



No More Whining and Complaining

USE THESE STEPS TO TURN YOUR CHILD'S COMPLAINING INTO GRATEFULNESS FOR WHAT THEY HAVE.

Step 1: Uncover the Emotion

FIRST OF ALL, WHAT IS YOUR CHILD COMPLAINING ABOUT:

LIST EVENTS, PEOPLE OR EXPERIENCES THAT MAY BE UPSETTING YOUR CHILD. THESE COULD BE CURRENT OR FROM THE PAST:

NOW, WHAT DO YOU THINK IS THE EMOTION OR FRUSTRATION THAT IS REALLY BEHIND THE WHINING AND COMPLAINING:

Step 2: Address the True Emotion

WHAT CAN YOU DO TO ADDRESS THE EMOTION WITH EMPATHY AND UNDERSTANDING:

Step 3: Practice Gratitude to Prevent Ungratefulness

HOW WILL I IMPLEMENT A GRATITUDE PRACTICE WITH MY FAMILY: