

## TIPS FOR RAISING HAPPY AND HEALTHY CHILDREN

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### Tip #25: Boosting Self-Confidence (not self-esteem)

Children who attribute their grades to their own efforts and strengths are more successful than kids who believe they have no control over academic outcomes. Real self-confidence is an outcome of doing well, facing obstacles, creating solutions and snapping back on your own. Fixing your kid's problems or doing their tasks for them only makes them think: "They don't believe I can."



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### Tip #26 – Developing Empathy

Notice others: Point out people's faces and body language at the library or park: "How do you think that man feels?" "Have you ever felt like that?"



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### Tip #27 – Building Self-Control

One technique is to use stress pauses. Slowing down gives kids time to think. Teach a "pausing prompt" your child can use to remind them to stop and think before acting: "If you're mad, count to 10 before you answer." "When in doubt: Stop, think, cool off."



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### Tip #28- Praising Ethical Behavior

It helps to acknowledge and praise ethical behavior when your child displays it so they recognize that you value it. Call out integrity, then describe the action so your child knows what they did to deserve recognition. Using the word "because" makes your praise more specific: "That showed integrity because you refused to pass on that gossip."

