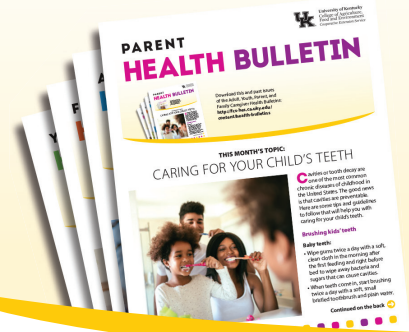


PARENT HEALTH BULLETIN



NOVEMBER 2023

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THIS MONTH'S TOPIC:

TEACHING YOUR CHILD TO BE GRATEFUL



The upcoming holiday season is the perfect time to teach your children a very important life lesson about gratitude that can last well past Thanksgiving.

Gratitude, or being thankful, is a high-level concept that can be tricky for children to grasp. Children are naturally self-focused in their early years of development, but as children grow, they become more aware of the needs and feelings of others. This is the perfect opportunity to teach children to shift their focus from just thinking about people and things that they love and appreciate, to thankfulness and gratitude of those people and things.

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When we teach our children to appreciate the people, places, and things that they love, we are helping them become happier, healthier people for life.

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With that in mind, how do we teach our children to be grateful? One way to start is to talk with them about what they are thankful for. It can be easier to help children think about what they are thankful for in terms of people, places, and things.

- 1. Teach them to say thank you to the people who do things for them.** Model gratitude in the world around you and encourage them to do the same. This could be toward a server at a restaurant, a sibling who helped them clean up a mess, or a friend who gives them a gift.
- 2. Tell your kids why you are grateful for them.** Be specific in letting your children know they are special and loved. For example: "I appreciate the way you speak kindly to your sister," or "I am thankful to spend time with you practicing baseball."
- 3. Talk about the things you are grateful for.** You can do this in many ways, from a blessing before dinner to keeping a family gratitude journal or taking turns sharing what you are thankful for out loud.
- 4. Support a charitable cause.** Whether you donate clothes or toys, participate in a food drive, or raise funds for an organization, involve your child in the process, and talk to them about what those actions mean to those who receive the kindness.
- 5. Be consistent.** Like all skills, gratitude is not learned in one lesson. Look for ways to weave the concept of gratitude into daily conversations and routines.

Gratitude leads to caring actions and helps build more positive relationships. When we teach our children to feel and express heartfelt gratitude, it increases our bond with them and their ability to bond with others.

Research shows that grateful people are usually more optimistic. They tend to be less stressed out and depressed. When we teach



our children to appreciate the people, places, and things that they love, we are helping them become happier, healthier people for life.

REFERENCE:

<https://www.firstthingsfirst.org/first-things/teaching-young-kids-about-gratitude>

ADULT
HEALTH BULLETIN

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