



How to Help Your Children Develop a Positive Outlook on Life

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When you equip your children a positive outlook, ***you're setting them up for a happy and successful life.***

Don't believe me?

Well, who do you think would be most successful?

1. The person who believes he can achieve anything, become whomever he wants, and follows up with swift action, or:
2. The person who complains about anything, is indifferent about everything, and gets nothing done out of feelings of hopelessness.

Obvious, huh?

You see, children have such an amazing ability to learn. They're babies one day, and the next they're learning language and life skills at a rate much faster than any adult can. This gives us, as parents, a very important and sometimes overwhelming duty: to teach our children every day.

There are many things you can do each day to foster a positive outlook in your kids, but having a positive outlook *yourself* is *the* most important thing you can do to help your children grow. Let them know they make a positive difference in your life and love them unconditionally.

Keep the following tips in mind to help your children develop a positive outlook:

- 1. Lead by example.** From a young age, your children pick up on more than you know. While you may live by the notion that you should always put your kids first, you also have to concentrate on your own self-development. Because, ***when you think positively, so will your kids.***
- 2. Watch your reactions.** Just as with leading by example, you must watch your reactions, especially when things go awry. If someone gets hurt or you learn some bad news, fight the urge to have a negative reaction. If you yell or outwardly worry, you'll affect your children.
 - Teach your children that sometimes things don't go our way, but eventually the tides will turn.
- 3. Find the silver lining in challenges.** As your children learn and develop, they'll be faced with all sorts of challenges. Some of them will be easy, while others are more challenging. Be sure to ***point out the silver lining in any challenge your child may be facing.*** It'll help them to see your point of view when they're facing challenges alone.
- 4. Help them change their thinking.** When your child is in the midst of a tough challenge, he may bring up the idea of giving up. Do your best to bring wisdom to the situation to know when your child simply needs to be pushed further. Perhaps there's an angle to the problem that your child hasn't tried yet.
 - Nudge them in the right direction until they find the success they seek.
- 5. Promote laughter.** Laughter breeds happiness and positive feelings. Your children will each have a unique sense of humor. Play into your child's humorous side by promoting situations that your child finds funny.
 - You can play games, go to shows, or simply have a good time together as a family.

A Happy Healthy Home

When you remember to treat your children in a calm and loving manner, they'll be more likely to do the same. If your child tends to panic, don't scold them for this behavior. Put them at ease as best as you can and show them that there's a solution to their problem. If you panic, the situation may spiral into an unhealthy cycle.

In the end, ***there's no right or wrong way to raise your kids.*** Do what's best for your family in the way you know how. When you maintain a happy and healthy home, your children will learn to have hope and think positively!