



Beyond Thanks; 5 Ways to Nurture Gratitude in Children

The impact of gratitude helps our overall health.

The events surrounding COVID-19 have changed our normal routines. In some ways, we may feel that we've lost control of aspects of our lives. We can focus our energies on what we can control and practice gratitude. This will enrich our daily lives.

In a recent post, the [American Academy of Pediatrics](#) suggested ways to practice gratitude and improve family health.

In addition to teaching children to say, "thank you," there are other ways to promote gratitude. Here are five tips to help build a habit of gratitude.

1. **Focus on what went "right" each day.** Take a moment to pause and acknowledge one thing or a part of your day for which you are grateful. Gratitude helps set us up for a positive outlook for the day to come.
2. **Don't save conversations about gratitude for one time of the year, like Thanksgiving.** Think about positive traits in others that make us feel grounded, loved, and give us a sense of security. Reminding ourselves of those high-quality relationships can help us manage anxious and sad thoughts more effectively.
3. **Promote sincere verbal or written expressions of thankfulness.** Creating a habit of thankful expression helps to increase self-esteem, mental strength, and positive social behaviors—such as helping, sharing, and volunteering.
4. **Find ways to help others in need.** Encourage children to volunteer in the community. This will help children will gain a sense of purpose for success.
5. **Be a role model.** Show children your appreciation on a regular basis.

Developing the habit of gratitude has a positive impact on how children and their family view life's events and promotes a happier life.

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