

What is *Fishful Thinking*SM?

The *Fishful Thinking* program is a resource that provides information and practical tools so that you can parent with confidence. The *Pepperidge Farm*[®] *Goldfish*[®] brand is a devoted ally, committed to bringing parents the tools they need to feel fulfilled, effective, and positive in their parenting.

The 5 Ingredients of *Fishful Thinking*

Optimism: Focusing on the positive things in life

Emotional Awareness: Expressing and controlling your feelings

Goal Setting/Hope: Finding ways to achieve your goals

Resilience: Coping with life's ups and downs

Empowerment: Identifying and using your strengths and skills

With *Fishful Thinking* Parents Will Learn to...

Talk with their kids about how to deal with the ups and downs of life

Teach effective problem-solving techniques to help their kids grow with a feeling of competence



Help kids develop an optimistic attitude that allows them to move past setbacks and obstacles

Help their kids to develop confidence and reach their full potential

Empower themselves to develop positive communication with their kids, and practice the skills with their kids using fun, easy activities

Connect with other parents to find solutions that help develop happier, healthier, more resilient children



Who is Dr. Karen Reivich?

Leader in the field of positive psychology and depression prevention

Resilience researcher and psychologist

Co-director of the Penn Resiliency Project at the Positive Psychology Center at the University of Pennsylvania

Co-author of the books "The Optimistic Child" and "The Resilience Factor"

Teacher, lecturer

Executive and life coach

Mother of four!



For More
Information Visit:
FishfulThinking.com

Try These Fun Activities with Your Kids

Positive Frustration

Objective - To convey to children that frustration and failure are part of success and pride.

Why It's Important - Frustration creates opportunities for children to learn how to manage their emotions and overcome setbacks to achieve their goals.

Activity - Building with Blocks (Kids 4-6)

Use everyday wooden blocks to help your child learn how to cope with frustration.

With your child, create a block building goal (e.g., make an 8 – block tower).



Help your child get started and then shift into “coach mode.” When the tower falls or the pyramid collapses, encourage your child to persist despite the setback. You can say things like, “Oh, it fell. Is there a way you can make it sturdier this time?”

Help your child focus on thinking through different strategies to reach the goal. Also, help your child to understand that feeling frustrated is normal. You can say, “I see you are frustrated that the blocks won't stay where you put them. I get frustrated too when things don't work the way I want.”



Positive Emotion

Objective - To help your family focus on the sensations of a positive experience (e.g., the taste of your very favorite snack, or the sounds of birds).

Why It's Important - Typically, we all pay more attention to the negative things that happen in a day than to the positive ones. However, positive emotions facilitate resilience, help us think creatively

about solutions to problems, lower the effects of stress, and make it easier to handle the tough times. Those who make time to savor report greater happiness, and less sadness and anxiety.

Activity - Beauty Detour (All Kids)

Find time to take a 5-minute “beauty detour” with your child. Dedicate the time to noticing something beautiful, inspiring, amazing, or funny that you would not normally have noticed. For example, if you drive your child to school, leave 5 minutes earlier and drive down a street you don't normally take. Stop on the side of the road and notice something beautiful about the trees or the houses or the sky.