

WFWP USA: Teach Children Gratitude - Reflection on Young Mothers Program

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December 8, 2021



Mrs. Deshotel during the webinar explaining about the benefits of gratitude.

Even though I'm not a mom of young children, I registered to the webinar on December 8 on "[How to Teach Our Children Gratitude](#)" because I hoped to gain some insights on how I can help my adult son to show more gratitude in his actions and words. To my surprise, I found several other older moms and grandmothers on the webinar. It's never too late to help our kids learn gratitude!

Mrs. Elizabeth Deshotel's presentation focused on how an attitude of gratitude and the daily practice of being grateful transforms one's mental outlook and health. One of the clips she showed emphasized three steps for cultivating a gratitude lifestyle: emote, extend, exercise.

The first step, emote, is to really focus on the feeling of gratitude, not just the expressing of it in words or thoughts. The emotion of feeling grateful should also be connected because it is the emotion of gratitude which has the

transformational effect, otherwise it can become empty words. The second step is to extend, meaning to be grateful for other people and things outside of ourselves and to express it. The final step is exercise. We learned that the repetitive action of gratitude has a transformative impact on our brain, can change memory, and can even free us from emotional pain. We learned that scientific research shows that people practicing daily gratitude makes us happier, helps us to achieve our goals, and even improves our health. Being grateful increases joy in us and feeling joyful automatically creates joy in others.

Benefits of gratitude

Gratitude - Distinct neurobiological effects

Benefits associated with gratitude: better sleep, more exercise,

reduced symptoms of physical pain, lower levels of inflammation,

lower blood pressure, improving life satisfaction, happier;

less materialistic, increased generosity, reduce stress, more positive

expectations, greater feeling of appreciation for others

Of course, she also gave some examples of how to achieve daily exercising, such as a gratitude journal, or expressing gratitude at the dinner table and before we go to sleep. Many of the examples she gave could easily be practiced in families with young children. I appreciated that we had time to practice right then and there, following a gratitude template designed by Marie Folio. We were assigned break out groups and filled in the following with personal examples: "[Another person's first name], I so appreciate your [quality/trait]. I say that because [specific details and evidence]."

Activities to build the gratitude habit

1. Gratitude journal
2. Gratitude Fish Bowl
3. Expressing gratitude, model manners
4. Charity - yard work or pet sitting for elderly neighbor
5. Do a craft activity together of creating and writing thank you cards

And so how do we teach gratitude to our kids? By living in gratitude as parents, we powerfully model behavior for our children. By practicing it myself, I impact the environment I am in: my family, my son, and beyond. I realized by listening to the presentation living in gratitude is more than modeling, it is transforming myself. And I can attest that since I expressed my gratitude to others once a day during my morning devotion, it improved my relationship with my husband and I see small changes in my son as well.

[FIRST NAME], *I so appreciate*
your _____ [QUALITY/TRAIT].

I say that because _____ [SPECIFIC
DETAILS & EVIDENCE].

Template anyone can use to express gratitude to others.

Thank you WFWP, for developing this new program YOMO to empower mothers. Mothers have such a

huge impact on the most essential life's environment: the family. Thank you, Mrs. Deshotel, for sharing what you learned when you did research in preparing for this webinar. I loved the clips shown, especially the one on how gratitude impacts the neuroplasticity of our brain and improves our social intelligence. Wow. So happy I decided to take one hour to listen.



To watch the recording please click [here](#).

If you would like to help support many more programs for young mothers, consider [making a donation](#) to WFWP today.



For Greater Hope in 2022!

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Help women share their nurturing and resilient hearts with the world!

"When our mindset changes from wishing to receive love, to wishing to give love, the world of peace will be at hand."

- Dr. Hak Ja Han Moon

Do you agree that our families, communities and humanity at large need a new mindset and heartset to solve our many social issues? Women have something to unique offer in that area, as women bring a different angle and naturally think and operate from their hearts. To bring out that inner strength, and give women the confidence to do so WFWP USA provides tools to empower women leaders with skills and a supportive community

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tools to **empower women leaders** with skills and a supportive community, allowing them to foster genuine peace.

You can help support this mission for Greater Hope in 2022! The world has been out of balance for far too long. It is missing the **voice and action of mothers and women in leadership**. Together we can care for our communities and provide hope. WFWP USA service projects, charitable grants, peace leadership, and educational programs are the cornerstones for our vision of a unified world, based on the Culture of Heart.

Thanks to generous donors like you, in 2021, WFWP USA:

- educated 440 people in **Leadership of the Heart**, a new paradigm of leadership
- educated over 1,500 on the power of **marriage and family** to create peace
- educated over 5,200 on local, national, and **international peacebuilding**, including collaborations to promote North-South Korean unity [and](#)
- supported the education of young students in need in Jordan, Cambodia, and 8 African countries.

Students provided with opportunities become the educated bearers of the Culture of Heart for their communities! Peace builders brought together with a unified purpose provide hope and direction for long-time enemy nations to become partners. Couples who receive marriage education gain resources to build long-lasting relationships, creating happiness and peace for themselves, their children, and society. Women leaders empowered to embrace a new leadership style bring positive change to all their spheres of influence: the family, the community, education, business, the arts, everywhere!

As one fan expressed it, ***“Thank you for sharing about the character God gave to we women, to care for, invest in, and embrace others wherever we are. Congratulations to the founders of WFWP for making a difference for good in our families and world!”***

Read more about what your donations are making possible [here](#).

Checks can be mailed to: WFWP USA 481 Eighth Ave. Suite #1228 New York, NY 10001, and all donations are tax-deductible.

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