

WELL-BEING NEWSLETTER

HOW TO RAISE HAPPY KIDS

WHEN YOU ASK PARENTS WHAT THEY WANT FOR THEIR CHILDREN, WHAT'S USUALLY THE MOST COMMON REPLY? THEY WANT THEIR CHILDREN TO BE HAPPY.
HAPPINESS IS A TREMENDOUS ADVANTAGE IN A WORLD THAT EMPHASIZES PERFORMANCE. ON AVERAGE, HAPPY PEOPLE ARE MORE SUCCESSFUL THAN UNHAPPY PEOPLE.



HOW CAN WE, AS PARENTS AND CARERS, HELP?

GET HAPPY YOURSELF

THE FIRST STEP TO HAPPIER CHILDREN IS, IRONICALLY, A LITTLE BIT SELFISH.
HOW HAPPY YOU ARE AFFECTS HOW HAPPY AND SUCCESSFUL YOUR CHILDREN ARE – DRAMATICALLY!. DO THINGS YOU ENJOY AND ALLOW YOUR CHILDREN TO SEE HOW HAPPY IT MAKES YOU, LAUGHTER IS INFECTIOUS AND SO IS HAPPINESS.

TEACH THEM TO BUILD HEALTHY RELATIONSHIPS.

YOU CAN TEACH THEM ABOUT SHARING, LISTENING, AND TAKING TURNS BY PLAYING GAMES WITH THEM. THESE ARE ALL VALUABLE SOCIAL SKILLS AND GOOD MANNERS. CHILDREN WITH GOOD SOCIAL SKILLS WILL FIND IT EASIER TO BUILD HEALTHY HAPPY PEER FRIENDSHIPS.

TEACH EMOTIONAL INTELLIGENCE

EMOTIONAL INTELLIGENCE IS A SKILL, NOT AN INBORN TRAIT.
CHILDREN DON'T ALWAYS "NATURALLY" COME TO UNDERSTAND THEIR OWN EMOTIONS, LET ALONE THOSE OF OTHERS.
A SIMPLE FIRST STEP HERE IS TO "NAME AND VALIDATE" WHEN THEY'RE STRUGGLING WITH STRONG EMOTIONS. TO DO THIS YOU CAN SAY 'I UNDERSTAND YOU ARE FEELING ANGRY AND THAT IS OK' IN A SIMPLE SENTENCES LIKE THAT YOU HAVE SHOWN YOU UNDERSTAND, YOU HAVE NAMED THE EMOTION AND VALIDATED ITS OK. THEN YOU CAN TALK ABOUT HEALTHY WAYS TO DEAL WITH THESE BIG EMOTIONS.

LOVE AND AFFECTION.

ESSENTIAL FOR CHILDREN'S HAPPINESS. SHOW HOW MUCH YOU LOVE YOUR CHILDREN WITH WORDS, HUGS, SMILES. IT SOUNDS SILLY TO REMIND PARENTS BUT, IN THE STRESS, AND STRAINS OF EVERYDAY LIFE IT CAN SLIP WHICH BECOMES HABIT, A SQUEEZY HUG IS QUICK, FREE AND WHO DOESN'T LOVE A HUG?

SAFE SPACES AND THINGS TO DO

THIS MAY ALSO SOUND OBVIOUS BUT HAVING A SAFE PLACE TO BE WHO YOU ARE IS SO IMPORTANT. THIS COULD BE IN THE HOME OR SOMEWHERE AS PART OF A CLUB. NURTURE HOBBIES AND ACTIVITIES THAT YOUR CHILD ENJOYS. DO THEY LOVE DANCING IN THE KITCHEN, BUILDING LEGO OR GOING TO THE PARK. NOT ALL HOBBIES NEED TO COST ANYTHING EITHER, SCHOOLS OFTEN PROVIDE AFTER SCHOOL CLUBS THAT CAN BE UTILISED.

ASK YOU CHILD

THE LAST ONE IS PROBABLY THE MOST IMPORTANT. ASK YOUR CHILDREN WHAT MAKES THEM HAPPY AND DO MORE OF THAT! ASK THEM WHAT MADE THEM SMILE TODAY, ASK THEM IF ANYTHING FUNNY HAPPENED AND ENJOY LISTENING TO THEIR STORIES.

