



# Raising Grateful Kids in an Entitled World: How One Family Learned That Saying No Can Lead to Life's Biggest Yes

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“But everyone else has it.” “If you loved me, you’d get it for me!” When you hear these comments from your kids, it can be tough not to cave. You love your children—don’t you want them to be happy and to fit in?

Kristen Welch knows firsthand it’s not that easy. In fact, she’s found out that when you say yes too often, it’s not only hard on your peace of mind and your wallet—it actually *puts your kids at long-term risk*. In *Raising Grateful Kids in an Entitled World*, Kristen shares the ups and downs in her own family’s journey of discovering why it’s healthiest *not* to give their kids everything. Teaching them the difference between “want” and “need” is the first step in the right direction. With many practical tips and anecdotes, she shares how to help kids become hardworking, fulfilled, and successful adults.

It’s never too late to raise grateful kids. Get ready to cultivate a spirit of genuine appreciation in your family and create a home in which your kids don’t just say—but *mean!*—“thank you” for everything they have.

## **Raising Grateful Kids in an Entitled World: How One Family Learned That Saying No Can Lead to Life's Biggest Yes Details**

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## **From Reader Review Raising Grateful Kids in an Entitled World: How One Family Learned That Saying No Can Lead to Life's Biggest Yes for online ebook**

**Michele Morin says**

Grateful Parents: Grateful Kids

Finally, about ten years ago, the light began to dawn, and you can't imagine how disappointed I was. I realized that parenting is not a cause and effect proposition. It's not a vending machine in which I insert my actions (seizing teachable moments, training in character, consistency in discipline) and then am rewarded by equal and corresponding reactions (obedience, respect, good behavior).

I'm a slow learner, so this was earth-shattering for me, but . . .

Having said that, Raising Grateful Kids in an Entitled World by Kristen Welch reminds me that if I want my children to appreciate their blessings and to operate out of gratitude rather than entitlement, I had better be modeling the right heart attitude myself.

In the Great Balancing Act called parenting, we are at war against three words: "Is that all?" In ourselves, in our kids, Western culture exacerbates our entrenched selfishness in everything from "ice cream servings to allowances." "Enough" is never enough.

Kristen is writing from the trenches of raising three kids, and so the tone of Raising Grateful Kids in an Entitled World is NOT "we have arrived and here's how your kids can ooze gratitude like our perfect children do." She comes alongside her readers with humble offerings: "Here's what we're doing. Here's what others have tried, and that's great, too." Kristen's perspective is derived from the knowledge that parents who are willing to fight against the prevailing culture and for an attitude of thankfulness in their children will feel as if they are swimming upstream.

My oldest son talked early — and often — so I can still hear his husky toddler voice saying, "There's a difference between a need and a want." To me! Even so, one need that is common to all kids is their parents' love, and ironically, in our culture of possessions and privileges, it is common to find children who are sadly lacking in that need while every want is speedily fulfilled.

No one sets out with a goal of "spoiling" her children, but little daily choices that arise from incorrect thinking accomplish the task over time. Kristen un.masks some of these:

1. We want our kids to be our friends.
2. We're afraid to say no because of the fallout (slammed doors, tears, eye rolling, shouting).
3. We feel guilty about our circumstances and try to compensate with permissiveness.
4. We are busy. We eat fast food on the way to one of Junior's three different soccer league practices, take on an extra job to pay for a Disneyland vacation, and don't have time for the slow work of eyeball to eyeball interaction in which we pass on our values.
5. We don't want them to fail, so we make things "easy" for them.
6. We don't want them to feel left out, so we cave to the "everyone else" argument.
7. We don't want them to be unhappy.

It is not for nothing, then, that Raising Grateful Kids in an Entitled World provides an end-of-each-chapter assortment of age-related hints for going against the flow.

For parents:

“Put a plan in place. Decide in advance what you will say ‘yes’ to.”

For toddlers:

“Make cookies together. You may eat one for your effort, and then give the rest away to brighten someone’s day. Teach your children that we don’t have to keep everything for ourselves.”

For elementary age:

“Clean out closets and drawers, and instead of giving away only things that they won’t miss, urge your kids to include something they really love to share with someone else.”

For tweens/teens:

“It may seem to your son or daughter as if she’s the only one in her class or he’s the only one in his grade or on this planet who isn’t fitting in or keeping up. But if we are going to compare ourselves to others, let’s also compare ourselves to kids who live in poverty.”

The award for most practical feature goes to the chapter called “Making Smart Choices about Technology” with its related idea of a cell phone contract.

Central to all this intentionality and hard work is the goal of introducing kids to the freedom of self-discipline; to the security that comes from seeing parents follow through on their principles; and the self-confidence that can only come to kids who have been allowed to “struggle” a bit and then to solve their own problem before a parent comes swooping in to rob them of the privilege. We must love our children enough to make the hard choices that lead to a lifestyle of gratitude.

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## **Jamie says**

Just finished this book and still processing. Great encouragement for those who want to parent "upstream" against the flow of our culture, and help our kids (and ourselves) cultivate greater gratitude. Highly recommended.

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## **Laura says**

A must-read for today's Christian parent! I knew this book was going to be good from the very first chapter,

because it called me to task on things that I needed to change. Me - the parent. Not just my kids! And these are hard things to do because so much of what goes into raising grateful children flies in the face of what our society expects us to do. The tasks aren't easy, but the stakes couldn't be any higher. If you want to start down the path toward raising grateful, empowered, generous and self-sufficient children in a Christ-centered household, do them a favor and pick up this book!

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### **Karen says**

This is a great book! It applies to kids of all ages and it is backed up with biblical principles.

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### **Myla says**

I could love or hate this book on any given day....it could inspire or depress, motivate or irritate all depending upon my attitude.

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### **Shorel Kleinert says**

In the car ride home from Kunming yesterday, our kids started complaining about which movie to watch first. Or a couple weeks ago, our eldest started asking when he was going to get an iPad to play games like all his other friends.

Entitlement is a big issue in nearly every family nowadays. I appreciate the author taking time to explain that she is not perfect, but here are many practical steps she took with her family to turn "entitled" kids into grateful kids.

This book is gold! I'll leave you with a few of my favorite highlights...

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Excerpts:

Instead of happiness being a by-product of the life we live, it has become an elusive destination. And our culture is obsessed with pursuing it.

Kristen Welch, Raising Grateful Kids in an Entitled World: How One Family Learned That Saying No Can Lead to Life's Biggest Yes, loc. 130-131

I find myself at the center of this problem as I try, with my wife, to balance the two major tasks of parenting: showing our kids that we love them and raising them with the skills and values they'll need to be emotionally healthy adults, which often requires that we act in ways that can anger and upset them.

Kristen Welch, Raising Grateful Kids in an Entitled World: How One Family Learned That Saying No Can Lead to Life's Biggest Yes, loc. 138-140

When we try to protect our kids from unhappiness, we make life down the road harder for them. It can be summed up in one word —entitlement.

Kristen Welch, Raising Grateful Kids in an Entitled World: How One Family Learned That Saying No Can Lead to Life's Biggest Yes, loc. 142-143

We often buy things not so much because we need them, but because we feel like we deserve them. We work hard; we owe it to ourselves. It's so easy to get wrapped up in this way of thinking.

Kristen Welch, Raising Grateful Kids in an Entitled World: How One Family Learned That Saying No Can Lead to Life's Biggest Yes, pg. 4, loc. 203-204

Or there's the definition Terrell heard on the radio years ago that he's never forgotten: The American Dream is getting all you can. Canning all you can get. Sitting on the can so nobody can get what you can.

Kristen Welch, Raising Grateful Kids in an Entitled World: How One Family Learned That Saying No Can Lead to Life's Biggest Yes, pg. 6, loc. 225-227

Entitlement didn't start with my kids. It began with me. I entitled them because I was entitled.

Kristen Welch, Raising Grateful Kids in an Entitled World: How One Family Learned That Saying No Can Lead to Life's Biggest Yes, pg. 10, loc. 274-275

And as uncomfortable as it sounds, parents who want less-entitled kids have to be less entitled themselves, and parents who want to raise more grateful kids need to start by living more grateful lives.

Kristen Welch, Raising Grateful Kids in an Entitled World: How One Family Learned That Saying No Can Lead to Life's Biggest Yes, pg. 11, loc. 285-287

Early on, we chose not to allow our kids to interact on social media until they entered high school. Even after they were allowed to open accounts, we didn't encourage it and monitored their involvement. I think our resistance impacted them, and they are selective about social media.

Kristen Welch, Raising Grateful Kids in an Entitled World: How One Family Learned That Saying No Can Lead to Life's Biggest Yes, pg. 14, loc. 331-333

It might sound simplistic, but I believe the cure to our kids wanting more starts with teaching them to be thankful for what they already have.

Kristen Welch, Raising Grateful Kids in an Entitled World: How One Family Learned That Saying No Can Lead to Life's Biggest Yes, pg. 18, loc. 378-379

But Terrell cautioned me that while it was uncomfortable to hear our firstborn ask hard questions, they weren't mine to answer. I knew in my heart we had to let her figure them out for herself. It was tempting to tell her what to think and what to believe just because it's what her dad and I believe. But I knew if we allowed her to struggle with her questions and gave her freedom to ask them, she would become stronger in her beliefs in the end.

Kristen Welch, Raising Grateful Kids in an Entitled World: How One Family Learned That Saying No Can Lead to Life's Biggest Yes, pg. 33, loc. 549-552

Don't think for a minute that intentional living equals holiness. It really just means we are aiming for  
Kristen Welch, Raising Grateful Kids in an Entitled World: How One Family Learned That Saying No Can Lead to Life's Biggest Yes, pg. 33, loc. 561-562

Don't think for a minute that intentional living equals holiness. It really just means we are aiming for the stars but lucky if we hit a street lamp.

Kristen Welch, Raising Grateful Kids in an Entitled World: How One Family Learned That Saying No Can Lead to Life's Biggest Yes, pg. 33, loc. 561-562

Instead, Pratico and Van Pelt come to a startling conclusion. Parents, if you train up your child "according to his way" —in other words, if you quit the hard work of loving discipline and just give in and let your child have his own way—you will reinforce his sinful proclivities to such a degree that, apart from supernatural intervention, "even when is old he will not depart from it." [19] Profound, isn't it? This verse, say the authors, is actually warning parents against doing something they should not do: "train up a child in his way." This

was revolutionary and enlightening to me. As I began to process what that meant, I picked up the second article, one from Bibliotheca Sacra, which confirmed what I had just read. “Train a child according to his evil inclinations and he will continue in his evil way throughout his life.” . . . It says, in other words, not “Here’s the good result that you can count on when you give a child proper parental guidance,” but “Here’s the bad result that may happen if you don’t give a child proper parental guidance, but let him do what he wants.”[20] Pratico adds, As desirable as such a promise [offered by the more common interpretation] would be, experience contradicts it far too often to be attributable solely to deficient parenting. Indeed, in spite of the best parenting in the universe, namely God’s own, many of his children departed from the way they should have gone, and they continued in their rebellion to the bitter end (cf. Isaiah 1:2 “I reared children and brought them up, but they have rebelled against me”).[21]

Kristen Welch, Raising Grateful Kids in an Entitled World: How One Family Learned That Saying No Can Lead to Life's Biggest Yes, pg. 34, loc. 575-590

Proverbs assures us that our responsibility is to faithfully do our part to explain the truth, and the rest is up to our child. Each person must individually make the choice to follow Jesus. And while it may grieve us deeply when this doesn’t happen, we can hold firmly to the knowledge that we obeyed God and followed through on our responsibilities. And we can find great comfort in knowing that God loves our children even more than we do and He will continue to pursue them.

Kristen Welch, Raising Grateful Kids in an Entitled World: How One Family Learned That Saying No Can Lead to Life's Biggest Yes, pg. 36, loc. 596-599

Here’s the truth: Kids often choose the wrong path and learn things the hard way. Sure, they could avoid pain and heartache if they would just listen to us, but this is part of growing up. At some point we have to let them. God often uses mistakes, wayward choices, and brokenness to bring redemption. We have to entrust our children to Him and pray they ultimately choose Him, as Joseph did. My kids love to read,

Kristen Welch, Raising Grateful Kids in an Entitled World: How One Family Learned That Saying No Can Lead to Life's Biggest Yes, pg. 36, loc. 600-603

Sometimes I think we parents are so focused on saying no and following all the rules to raise great kids that we miss the opportunity for an important conversation on why we say no.

Kristen Welch, Raising Grateful Kids in an Entitled World: How One Family Learned That Saying No Can Lead to Life's Biggest Yes, pg. 37, loc. 605-607

And I told her that day that I don’t know how my kids are going to turn out. I don’t know if one of them will make really bad choices and lead a life I wouldn’t choose for him or her. I can’t predict what will happen. I know that I am teaching them truth according to God’s Word and loving them the best way I can by thoughtfully guiding and encouraging them, but I also have to let them make their own decisions and pray they find Jesus in their successes or failures. And friends, that’s all we can do.

Kristen Welch, Raising Grateful Kids in an Entitled World: How One Family Learned That Saying No Can Lead to Life's Biggest Yes, pg. 39, loc. 629-633

Visiting an orphan-led home in Kenya just weeks before had turned my life upside down. That’s where I met Vincent. I will never forget standing in Vincent’s home, which was the size of my master closet. Water dripped on my head in the dark room as he lit a candle and explained how he walked an hour to school each way and cared for his little brother because his parents were both dead. As he told us about his life, he smiled from ear to ear with joy. “How can you be so happy?” I asked as I looked around at all he didn’t have. “I have Jesus. He is enough,” he answered confidently. His answer was my undoing. Because I had Jesus, too, but He wasn’t enough for me. I wanted more —more money, more stuff, more to fill the emptiness.

Kristen Welch, Raising Grateful Kids in an Entitled World: How One Family Learned That Saying No Can Lead to Life's Biggest Yes, pg. 47, loc. 688-694

Sometimes the best way to help our kids is to not help them. They often become resourceful and responsible

when we simply let them.

Kristen Welch, Raising Grateful Kids in an Entitled World: How One Family Learned That Saying No Can Lead to Life's Biggest Yes, pg. 56, loc. 808-809

Kids' temporary unhappiness —learning to submit to authority and obedience —is worth it if it produces future adults who love God and others.

Kristen Welch, Raising Grateful Kids in an Entitled World: How One Family Learned That Saying No Can Lead to Life's Biggest Yes, pg. 59, loc. 834-836

The concept is that . . . denying yourself the excess that you may ultimately desire may allow you to savor and appreciate the finer things in life. . . . A more extreme but scientifically proven means of increasing the happiness you derive from your money is a bit more radical —not spending it on yourself. It turns out that people who spend money on others rather than themselves are actually happier in the long run. They derive a greater feeling of reward and satisfaction and this helps to enrich their inner feelings of sharing and contentment. So instead of buying that extra watch or TV the next time you have some new found money, consider the alternative: indulging less and offering others the opportunity to share in your wealth.

Kristen Welch, Raising Grateful Kids in an Entitled World: How One Family Learned That Saying No Can Lead to Life's Biggest Yes, pg. 60, loc. 855-861

When we give our kids everything they want or bend the rules to make them happy, we are failing to train them to face the ups and downs of life.

Kristen Welch, Raising Grateful Kids in an Entitled World: How One Family Learned That Saying No Can Lead to Life's Biggest Yes, pg. 64, loc. 899-899

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Kristen Welch, Raising Grateful Kids in an Entitled World: How One Family Learned That Saying No Can Lead to Life's Biggest Yes, pg. 64, loc. 899-900

Our children need to be bored. They need to kick their feet and wait outside of bathroom doors, unanswered. They need to be sent outside or to their rooms to play. They need to turn over the bag of tricks and find it empty. Because that's when they will discover they don't need stuff to fill their time. They don't need a plan for entertainment. They can create their own. And when they do, that's when summer turns magical.

Kristen Welch, Raising Grateful Kids in an Entitled World: How One Family Learned That Saying No Can Lead to Life's Biggest Yes, pg. 74, loc. 1025-1028

For many years, our family lived a good, often intentional life inside our four walls. We focused on ourselves —what we needed, what we loved, what we wanted. We spent time together, reading the Bible, playing games, focusing on our little family. I think taking care of your family, dreaming a little, splurging at times is great, but when that's all we do, we are creating a self-awareness void. The best way to fill that empty place is by serving others. It could be finding a way to serve as a family at a local nonprofit or taking a meal to a new neighbor or passing out blankets to the homeless. Whenever we do something for others, it's in our nature to see life through a new lens —theirs. It's hard to walk away from someone in need and be the same person you were before you met.

Kristen Welch, Raising Grateful Kids in an Entitled World: How One Family Learned That Saying No Can Lead to Life's Biggest Yes, pg. 81, loc. 1119-1125

When we have everything, we are thankful for nothing. When we have nothing, we are thankful for everything. Sometimes

Kristen Welch, Raising Grateful Kids in an Entitled World: How One Family Learned That Saying No Can Lead to Life's Biggest Yes, pg. 83, loc. 1136-1137

these bad things —from spam to pornography to child predators —look for you.”

Kristen Welch, Raising Grateful Kids in an Entitled World: How One Family Learned That Saying No Can Lead to Life's Biggest Yes, pg. 96, loc. 1307-1310

Tedd Tripp, the author of *Shepherding a Child's Heart*, cuts parents some slack. During times of failure . . . , your teens need positive interaction. You need to keep your eye on the goals you have for your children. They need Mom and Dad to be constructive and creative. You need to have a proper sense of proportion, remembering that your child is worth much more than a car [or something else they have wrecked or ruined]. . . . What I have in view is parental interaction that is full of hope and courage. This interaction is able to turn a fiasco into an opportunity to learn and go forward.[59] There must be a healthy balance in our parenting. We can't offer too much grace and not enough discipline or vice versa. I love this comment from my parenting poll: “Sometimes I feel bad because the follow-through is difficult, consistency is difficult, and requiring it of myself feels like a sacrifice, but when I do say no (in their best interests), usually the lesson is worth learning. Both for them and for me!”

Kristen Welch, Raising Grateful Kids in an Entitled World: How One Family Learned That Saying No Can Lead to Life's Biggest Yes, pg. 117, loc. 1535-1543

Guest at every meal, the Silent Listener to every conversation.”[68] When Terrell and I were youth pastors, we got a call at nine o'clock one evening from a family in our church. The parents were having a crisis with one of their teens and asked if we would come over. Our two-year-old marriage and Bible school degree didn't prepare us for what we were about to walk into. I'll never forget stepping into that tense situation with a sixteen-year-old rebellious daughter standing on the stairs with bags packed. Her parents had told her she would have to

Kristen Welch, Raising Grateful Kids in an Entitled World: How One Family Learned That Saying No Can Lead to Life's Biggest Yes, pg. 132, loc. 1721-1726

Focus on the Family breaks their definition of a Christ-centered home into six parts. Joy is characteristic of a truly Christian home. . . . A Christian home is orderly. As the apostle Paul says, “God is not the author of confusion but of peace” (1 Corinthians 14:33). . . . A Christ-centered home should be marked by grace [and be] a place of service. A Christ-centered home is a place where the spiritual disciplines are practiced. . . . Finally, a Christian home is based on God's purposes for every member of the household.[73] I couldn't agree more! Let's

Kristen Welch, Raising Grateful Kids in an Entitled World: How One Family Learned That Saying No Can Lead to Life's Biggest Yes, pg. 137, loc. 1780-1786

When our children are small, we can physically control them. We can keep them out of danger with a baby gate and put them in the confines of a crib. As they grow, our physical control lessens and we begin using our authority to teach them obedience by giving consequences and praise. Once kids hit the tween and teen years, our authority should begin to lessen while our influence grows.

Kristen Welch, Raising Grateful Kids in an Entitled World: How One Family Learned That Saying No Can Lead to Life's Biggest Yes, pg. 141, loc. 1842-1844

I love how Tedd Tripp identifies the three stages of child development in *Shepherding a Child's Heart*: Ages 0 to 5: focus is establishing biblical authority Ages 5 to 12: focus is on the development of godly character Ages 12 and beyond: focus is on internalization of the gospel[78]

Kristen Welch, Raising Grateful Kids in an Entitled World: How One Family Learned That Saying No Can Lead to Life's Biggest Yes, pg. 143, loc. 1863-1866

“Our job as parents is to raise our kids to be responsible adults so they can discern good from evil, beauty from ugliness, and truth from error.”

Kristen Welch, Raising Grateful Kids in an Entitled World: How One Family Learned That Saying No Can Lead to Life's Biggest Yes, pg. 145, loc. 1893-1894

would give anything to go back and change what transpired if I could. But I learned something valuable from it: “Winning” a fight with our kids only makes two losers. We have the opportunity to patiently walk with them through their pain and try to understand the root of their attitude or negative behavior. But we have to take it.

Kristen Welch, Raising Grateful Kids in an Entitled World: How One Family Learned That Saying No Can Lead to Life's Biggest Yes, pg. 175, loc. 2225-2227

One of the most impactful tools we've learned (when someone is upset or there's an argument) is to ask the person we are disagreeing with, “What do you need from me right now?” Sometimes it's the best way to get to the root of the problem. I have discovered over and over, my kids and my husband need something different from what I'm offering. Often they're not asking for my opinion or for me to fix their problem; they want me to listen or they just need a hug.

Kristen Welch, Raising Grateful Kids in an Entitled World: How One Family Learned That Saying No Can Lead to Life's Biggest Yes, pg. 175, loc. 2237-2240

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### **Anna says**

Although I have no children and, sadly, most likely never will, I found this a valuable look into what entitlement and gratitude means with some good ideas about how to achieve a more grateful life. Welch is strongly Christian and as someone coming from a different branch of Christianity some of her language took a little extra work to understand, so this may not be a great fit for someone from another faith tradition.

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### **Scott Kennedy says**

I leapfrogged into this book from another book that mentioned it. I was captured by the title.

There were some really helpful practical ideas in this book. Welch includes a section at the end of each chapter where she summarises key ideas for parents, toddlers, young children and teens. In these sections there are nuggets of gold. For instance, as a family, Welch recommends a gratitude journal or box, where family members enter what they are grateful for. These can then be pulled out at a later date and discussed. She suggests limiting gifts and 'gimmies' (for example at Christmas), and making cookies for others rather than for the family so that children learn the joy of giving. Another interesting practical idea is having simple Monday night dinners of rice and beans to help give our families a dose of perspective - a reminder of how much of the world eats every night.

Another highlight for me was her section on the dangers of a child-centred home. Welch demonstrates the dangers of this arrangement. It teaches kids to expect more of others and less of themselves, it reinforces selfishness, narrows a child's perspective and inhibits awareness of others.

As a father of four young children who have not yet entered the world of technology, I found the chapter on making smart choices about technology helpful. Sensible and practical ideas in this section included no devices at the dinner table, a weekly no-media day, no electronic devices in the bedroom after 9:00, parental authority to read any messages children get and no online interaction with people you don't know.

One final area which I found helpful was the importance of teaching the value of money and work. Welch believes that parents should make work part of the family routine. Her teenagers are responsible for doing their own washing, and she connects work done to money or a 'salary' for her children.

I have to go against the trend of 5 star reviews, because while this book contained some really good practical advice, I could not say it was 'amazing'. It wasn't. I found that many of the headings (chapter / section) were misleading in that they didn't accurately capture what the chapter / section was about. It felt at times like the author wanted to fit a story in, and wasn't quite sure where to put it. One example (among a number of others) is chapter 6 which is entitled 'Cultivating Obedience', but which had a lengthy section on working on 'cleanup areas' in parenting which had little or nothing to do with cultivating obedience.

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### **Lindsay says**

I couldn't really relate to a lot of the content of this book because the authors children attend public school and have surprisingly more struggles with entitlement than my own home educated children, but it definitely got me prayerfully thinking about how to cultivate more of a heart of contentment and thankfulness in my children. It was quick and enjoyable to read.

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### **Jennifer says**

Most every parent wants the best for his or her child. But what happens when this concept is taken too far, and instead of improving their children's lives, parents end up creating entitled tyrants? This is the concept Kristen Welch explores in her new book, Raising Grateful Kids in an Entitled World.

Welch is the writer of the popular blog, We Are THAT Family. In addition to being a good writer, she's honest, funny, approachable and real. Through personal stories, Welch shares her experience of noticing that her children were not appreciative of the material blessings they'd been given in life, and also not learning the value of hard work (typical American kids, right?) Because gratitude is so important to Welch, she is determined that her family will change course. Welch is completely relatable, too. She shares her mistakes and instances where she wishes she could have had a "do-over". In this realm she does not appear "preachy" or like someone who "knows it all". She acknowledges, as we all know, that parenting is the hardest job any of us will love (and sometimes most definitely not love!) to do.

So much of this book resonated with me (other parts did not, which I'll get to in a moment). My kids have opportunities and experiences my husband and I couldn't have dreamed of when we were growing up. We try very hard not to "spoil" them, and it's so important to me that they are grateful for the blessings they have, know the meaning of hard work, and recognize that most people in the world do not live like they do. The book helped me reckon with my own entitlement as well. In addition to stories, Welch includes suggested tips and exercises at the end of each chapter based on a child's age.

I do feel the need to put a disclaimer in this review. Welch is a very conservative Christian. She and her husband have devoted their lives to building a running a women's health care center in Kenya, which shows an amazing generosity of spirit. Christian themes run through this book and it's published by Tyndale, a Christian publisher. Throughout the book, Welch uses several examples of things that are "not all right" -- online pornography, bullying, drug/alcohol use, etc. Most of these are behaviors that parents -- no matter their creed-- would agree with (much like the idea of gratitude and entitlement). However, included with the examples of "not all right" are references to homosexuality. Certainly, many in Welch's core audience will agree with her (however, this is where she and I part company). I fail to see what this even has to do with gratitude and entitlement and think it does nothing but turn people away from it otherwise a great book. I guess this is a sacrifice Welch and Tyndale were willing to make, although I think they would have found a wider audience without the rhetoric.

3.5 stars rounded up to 4.

Thank you to the author and the publisher for and ARC of this book in exchange for an honest review.

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### **Melissa says**

This book was not what I expected. I did not get a lot of information out of it. It was very churchy and I could not relate to their children.

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### **Katie M. Reid says**

This is a must-read for every parent. We have seen many entitled behavior in our kids and this book was a God-send—full of practical advice, grace-based methods, and loving support. Say no to the status quo and yes to raising grateful kids. I'm so thankful that there is a resource like this out there to help me navigate swimming upstream in our self-centered, me-driven culture.

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### **Jill says**

What can I say? I love this book. I love it's cover - how it looks. I love the format and how it feels in my hands. I love the mix of personal stories and practical tips. Most of all, I love the message.

"We live in a culture that is obsessed with the right to have what we want, whether we've earned it or not."

If you believe in the concept of grace, then hopefully you understand that grace is two-fold. Grace is, first of all, getting what you don't deserve, and secondly, grace is not getting what you do deserve. Grace is the opposite of entitlement.

Kristen and her husband, Terrell, recognized the ugliness of entitlement that was rearing its head in their family and decided to call it out and wage war against it. Being grateful is an art that needs to be cultivated and nurtured daily, so that it can be practiced in all areas of our lives. Living gratefully is living counter-culturally, and it's increasingly difficult to practice in our current society.

"Society has shifted truth by bombarding us with an idea until its normalized. "

As I mentioned before, this book is full of personal stories in which Kristen shares what she and her husband have tried with their 3 children. It's also full of practical tips. Each chapter ends with a section called "Going Against the Flow" and includes ideas and suggestions for all ages: parents, toddlers/preschoolers, elementary, tweens/teens.

I've already implemented several ideas into our own family life. If you need encouragement in your own journey to raise grateful kids, or even in your own effort to be more grateful, then this book is for you.

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### **Renee says**

DNF. I hardly ever review a book I could not finish. The author spoke at my MOPS group about her nonprofit so this book intrigued me. We all want grateful kids. I also want my child to be loving and caring and open minded to ALL people. I was enjoying the book and like the end of the chapters where there are practical examples/prompts to do for each age level but in chapter 2 she began to assert her religion on views and was not very loving to all of God's children. Came across judgmental and preachy.

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### **Sarah says**

An absolute must read.

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