

# INSIGHTS

by Michael Grose – No. 1 parenting educator



## An attitude of gratitude

*Cultivating gratefulness in our children enhances family life and will reap long-term emotional rewards for them throughout their lives, writes Karen Fontaine*

Article contributed by Karen Fontaine

In the materialistic age in which our children are growing up, it's common for them to expect plasma TVs, overseas holidays and marshmallow-strewn babyinos as givens.

But rising levels of affluence seem to have had an inverse effect on our kids' levels of gratefulness. For example – when was the last time any child you know wrote a thank-you note for a gift, or said (without prompting) a heart-felt 'thank you' for dropping them at the train station when it was raining?

As adults age, our feelings of gratitude – for health, for family, for good food and even something as simple as a sunny day – generally tend to increase. Gratitude allows us to celebrate the present. It magnifies positive emotions.

But for kids, whose sense of entitlement can be epic, the power of gratitude is not only in magnifying the positive but in also blocking the toxic and negative emotions such as envy, resentment and regret.

"We know that grateful kids are happier [and] more satisfied with their lives," says Jeffrey Froh, an assistant professor of psychology at Hofstra University near New York who focuses on the topic.

"They report better relationships with friends and family, better academic achievements, less materialism, less envy and less depression, along with a desire to connect to their community and to want to give back."

The good news is, it is possible to teach gratitude. One of Froh's studies found that early adolescents who simply counted their blessings in a journal every day for a fortnight were more appreciative than those who didn't, as well as more optimistic and more satisfied with their lives.

Froh and his co-authors also found that schoolchildren exposed to a specific "gratitude curriculum" reported more appreciation and happiness than those who didn't get the lessons, even up to five months later. They were also much more likely to act on their feelings, writing 80 per cent more thank-you notes for a school event than the control group.

Froh acknowledges that gratitude comes more naturally to some kids than others, although he's not suggesting there's a "gratitude gene".

"But I do think environment can play a major role," he said. "I always point out to my kids, James, six, and Julianne, two and a half, instances when they could – and should! – be grateful. The other day, James said to me, 'Daddy, today was such a great day. We went to the beach in the morning, then we went to a park in the afternoon, then we went to the beach again at night, and for dinner you made my favorite chocolate chip waffles. I'm the luckiest boy in the world'. For a five-year-old to understand how 'lucky' – that is, grateful – they are is something very special. Had my wife and I not encouraged gratitude in him, I wonder if he would have drawn the same conclusion. Maybe, maybe not. But I'd like to think we played some role."

At our dinner table, everyone takes turn in answering the question 'What made you happy today?'. The responses, from 'having a wrestle with Dad' to 'the picnic lunch we had in the backyard', are great ways that our three children – aged 12, five and three – inadvertently verbalise their appreciation of something simple.

And so, with our eldest on the cusp of turning into a teenager – an age when gratefulness generally comes as naturally as a rambling conversation style – I ask Froh: is it expecting too much for teens to show gratitude at a time when they are expressing a fundamental desire to individuate from their family? Is pushing parents away, and exhibiting total ignorance of all you've done for them, all behaviours that conjure independence?

"I know people say this, but I disagree," he says. "Yes, teens want independence. But who said they can't acknowledge, let's say, how much their efforts played into getting them into their dream school while simultaneously acknowledging the efforts of the many others who helped get them there? Sure, it's a balancing act. But it can be done."



Jeffrey Froh shares his top five tips on how parents can help cultivate in children an attitude of gratitude.

1. "Learn to limit kid's commercial consumption and commercial activity and to maintain experiential activities that engage them in topics that they are curious about or interested in."
2. "Encourage children and teens to write simple yet effective thank you notes or letters that acknowledge the efforts of teachers and coaches in their lives. Or adults could also remind teens to text 'thank you's' to friends who have been there for them, stood up for them, or helped them in important ways. This strategy shows how we can promote gratitude as a life skill in teens, too."
3. "Some general but necessary habits that adults can practice and which are especially helpful early on (say with children as young as three) is to model gratitude and thankfulness regularly as well as encouraging and reinforcing such behaviours in children."
4. "Help kids to process benefits with 'grateful lenses'. That is, help them understand the importance of intent, cost, and benefit when someone does something kind for them. For example, our eight-year-old cousin, Olivia, helped James with his homework. To help increase his gratitude for this, I said, 'How nice was it that Olivia went out of her to help you with your homework (intent)? She even gave up going on the trampoline to do so, and we know how much she loves that (cost)! And because she did, you were able to finish your homework before it got dark so you had more time to play outside (benefit)'."
5. "Tune into your child's interests and strengths. Nurturing this in them will give them even more to be grateful for."

Karen Fontaine is a Sydney-based journalist.