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# HUB MOMENT

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## NEWSLETTER CONTENT

### TRIPLE P SHARES SEASONAL GRATITUDE STRATEGIES

It's that time of year again where the shops are full of glittering gifts for children to want and possibly whine for. The holiday season can be joyful, yet stressful for families, particularly when trying to go to the shops with young children. It can be hard for many parents, carers and their children to keep control of their feelings. You are not alone!

Families may like to consider helping their children focus on 'presence' and quality time together over presents, alongside the concept of gratitude. This doesn't mean parents and carers shouldn't buy their children anything. Yet inspiring children to be grateful can have a positive impact on their life satisfaction, mental wellbeing, and strengthen parent-child relationships.

When families do brave the shops, teaching asking instead of whining can also help turn challenging moments into an opportunity for your child to learn.

Our [latest article](#) is full of strategies on promoting gratitude, surviving the shops and ideas for spending quality time together these holidays.

The [Triple P – Positive Parenting Program](#) can help you build your parenting skills and handle challenging behaviour this festive season.