

Teach Your Child to Thrive

How do you feel about the situation you and/or your children are in right now? Maybe you're doing swimmingly, or perhaps you're weathering a rough patch. Let's face it, obstacles and challenging circumstances befall all of us at times, and often it's all we can do to just stay in survival mode. Is survival mode where you want to stay though? Here are a few tips to help your children move past surviving into a place of thriving.

1. Model the behavior you want to teach. Your kids watch everything you do, so first and foremost you need to set an example for them to follow. This doesn't mean that things are "perfect", but it does mean making an effort.
2. Balance. It seems like the norm to over schedule our lives. Overscheduling though leads to burnout and stress, even at a young age. There is nothing wrong with having some down time to relax, think creatively, etc.
3. Notice the Little Things. Live in the moment and take the time to notice your surroundings. Screen time has its place, but the earth we live on is full of things to discover, both large and small.
4. Move. We all need to be physically active, but it's not punishment, it's fun! Trying new activities that require a combination of learning, coordination, and fresh air, are relaxing, rejuvenating, and stimulating.
5. People, not stuff. Teach your child to value and respect relationships rather than place priority on acquiring things. This will help them to learn about themselves, learn how to support others, and build a community.
6. Show Gratitude. Being grateful for what you have is one of the most important ways to thrive. And what you "have" doesn't necessarily mean material things. Your senses and the opportunities to enjoy them are good reason to be grateful.

