

Gratitude and Young Children

Practical Tips



Why Gratitude is Important to Parents

Would like child to be:

- Polite
- Thankful
- Mindful of others



Why "Being Selfish" is Normal for Young Children



- Developmentally Self- centered
- Normal to think about own needs
- Not very aware of other's needs

Model Gratitude

- Say please and thank you to your child
- Point out the need to be kind to other and pets
- Demonstrate sharing and taking turns

How to Teach It? Be It!



Involve Your Child in Giving to Others

- Allow child to make decisions about donating
 - Toys
 - Clothing
 - Books



A woman with dark curly hair, wearing a light blue button-down shirt, is leaning over a young girl with dark curly hair. The girl is lying down, looking up at the woman with a smile. They are in a bedroom with a pink bedspread. In the background, there is a shelf with a stuffed giraffe, a yellow picture frame, and some colorful toys.

Talk About Gratitude

Give child opportunities to talk about what they are happy about or grateful for

- Each morning
- Dinner Table
- End of each day

Point out Moments of Gratitude

Thank you for:

- Getting your shoes and socks on
- Sharing your favorite toy
- Eating most of your veggies
- Giving such good hugs



Help Your Child Show Gratitude Towards Others

- Thank you pictures or notes
- Phone calls expressing thanks
- Small tokens of appreciation





Allow Your Child to Be Responsible

- Assign age-appropriate chores
- Give your child positive feedback
- Express gratitude for their help

Learn the Fine Art of Saying No



While Children Don't Like Hearing No, It Teaches:

- We don't get everything that we want
- There are limits and boundaries
- Consideration for the wants and needs of others in the family
- How to be creative and content with what we have

Gratitude and Young Children

Practical Tips



This Photo by Unknown author is licensed under [CC BY-SA](#).