

TIPS FOR RAISING HAPPY & HEALTHY CHILDREN

Tip #1: Get happy yourself.

Your happiness affects how happy and successful your kids are. Parental depression makes parenting less effective and may cause behavioral problems in kids.



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Tip #2: Teach them to build relationships.

It can start with encouraging kids to perform small acts of kindness to build empathy.



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Tip #3: Expect Effort, not perfection.

Parents who overemphasize achievement are more likely to have kids with high levels of depression, anxiety, and substance abuse compared to other kids.



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Tip #4: Teach Optimism.

Ten-year-olds who are taught how to think and interpret the world optimistically are half as prone to depression when they later go through puberty.

