

Parent Resource

Article: How to Help Gratitude Grow in Your Kids

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How to Help Gratitude Grow in Your Kids

How do children learn to be grateful? Child development research explores ways that we can support this process.

BY **MARYAM ABDULLAH** | MARCH 13, 2018

Recently, one of my friends was venting about her teenage daughter being “so ungrateful!” She asked me, “How can she not know how much she has?”

This mom isn’t alone. Parents hope (or expect!) that their children will grow up to be grateful. In a recent **study**, Amy Halberstadt and colleagues found that parents get peeved when their children don’t show **gratitude**. As one parent said, “I can be embarrassed as a parent, I can feel angry at [my child] that he hasn’t sufficiently conveyed gratitude when I thought he should.”