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“Celebrating 58 Years of Excellence in Education”

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Parenting Tip: Building Gratitude Instead of Entitlement

Dear Parents

Greetings.

Children naturally learn from what they see and experience at home. In a world where new things, experiences, and conveniences are easily available, it is important to help children understand the difference between **wanting something and feeling entitled to it.**

Gratitude is not about preventing children from asking for things. It is about helping them recognise effort, appreciate what they have, and understand that not every want needs to be fulfilled immediately.

Simple Ways Parents Can Practise This at Home

- **Avoid automatically replacing things.** If a toy, stationery item, or gadget is lost or damaged, allow your child to experience the responsibility that comes with the loss rather than immediately replacing it.
- **Make appreciation specific.** Instead of simply saying “Be grateful,” ask, “*Who helped you today?*” or “*What is something someone did for you that you appreciated?*”
- **Involve children in everyday responsibilities.** Asking them to help set the table, organise their belongings, or assist with simple household tasks helps them recognise the work that goes into maintaining a home.
- **Teach appreciation for effort, not just outcomes.** Encourage children to notice the time and effort behind a meal, a gift, a school activity, or something someone has done for them.
- **Practise waiting.** Not every request needs an immediate “yes.” Encourage children to save for something they want or wait for an appropriate occasion.
- **Model gratitude.** Let children hear you say “thank you” to family members, school staff, service workers, and others. Children learn gratitude more effectively when they see it being practised.

Try This at Home

For one week, have a **5-minute family gratitude conversation** at the end of the day. Each family member shares: “**One thing I received today, one person I appreciate, and one thing I did for someone else.**”

The goal is not to make children feel guilty for having privileges, but to help them recognise them, value the efforts of others, and develop a habit of appreciation.

Small daily practices can gradually build children who are appreciative, responsible, and mindful of others.

Thank you for your continued partnership.