

# Delayed Gratification--KEY

View John Stossel's YouTube clip "[Delayed Gratification Makes for Better Children](#)"

Effects of Eating the Marshmallow (instant gratification) List all.

- More likely to experience trouble
- More likely to struggle

Effects of Waiting to Eat the Marshmallows (delayed gratification) List all

- Higher SAT Scores (by 200 points)
- Happier
- Healthier
- Do better in school
- Make more money
- Better relationships
- Less likely to get into trouble

How do we teach this to children?

- Have children SAVE UP if they want something...Use clear jars, labeled share, save, spend (visual that children can see growing/changing/results)--Doesn't have to be money; can be prizes, privileges or praise
- Have children complete something "hard" first; use the prize as incentive
- Don't give in to tantrums as it promotes/encourages instant gratification
- Be a good role model--lead by example
- Follow through--do what you say you will, keep promises, etc. If you don't, kids are less likely to wait for the reward.

The KEY is \_\_\_\_\_ consistency \_\_\_\_\_ (**SNCISTOEYCN**)! Why does it matter?

Child will not trust that they will get what is promised. Teach them the truth and the benefits of waiting while they are young...they will learn over time if the concept is reinforced.