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MENTAL HEALTH MEMO

Is it *luck* or a self-fulfilling prophecy?

Many people think about a self-fulfilling prophecy as a bad phenomenon, but it can also be related to the buzzword manifestation, which has positive connotations.



The process of a self-fulfilling prophecy cycle creates outcomes we expect from ourselves or experiences.

If you want to see changes in the children you provide care for, you must believe they can do well, have your actions or behaviors match this belief with smiles and focusing on descriptive praise, which then creates the outcome that the children WILL do better, and this reinforces the belief that the child is inherently good. Unfortunately, many adults create the opposite outcome by believing a child is a troublemaker, or an attention seeker. Therefore, the adult gives a bad attitude/behavior which creates more disruption from the child and reinforces the bad we expected from the child in the beginning.

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