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The Importance of Hobbies

By Rexanne Mancini

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Consider that children who have an avid hobby or interest that they are passionate about are more likely to spend their money, when they have their own stash of it, on that hobby or collection and not on drugs or other potentially harmful choices.

If your kids are busy after school at dance class, soccer practice, rock collecting or any other hobby or interest they find engaging, they won't have time to hang with the kids who have nothing better to do than experiment with drugs, gangs, alcohol or whatever else could get them into serious trouble. My friend wrote that if kids are intense about collecting paper clips, toe nail clippings or in love with little league, then encourage them ... help them develop their passion for a positive accomplishment. Teach them how great it can be to involve themselves in something that gives them a sense of accomplishment and pride.

Help them through the rough spots when they can't get a dance step the first 10 tries by letting them know that, usually, nothing worthwhile comes easily. If their favorite shell breaks, drag yourself through hell and back to find a replacement. This shows them you believe in their humble collection and you understand it's value and importance in their life. They will learn to respect their unique passion and move forward into adulthood feeling good about the healthy choices they make to keep themselves occupied in their 'down' time. This type of positive reinforcement will also encourage them to spend their free time doing something other than hanging out with other bored individuals who are bound to try some type of inane activity just for the thrill of it all.

You might even decide to get involved in 'collecting' or 'creating' yourself. Having a mutual hobby might just create a bond worth its weight in super glue with your child.

Rexanne Mancini is the mother of two daughters. She maintains an extensive yet informal parenting and family web site, [Rexanne.com](http://www.rexanne.com) - <http://www.rexanne.com> - Visit her site for good advice, award-winning Internet holiday pages and some humor to help you cope. Subscribe to her free newsletter, *Rexanne's Web Review*, for a monthly dose of Rexanne: <http://www.rexanne.com/rwr-archives.html>

3 Reasons Mom Should Have A Hobby

By Carrie Lauth

Moms these days are so very busy, but we're more stressed than ever before and in need of lifestyle choices that help us be happier. Pursuing a hobby may be just the ticket.

Here are a few reasons why a hobby is a great idea, even for a busy Mom.

Having a hobby relieves stress and tension

Spending time with a hobby replaces negative thoughts and replaces them with positive thoughts and feelings. Having a hobby or creative outlet can lift your spirits and help with depression.

Unlike passive activities like television viewing, a hobby provides intellectual stimulation while simultaneously relaxing you. Repetitive actions like those used in knitting are especially calming.

Hobbies help you parent better

We are so good at signing our children up for lessons and classes and encouraging them to have hobbies, even paying for these classes and driving them to and fro! But we forget that we also need to learn new things and grow as people. Hobbies also connect you with other people who share your interests.

A hobby can help you maintain your separate identity as a real person and not just as Mom. This models healthy habits and boundaries for our kids.

Hobbies provide a refreshing change from your daily routine

If you're a stay at home Mom, you may be frustrated because at the end of the day you can hardly point to anything you've "done". This is because of the repetitive nature of housework and childcare.

In generations past, women pursued hobbies like quilting, sewing, knitting, crochet and embroidery not only because they were enjoyable but because they provided tangible value to the family, either providing clothing for their backs or much needed income.

Some hobbies like tennis, gardening or belly dancing can even provide great exercise with all of its accompanying benefits. The best exercise activity is one that combines mind and body and is enjoyable to pursue.

Why not carve out some time to pursue your hobby Mom? Don't let a shortage of time stop you. Rearrange your schedule and put YOU back in it, and start carving out time for your favorite pastime.

<http://www.mommyhobby.com>

is a resource site for moms who want to enrich their lives with

scrapbooking, sewing, crochet, knitting, tennis, embroidery and other hobbies.



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