

Gratitude: Letting others know you see how they've helped you.

PARENTING WITH GRATITUDE

How can we be grateful...now?

This month's value is gratitude: letting others know you see how they've helped you.

It may not seem like a time to be grateful, with so much happening around us right now. It's hard to focus our minds on being grateful when it is so much easier to focus on the things that are out of our control, that scare us, or that make us long for a different time.

Let us suggest a couple of ways to help this month:

First, focus on the definition/application of this month's value: letting others know you see how they've helped you. Who can you thank? Who has

For parent reflection:

- Who do you need to thank for helping you?
- Who might you reach out to this month to offer encouragement?
- How can you encourage your kids to find things to be grateful for?

helped you with a phone call, a gift card, or a text? Who has picked up slack for you at work, or given you extra time, some grace, or the benefit of the doubt? Who could you thank, and for what?

Second, our friend Dr. Beth Trammell has some amazing words of wisdom on our podcasts this month. You can find those on Spotify here: <https://open.spotify.com/show/2JrvhA8aCyv0gZv3GNz6zT> or you can find them on TuneIn, iTunes, or SoundCloud when you search Core Essential Values.

For conversation:

- How can you combat FOMO with gratitude?
- What are five things you can be grateful for today?
- Who needs to know that you appreciate them?
- How is gratitude a choice?



Letting others know you see how they've helped you

WEEK ONE: More than thank you

Having gratitude includes thanking people, for sure, but it goes deeper than that. Saying "thank you" aloud should reflect what you are feeling inside, which is a sense of thankfulness for the person or action at hand. Showing your gratitude is a result of you recognizing the importance and value of the person or action.

FOCUS: How do you say "thank you" and reflect gratitude?

WEEK TWO: FOMO

Online posts on Instagram or Snapchat can make us feel like we are left out of certain gatherings, parties, or events and can rob us of gratitude for what we do have and who we are hanging out with. How can you be grateful, even when you feel sad or lonely?

FOCUS: How can you combat FOMO with gratitude?

WEEK THREE: Influence

Staying positive instead of getting sucked into the negative can be very difficult. Sometimes we need to change our own mindset, but sometimes you can focus on using your influence to help other people who are feeling down or focusing on the negative, complaining, or only noticing the not-so-positive things.

FOCUS: How do you not get drawn into feeling entitled and complaining?

WEEK FOUR: The gift ungiven

"Feeling gratitude and not expressing it is like wrapping a present and not giving it." - William Arthur Ward

When you feel grateful for something, what do you do? How can you tell people that they mean something to you? What are meaningful ways that you can let people know that they are valuable to you?

FOCUS: Actionable ways to show people they are important to you