

Aim for 3 activities.

Though every child is different, psychologists often suggest involving a child in no more than three activities at a time: one social activity (like Boys' Club or a church group); one physical activity (like gymnastics, swimming, or basketball); and one artistic activity, such as an art class or music lessons.

Limit involvement.

To avoid burnout, keep involvement in any one activity to just a day or two a week,