

How to Change Your Child's Attitude About Helping

1 MIN • YOUTUBE • [HTTPS://WWW.YOUTUBE.COM/WATCH?V=EN29J05MCR0](https://www.youtube.com/watch?v=EN29J05MCR0)
<https://www.youtube.com/watch?v=eN29j05mCR0>

SUMMARY

The discussion emphasizes the importance of teaching children to reframe their negative attitudes and adopt a more constructive mindset. By focusing on respect, teamwork, and problem-solving, parents can guide their children to develop healthier perspectives and behaviors.

- Encourage children to view situations through a positive lens rather than focusing on fairness or personal grievances.*
- Challenge negative thought patterns such as catastrophizing and all-or-nothing thinking.*
- Promote the idea of being a team player and helping others, rather than seeking to avoid responsibilities.*
- Address negative behaviors, like eye-rolling or sibling fighting, by reinforcing the importance of respect and kindness.*
- Teach children that siblings can be annoying but are ultimately companions who deserve compassion.*
- Focus on problem-solving and reframing mindsets instead of compensating for perceived unfairness with more attention.*

So when a kid is coming at you with a bad attitude, the fix is in the attitude. The fix is in teaching them to look at the world through a better lens. How can you reframe that? Why are you thinking about this in terms of fairness? Why are you catastrophizing? Why are you personalizing? Is it really all or nothing? What is a healthier, more contributing, more helpful way of thinking about this? If my kid rolls their eyes at me about setting the table, I correct them. I say, you know, I really don't like that attitude. I think we should all be looking for more ways to help, not looking for ways to get out of helping. I think we should all be looking for ways we can ease the burden of others and be a team player.

And that's what makes us strong. That's what makes you strong is how helpful you can be. I don't look at as an opportunity to give them yet more and more attention and reward that bad attitude with special time. And if a kid is picking fights with their sibling, I don't take that to mean that I haven't infused them with enough attention. That it's just so unfair that I've taken away from their world, from their princom. I have dethroned them by giving them a sibling, and now I have to make it up to them and compensate them with more and more attention. Instead, I think to myself, hey, I need to teach this child that we treat each other with respect.

that siblings are yes, sometimes annoying, but overall someone that we need to treat with a helpful, kind, compassionate attitude and learn to solve problems and reframe our mindsets rather than just thinking about me and what I Hunt.