

### PROMOTING POSITIVE CHILDREN

Positive children are happy children. You can show children good habits to be happy problem solvers.



#### be grateful

Before your kids go to bed, make sure they say three things they were happy for in their day. This type of thinking, especially before bed, will spread happiness into their lives.

#### look on the bright side

When your child gets bad news or something doesn't go their way, ask them if there is anything good about it. Make them dig deep for a positive reason. Your children will be more resilient in no time.

#### have positive reflection

At dinner be sure to ask your kid what good things happened to them today. The more you emphasize the positive, the more they'll remember.



#### infant inspiration

Infants may be too young to understand some of these positive habits. But you can help them learn them by practicing them on your child. Tell your infant the things that make you happy. The things you are grateful for. And the positive things you've found. They are learning so much from you!



#### toddler tales

Toddlers love games and competition. Spark their competitive spirit with a positive game. Give your toddler a "negative situation" like: it's raining outside and see how many positive things they can come up with about that fact. See if they can make up 20 or more!



#### preschool power

Preschoolers love telling stories. And they are getting better at it every day. Help them along their journey by encouraging their story telling skills. But give them a twist. Make sure your preschooler tells stories with happy endings or good lessons. They will appreciate the challenge.