

TIPS FOR RAISING HAPPY AND HEALTHY CHILDREN

Tip #17 - Help children set achievable goals.

They will learn to take pride in themselves and rely less on approval or reward from others.



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Tip #18:

Get involved with your child's school.

Meet teachers and staff and get to understand their learning goals and how you and the school can work together to help your child do well.



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Tip #19 - Encourage outdoor play.

Don't underestimate the power of outdoor play. Running on the grass, climbing trees, sitting on a swing, and digging in the dirt is good for kids. Outdoor play can also improve social skills in children.



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Tip #19:

Have high but reasonable expectations.

Studies show when parents have high academic expectations of their children, children do better in school and they persist longer at hard tasks.

