

# POSITIVE ATTITUDES FOR SUCCESS...



Everyone will face hardship in their life, some more than others. Some will adapt and cope with these hardships better than others and it's not necessarily those who have the least hardship who will cope better. A significant factor in how well we cope, is our attitude or worldview.

## IN THIS RESOURCE:

- What shapes our worldview?
- How you help foster a positive attitude
- Self-talk
- Positivity, modelling and environment

## WHAT SHAPES OUR WORLDVIEW?

Our worldview is constructed through the experiences and interactions we have in our lifetime, especially during childhood. Early childhood is an especially crucial time for helping tamariki develop their view of the world and themselves. Children that develop a positive attitude during this time are more likely to experience success and happiness in later life.



## WHAT DOES A POSITIVE ATTITUDE LOOK LIKE?

- Positive thinking
- Constructivism
- Creativity
- Optimism
- Motivation
- General happiness

## HOW PARENTS / CAREGIVERS CAN HELP FOSTER A POSITIVE ATTITUDE

A positive attitude develops within a positive environment. This doesn't mean that your child needs an environment which is perfect all the time. What it means is that when children are raised in an environment that encourages positive thinking and belief in their own abilities, they are more likely to develop a positive view of themselves and the world around them.

## SELF TALK

Our internal monologue, or what we tell ourselves, plays a crucial role in the way we handle negative experiences. Encouraging positive self-talk e.g. "I can do this," "I can handle this" increases the chances that your child will develop a positive internal monologue and be more likely to adapt effectively to life's challenges.



## POSITIVE TIME

Positive time with a parent or caregiver, that focuses on the child's strengths, provides the child with support and will help them develop the confidence to take more chances in later life. Use this time to affirm your child and acknowledge their strengths. These affirmations can become internalised by the child and help to foster self-belief.

## MODEL GOOD MANNERS AND COMPASSION

Evidence has shown that people who display positive social skills such as empathy, kindness, compassion, tact, respect and confidence are more likely to be received favourably by others, which can increase their view of self. Modelling these behaviours through your own interactions with others, is one of the best ways to instil these values in your child.



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## MODEL GOOD COPING STRATEGIES

It is inevitable that as parents/caregivers, you will encounter stress. Modelling effective ways of handling life's stresses can help your child to develop their own effective coping strategies. Some ways in which parents/caregivers can do this include:

- Going for a walk to cool down
- Meditation
- Self-care
- Model problem solving skills
- Be proactive
- Acknowledge your feelings
- Cultural/spiritual practices



## CREATE A POSITIVE EXTERNAL ENVIRONMENT

As well as fostering strength and positivity within our tamariki, we need to ensure that they are provided with a positive external environment in which these skills can develop. Nutrition, exercise, a healthy home and calming environment all play a vital role in influencing our mood and overall attitude.



“HE ORANGA NGĀKAU,  
HE PIKINGA WAIORA”

Positive feelings within you enhances wellbeing.



### REFERENCES:

Gallegos, N. (2006-2021). Encouraging a Positive Mood by Creating a Positive Environment. The Centre for Parenting Education. <https://centerforparentingeducation.org/library-of-articles/focus-parents/encouraging-positive-attitude-creating-positive-environment/>.