Influencing our Children to Become Positive Thinkers.

By Rose Sheehan, Certified Instructor

The good news is that we can make a positive impact on our children's quality of life by influencing them to be positive thinkers. We all want good things for our children. One way to assist them to navigate through life' challenges, is to raise them in such a way that they become positive adults.

Some people are born with a more positive disposition, while others are born with more of a negative disposition. Research in neuroscience and positive psychology demonstrates that we can mold our brains and ourselves to be more positive.

We can begin to make this change by being aware and mindful. In other words, we, as parents must becomes leaders and intentionally set the stage for our children. Children observe their parents very carefully and learn from our behavior and our way of thinking. Using positive words is a great beginning; choosing not to be judgmental or critical, even if you do not agree with someone or something; handling legitimate issues directly and not by gossiping; avoiding aggressive language, complaining, and reactive behavior.

Point out successes! It is very easy to focus on what our children are doing wrong, especially if they are experiencing challenges. Point out the positives that are always contained within each challenge.

Expressing gratitude will exchange stress for positivity. Encourage conversation about blessings that you and your children are grateful for.

The staff at USK Karate is trained not only in the classical martial art of Tang Soo Do, but also focus on providing the framework to support parents and families in raising positive children, who are confident and display positive traits such as self-discipline and respect. Call us for a free consultation.