family members to spend time together in a meaningful and enjoyable way.

Above all a hobby should align with your children's interest and provide great enjoyment for them. The best hobbies are ones that children have chosen for themselves. Hobbies also need to fit within family lifestyles and budgets, so keep that in mind too!

THE VALUE OF play


Australian Toy Association

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HOBBIES & PLAY

INDOOR HOBBIES

- Singing or playing a musical instrument
- Cooking
- Scrapbooking
- Drawing and painting
- Pottery
- Story writing
- Model trains
- Robotics

OUTDOOR RECREATION

- Gardening
- Hiking
- Fishing
- Photography
- Bird watching
- Astronomy

SPORT

- Ballet and dance
- Yoga
- Gymnastics
- Cross-country running
- Swimming
- Horse riding

SUMMARY

- Hobbies allow children to pursue their own interests.
- Hobbies may turn into lifelong passions.
- Hobbies can provide an opportunity for whole families to share the same interests.

HOW CAN I HELP MY CHILD FIND A HOBBY?

Talk to your child about what they are interested in. Ask your child if there is something new they would like to try. Visit museums, galleries, parks, zoos and sporting events to see what sparks their interest. Look for short workshops or free trials so your child can try something new before making a commitment.

Some hobbies require very little to get started, others may require special equipment or training. Choose something that suits your child and your family.

FOR FURTHER INFORMATION

Australian Toy Association

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Also visit www.austoy.com.au

The ATA acknowledges the work of the National Toy Council (UK) in the development of these materials.

The full set of *Value of Play* leaflets are available for download at www.valueofplay.com.au



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THE **VALUE** OF **play**



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