

TEN TIPS FOR RAISING A HAPPY CHILD



- 1 Express gratitude every day.** If you make the expression of gratitude routine in your home, everyone will feel a greater sense of contentment with life as it is.
- 2 Spend one-on-one time with your child.** When you give your child your undivided attention on a regular basis, he feels he matters to you. Consistent special time creates the opportunity for regular communication and connection.
- 3 Create opportunities for your child to help other children.** Being of service builds your child's empathetic response and strengthens her sense of purpose in the greater world.
- 4 Ask your children to come up with their own solutions to their problems.** If you solve their problems for them, they lose the opportunity to feel empowered and build resiliency.
- 5 Make sure your children know your love for them is not contingent on their performance or achievement.** Communicate with your children that your love for them is without conditions of accomplishment.
- 6 Identify daily stress points.** If aspects of your daily routine are consistently stressful, see if you can make changes and create solutions; perhaps you need more time, more nutrition, more exercise, more communication, more organization, or different expectations for a better routine.
- 7 Encourage competency.** From an early age, let your child do whatever he is capable of doing for himself. This will develop his sense of competency in the world, which in turn affects his self-confidence and self-esteem.
- 8 Self-confidence is a learned behavior.** Teach your child to be aware of her inner voice and to identify the thoughts that help or hinder her self-esteem. Give her examples of reassuring thoughts she can use to replace the critical ones.
- 9 Model perseverance.** Share your own small challenges and quiet triumphs with your children. Let them see by your example how to persevere in the face of disappointment.
- 10 Talk with your children** about uncomfortable subjects. When you communicate your feelings about difficult topics, you share your values.