

Focus on the Positive

Do you pay more attention to negative events than positive ones? Negative incidents take us by surprise. They give us a jolt.

If we log our daily events, usually the positive outweigh the negative. Even during hard times, positive events fill our lives. However, we may not notice them.

It is said that we need at least three positive experiences to one negative experience in order to thrive and enjoy life. Emphasizing the positive might take some practice. Parents must help their children focus on the “good things in life.”

- **Practice positive thinking.** *“I hope it does not rain for our picnic today. Let’s think of some fun things to do if it does rain.”*
- **Establish nightly gratitude time.** Every night before going to sleep, name one thing for which you are grateful.
- **Create positive, fun events during times of stress.** Plan a game night. Eat a healthy treat. Spend some time outdoors in nature.

- **Celebrate special events** - holidays, birthdays, good grades, *high-five* moments.
- **Give praise and positive reinforcement.** Use words like *“I believe in you.” “I know you can do it.”*

Your child is not the only one to benefit from “finding the positive”. Your optimism will also help you overcome obstacles that come your way.



Everyone needs at least one positive and supportive person in their life.

Brought to you by Parent Help Line at HSHS St. John’s Children’s Hospital to help keep kids safe, healthy and happy.



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1-217-544-5808 or 1-888-727-5889, 10 a.m. to 10 p.m., 7 days a week
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