

How Gratitude Rewires the Brain - for You and Your Kids

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Hey, Parents!

This month, we're slowing down to remember that gratitude isn't just a holiday feeling, it's a **skill we can teach** and practice all year long. When we model gratitude, our kids' **brains release "feel-good" chemicals** like dopamine and serotonin...the same ones that make us smile after that first sip of coffee. 🍵

So let's help our little ones (and ourselves) trade chaos for calm, one thankful thought at a time. **BONUS:** Free Gratitude Journal Linked below 📖

Wishing You Well,

Nicole ❤️

Free Parenting Consultation, Click Here

Parenting Hack 🧠

"Gratitude Grab Bag" Here's a quick and fun way to sprinkle gratitude into your daily routine:

- Grab an empty jar, bowl, or even a lunchbox.
- Keep small slips of paper nearby.
- Each night, have everyone write (or draw) one thing they're grateful for - big or small.
- At the end of the week, pull a few out to read aloud.



This Month's 🔥 Hot 🔥 Topic...

The Science of 'Thanks' - Why Gratitude Grows Good Kids

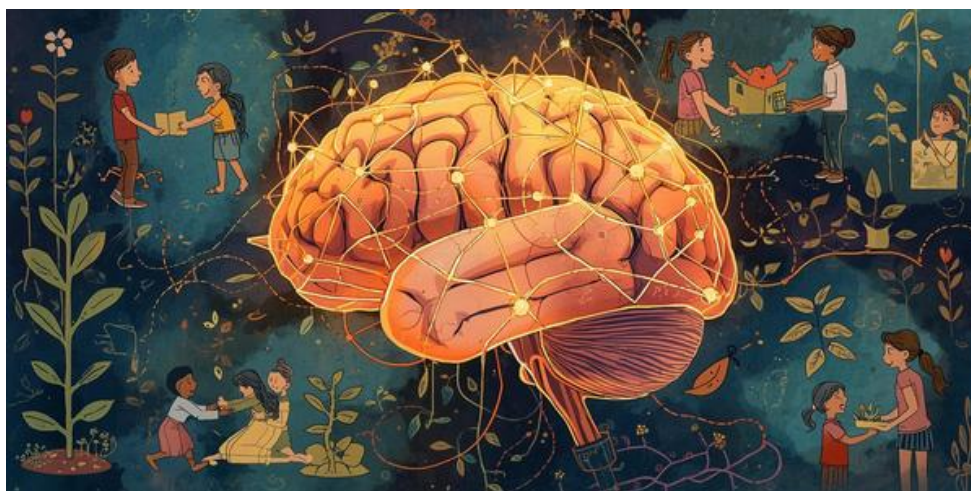
We all *know* gratitude feels good, but science shows it *literally* changes our brains. 💡 ✨ According to research by Dr. Robert Emmons (a leading gratitude researcher at UC Davis), practicing gratitude regularly can:

- **Boost dopamine and serotonin**, the brain's "happy chemicals" that **improve mood and lower stress**.
- Strengthen relationships by helping us **focus on what's *working***, not what's lacking.
- Improve sleep, empathy and resilience, **for both adults *and* kids**.

In other words, gratitude isn't just good manners, it's mental health hygiene.

When our children see us saying "thank you," appreciating small things, or reflecting on what went well in our day, we're **quietly teaching them emotional regulation and optimism**. It's a mirror effect, from toddlers to teens, they notice *how* we respond more than *what* we say.

These micro-moments build what psychologists call *neural gratitude pathways*, connections that help kids bounce back faster from stress and see challenges as temporary, not personal. Gratitude starts small, but it sticks for life, and it **always grows best at home**. 🌱



Growing Together in Gratitude

As parents, we're planting seeds every day, and every "thank you" we model matters. I'd love to hear what gratitude looks like in your home. Do you have a family tradition? A new routine you're trying? **Hit reply and share your story - I read every response personally.** 💖 🌱 Not sure where to start teaching gratitude, click below for a fun FREE resource from anxietyhelpbox.com.

FREE Gratitude Journal Resource, Click Here!

Dates to Grow & Know 🌱 🌳



Nov 11: SCPBC No School

Nov 20: Blog - The Gift of the Dip:
Teaching Kids Resilience

Nov 24 -28 SDPBC Holiday

 Let's Connect 

Grow Your Parenting Game...Need more support? [Book a one-on-one consultation](#), virtual or in-home.



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"Parenting is about progress, not perfection. Keep moving forward!"

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