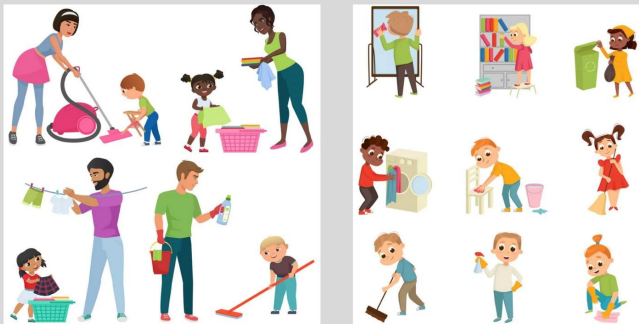


TIPS FOR RAISING HAPPY AND HEALTHY CHILDREN

Tip #21 - Assign chores.

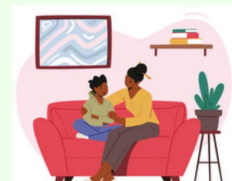
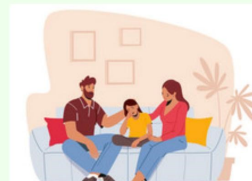
Chores can teach kids life lessons such as responsibility and community service. They may also learn they can cope with boring tasks or that they're capable of persisting even when they feel frustrated.



TIPS FOR RAISING HAPPY AND HEALTHY CHILDREN

Tip #22 - Teach Your Child Using Empathy

When teaching your child to interact with the world, it can be hard for you to imagine how they see things. Children have the same kind of emotions and feelings adults have. However, they're not fully prepared to express them yet. When you teach your child by using empathy, you can show them how to care for other people. Show them by empathizing with them first.



TIPS FOR RAISING HAPPY AND HEALTHY CHILDREN



Tip #23 - Make Caring for Others Important.

As humans, we often make caring for ourselves the most important thing. And sometimes, that's what we need to do to get through life.

However, making caring for others an important part of their life will teach your children how to reach out to other people.



TIPS FOR RAISING HAPPY AND HEALTHY CHILDREN

Tip #24 - Help Children Process Their Emotions.

Not all emotions are fun. Some emotions, like anger and frustration, can be difficult for children to understand. When children become upset, they need to be taught how to deal with those feelings.

Children who aren't taught tend to lash out physically - hitting, kicking, screaming. Focus on dealing with and processing emotions in a healthy manner.

