



The Thank You Song

Situation: Here comes that whiney voice again! Something happened that just wasn't fair. This kid got something the other kid didn't. "I don't want to." "I hate this." "It's always like this." "I never get to do anything!" Sick of all that complaining?

Use Gratitude to Change your Attitude!

Solution:

As soon as that whiney voice starts, hold up your hand. "Stop! Use gratitude to change your attitude!" Start with holding up one finger. Child has to say one thing he/she is grateful for. If child keeps complaining, more fingers go up. The more complaints, the more things the child needs to name. It is possible, especially if child is really upset, they may not be able to immediately list any items. Modeling the behavior, you can list the things you are grateful for, or save the exercise for later when child is less emotional and have them write out a list.

No matter when it gets done, it works! Changing the focus from what isn't to what is can change the whole tone of the day. And while your child is doing their gratitude list, do a few of your own about your child! Seeing the positive while they are in a negative state is a powerful parenting tool. And soon enough your child will be using the Gratitude tool on you!

After all, we can all use a bit of an attitude of adjustment when it comes to complaining!