



November is upon us, the year is slipping by, and your children are growing up. Thanksgiving, just the word means giving thanks. There are times we forget that act.

An attitude of gratitude helps us thrive.

Try these steps to instill a mind-set of gratitude in your little ones.

- Say "Thank you." When "thank you's" are instilled in our vocabulary at home, a lifelong practice begins, even if it doesn't stick at first. You can gently restate a sentence with polite language inserted, or suggest saying "Thank you" together.
- Live it. Set an example and show appreciation by conveying you paid attention to real effort: "Your room looks so nice with the toys in their bins. I'm so happy that you remembered to put them away!"
- Teach through role play. If your little one is too shy to say "thank you" in a social setting, they can pretend to teach their stuffed animals or dolls to do so, while you play along.
- Create daily or weekly routines. A regular question, "What are you most thankful for today?" can serve as a comforting routine at bedtime or a highlight of a weekly dinner ritual.
- Make giving and volunteering a habit. Set aside toys and clothing in good condition. Deliver the items to a deserving cause together. Talk about the process and why you care.
- Create gratitude gift lists. Alongside a holiday or birthday gift wish list, for every item, family members can list something they are grateful for. These are the "priceless" gifts. By generating the list in a beautiful way, you demonstrate how valuable the alternate list is; it can be a keepsake for years to come.
- Thank those who serve. Your example of acknowledging those who quietly make a difference in your life, from the bus driver to the person sweeping up the aftermath of a family lunch out, sends a powerful message to your children. Thanks and appreciation is best when it involves action, and a sense of all being in a worthwhile effort together."
- Be patient. Kids can't be cajoled into showing appreciation, but your gentle efforts and examples will instill gratitude as a way of life.

Children learn by example and what a better time to try and instill the feeling of gratitude in a child. Do you have a ritual, approach, activity or conversation topic that helps instill gratitude?

IN THE COMMUNITY

Election Day

Nov. 6 6 am- 7 pm

Set an example let your see you vote!

America Recycles Day

Nov. 15 4 pm

Vinton Library

Color your own

Give Thanks Cup

Nov. 19 3 pm

Main Library

Fashions for Evergreens

Nov. 22 – Dec. 31

Hotel Roanoke

RESOURCES



Thank you 😊

SUGGESTED READING

DID YOU KNOW?

Our website is full of great resources including Developmental milestones, links to parenting classes, and tips and activities to engage you and your child! Don't forget to look us up on Facebook too!

<https://www.facebook.com/smartbeginningsroanoke> Check your child's development using the Ages & Stages Questionnaire <https://www.asqonline.com/family/f51923> or Ages and Stages Social and Emotional Questionnaire <https://www.asqonline.com/family/d37cba>

Smart Beginnings Greater Roanoke

United Way of Roanoke Valley
325 Campbell Ave, SW,
Roanoke, VA 24016

P: 540-283-2786 | F: 540-344-4304
www.smartbeginningsroanoke.org

