

## **Practical Ways to Train for a Positive Attitude:**

“More is caught than taught.”

### **Parents:**

- What words are your children hearing coming out of your mouth – positive or negative? We set the tone of the home and are the primary example to our children on how we will choose to view life.
- Establish an attitude of thanksgiving in your home.

### **Ages 2-5:**

- Start their day with scripture. Children can learn simple verses, and they place positive thoughts in their minds.
- Never allow the words, “I can’t.”

### **Ages 6-10:**

- Send your child off to school with a positive comment. (i.e. Choose to make it a great day.)
- Develop a good self-image. Praise your children not just for what they do, but also for who they are.
- Don’t let your children get the “give me” bug. Be sure they are thankful for each privilege they receive before they get another one.
- Help your kids make good friend choices. Observe their friends, and if you see an attitude problem in that child, discuss this later with your child. Determine if their friend’s attitude is influencing your child or if your child is being a good influencer. Either way set up boundaries and checkpoints in their relationship. (i.e. If you see bad attitudes after your child has been

with that friend, you will restrict them from hanging together.)

- Explain to your daughters (at around eight years old) about hormones, and the affect they have on their attitudes. Establish a plan.

### **Ages 11-17:**

- Discuss with your boys the affect of hormones on their attitude. Establish a plan.
- Teach your children how to present an opposing viewpoint without being negative or disrespectful. They are stretching their wings and opinions; let them grow in an appropriate way.
- Even if an attitude of respect has been established in the home, it will be challenged during the teen years. Do not allow inappropriate words or attitudes. We are still their authority and must maintain control over the home. But we, as parents, must also show our children respect.

### **All Ages:**

- When your child demonstrates a good attitude in a tough situation, give praise.