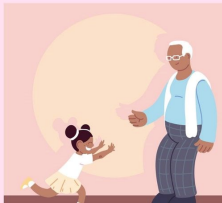


TIPS FOR RAISING HAPPY AND HEALTHY CHILDREN

Tip #9: Foster Connections.

The surest way to promote your child's lifelong emotional well-being is to help him feel connected—to you, other family members, friends, neighbors, daycare providers, even to pets.



TIPS FOR RAISING HAPPY AND HEALTHY CHILDREN

Tip #10: Praise the right stuff.

Praise the effort rather than the result.

Praise creativity, the hard work, the persistence, that goes into achieving, more than the achievement itself.



TIPS FOR RAISING HAPPY AND HEALTHY CHILDREN

Tip #11: Give freedom when it makes sense.

Children need freedom to explore, imagine, create, take things apart and put things together. This requires boundaries but providing freedom to encourage exploration, etc., is more important by far than giving lots of attention.



TIPS FOR RAISING HAPPY AND HEALTHY CHILDREN

Tip #12: Allow for success and failure.

While it can be difficult to watch our kids struggle, they'll never know the thrill of mastery unless we allow them to risk failure. Few skills are perfected on a first try. Through repeated experiences of mastery, they develop the can-do attitude that lets them approach future challenges with zest and optimism that are central to a happy life.

