

## TIPS FOR RAISING HAPPY AND HEALTHY CHILDREN

### Tip #13 : Instill a sense of social responsibility.

Let your children know you expect moral behavior, like honesty and fairness. Set an example of honesty, fairness and social responsibility for your children to follow. Promote your child's sense of self-respect.



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### Tip #14: Give real responsibilities.

Acknowledge children making a contribution to the family to heighten their sense of connection and confidence, two prerequisites for lasting happiness.



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### Tip #15 - Practice gratitude.

Happiness studies consistently link feelings of gratitude to emotional well-being. Ask each member of the family to take time daily to name aloud something he or she is thankful for.



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### Tip #16: Don't try to make your child happy.

Parents who feel responsible for their kids' emotions have great difficulty allowing them to experience anger, sadness, or frustration. We swoop in immediately to give them whatever we think will bring a smile or to solve whatever is causing them distress.

Children who never learn to deal with negative emotions are in danger of being crushed by them as adolescents and adults.

