



## 6 Reasons A Kid's Active Imagination Is Important For The Holiday Season

As Christmas time approaches, spend some time thinking about how you can help vitalize your kid's imagination. In a world where kids are often faced with stark reality, helping their imagination run wild with Santa remains healthy and important. Christmas is one time a year where all the magic that existed in our own childhoods is allowed to come back to life - shining, bright and new! Helping foster your kids' ability to see the magical world around them is one of the best gifts you can give. Below are some of the best reasons to help your child believe in Santa and everything the holiday season has to share each year.

### 1. Imagination Allows Your Kids to Create & Be Creative

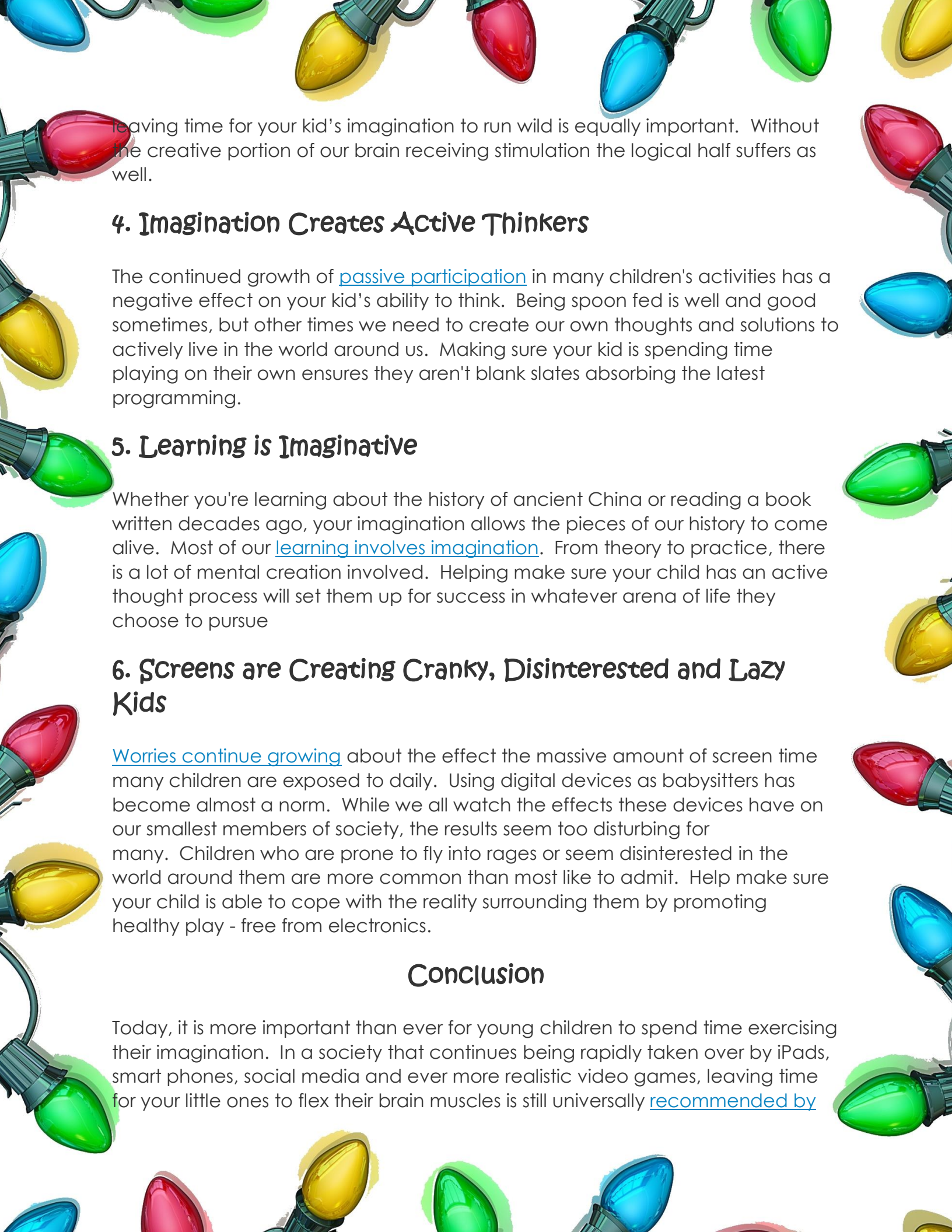
Many of the world's most influential individuals are people who had a dream and made it a reality. Allowing your child the freedom to express themselves through imagination allows their brain to continue developing. Leaving room for flights of fancy helps set your child up to be a creative thinker who can visualize solutions for the rest of their life.

### 2. A Child's Imagination is a Natural Part of Growing Up

Almost everyone can remember the time of playing pretend. Pillow forts, talking to stuffed animals and games outside as crazy as you could think of were the part of every kid's day when we were all locked outdoors by our parents. Children need an outlet for their brains. Whether it's Santa at Christmas or the Tooth Fairy when that first piece of ivory falls out, allowing children the freedom to imagine is a healthy and natural part of life.

### 3. Imagination Helps Healthy Brain Development

It is important to allow [both halves of your kid's brain](#) to develop. While structured learning experiences are important to creating a thinking adult,



leaving time for your kid's imagination to run wild is equally important. Without the creative portion of our brain receiving stimulation the logical half suffers as well.

#### 4. Imagination Creates Active Thinkers

The continued growth of [passive participation](#) in many children's activities has a negative effect on your kid's ability to think. Being spoon fed is well and good sometimes, but other times we need to create our own thoughts and solutions to actively live in the world around us. Making sure your kid is spending time playing on their own ensures they aren't blank slates absorbing the latest programming.

#### 5. Learning is Imaginative

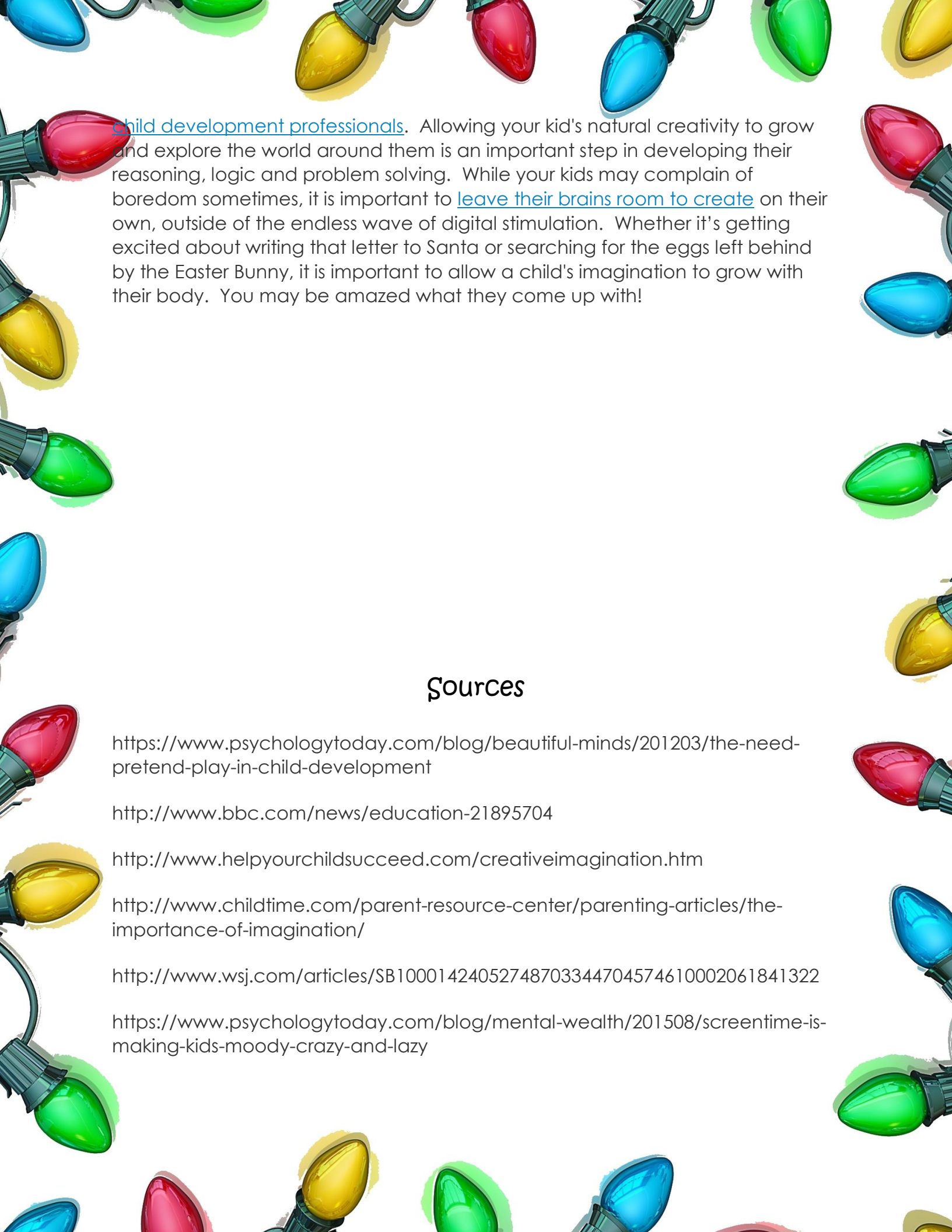
Whether you're learning about the history of ancient China or reading a book written decades ago, your imagination allows the pieces of our history to come alive. Most of our [learning involves imagination](#). From theory to practice, there is a lot of mental creation involved. Helping make sure your child has an active thought process will set them up for success in whatever arena of life they choose to pursue

#### 6. Screens are Creating Cranky, Disinterested and Lazy Kids

[Worries continue growing](#) about the effect the massive amount of screen time many children are exposed to daily. Using digital devices as babysitters has become almost a norm. While we all watch the effects these devices have on our smallest members of society, the results seem too disturbing for many. Children who are prone to fly into rages or seem disinterested in the world around them are more common than most like to admit. Help make sure your child is able to cope with the reality surrounding them by promoting healthy play - free from electronics.

### Conclusion

Today, it is more important than ever for young children to spend time exercising their imagination. In a society that continues being rapidly taken over by iPads, smart phones, social media and ever more realistic video games, leaving time for your little ones to flex their brain muscles is still universally [recommended by](#)



[child development professionals](#). Allowing your kid's natural creativity to grow and explore the world around them is an important step in developing their reasoning, logic and problem solving. While your kids may complain of boredom sometimes, it is important to [leave their brains room to create](#) on their own, outside of the endless wave of digital stimulation. Whether it's getting excited about writing that letter to Santa or searching for the eggs left behind by the Easter Bunny, it is important to allow a child's imagination to grow with their body. You may be amazed what they come up with!

## Sources

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