

TIPS FOR RAISING HAPPY AND HEALTHY CHILDREN

Tip #5: Teach Emotional Intelligence.

It is a skill, not an inborn trait. Empathize, Label and Validate" when they're struggling with anger or frustration. Relate to the child, help them identify what they are feeling and let them know that those feelings are okay.



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Tip #6: Have more playtime.

Unstructured play (with or without adults) promotes intellectual, physical, social, and emotional well-being.



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Tip #7: Less TV.

Research demonstrates a strong link between happiness and not watching television. If our kids are watching TV, they aren't doing those things that could be making them happier in the long run.



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Tip #8: Eat dinner together.

Studies show that kids who eat dinner with their families on a regular basis are more emotionally stable and less likely to abuse drugs and alcohol.

