



Why it Pays to be Thankful

On Thursday, November 22, many families will gather around the dinner table to give thanks and honor the tradition of Thanksgiving. It is not everyday that families carve out time for extensive meal prep in order to spend hours together enjoying delicious food and participating in the inevitable 'dish party' that follows. Thanksgiving is a time to express gratitude or give thanks. Read on to learn why and how it pays to be thankful.

At a young age, we are often taught to say 'please,' 'thank you,' and 'I'm sorry' in order to be polite or to show good manners. While this may be true, researchers are finding that gratitude is a unique expression of thanks with some real benefits for both parents and children! According to Dr. Robert Emmons, UC Davis, a leading expert on gratitude, there are four important reasons why gratitude benefits us: Grateful people tend to:

1. Celebrate the present;
2. Block negative emotions;
3. Be more stress resistant; and
4. Have a higher sense of self worth.

As parents, we want what is best for our children. Given the many benefits of gratitude (for both parents and children), what are some ways to grow a culture of gratitude at home?

Encourage An 'Attitude of Gratitude'

Gratitude is a skill (like mindfulness, cooking, or gardening) that can be practiced daily. The good news is that there are many different ways that you can choose to practice gratitude which means that you can decide which will work best for your family. Here are a few ideas to encourage an 'attitude of gratitude' that parents and children can work towards together:

- **Meal time:** Choose to eat a meal together as a family and take time to each say at least one thing you are grateful for.
- **Thank You Cards:** Write a real thank you card (together with your child) and put it in the mail. Discuss what you are thankful for and why you are sending the card.
- **Thank You Jar:** Set an empty jar in a central location in your home. Ask your family to put a message, a picture, or even a scribble in the jar of something they are thankful for. At the end of the month, have a family meeting and go through the jar together.
- **Journal:** Set aside a few minutes at the end of the day to quickly jot down something that you are grateful for.
- **Gratitude Vow:** On a sticky note (or something similar), write down a reminder to be grateful such as, 'count your blessings!' and place it somewhere you will see every day (mirror, refrigerator).



For more articles like this one see

Oregon Parenting Together



Are you interested in signing up for the U.S. Marine Corps Reserve Toys for Tots program?

Toys for Tots is partnering with local Christmas programs in each community to better serve our families in need this year. Click below for the city closest to you.

- [Polk-Linn-Benton Counties](#)
- [Salem-Keizer](#)
- [Greater Marion County](#)

For questions and a comprehensive list of programs in Marion and Polk Counties visit ToysforTots.org.



The Salem Public Library's printed newsletter production has become unsustainable. The library is surveying families on alternative methods of communicating with the community about upcoming library events.

Please provide your feedback following the links below:

[English Survey](#)

[Spanish Survey](#)

Blog of the Month



'Tis the season for big beautiful pumpkins! October and November is the perfect month for visiting pumpkin patches and choosing the perfect orange symbol for the Fall season. If you can't make it to a pumpkin patch many local markets have them all out for display for you to choose. Picking out a pumpkin, whether it be at a patch or at a market, is a memorable event for young children

[-- Read More --](#)

Parent Education Near You

Incredible Years*- *Spanish*

Tuesdays, September 18- December 18
5:30-7:30pm
Washington Elementary-
Woodburn 777 E. Lincoln St
Woodburn, OR 97071
Call (971) 388-3627 to register
**Space still available*

Abriendo Puertas- *Spanish*

Thursdays, Nov. 8- January 10, 2019
10:00-12:00pm
Salem Keizer Coalition for Equality
3850 Portland Rd NE #100
Salem, OR 97301
Call (971) 239-9662 to register

Nurturing Parenting- *English*

Thursdays, Oct. 4- February 28, 2019
5:30-8:00pm
Morningside United Methodist Church
3674 12th St
Salem, OR 97302
Call (856) 776-5347 to register

For additional classes in Marion county visit our [calendar!](#)



Make Parenting a Pleasure

Mondays, October 22nd
5:00-7:00pm
Oakdale Heights Elementary School
1375 SW Maple St
Dallas, Oregon, 97338
[Click here to register](#)

For additional classes in Polk county visit the Mid-Valley Parenting [calendar!](#)

Do you want fun easy activities that help your child learn? Download the **FREE** Vroom smartphone app for activities and learn the science behind early brain development. Available in English and Spanish.



Vroom Tip

Search for the Daily Vroom app in the iTunes, Google Play or Amazon Fire stores.

As you do laundry, encourage her to compare the clothing. Talk together about what she notices: Which piece of laundry is the biggest? How does she know? Encourage her to test out ideas, like putting two towels next to each other to see which is longer.

OR

Sign up for weekly brain building text message by texting CHILD to 48258.

[More Vroom Tips](#)