

Raising a Happy Child: 6 Effective Tips

Description



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Giving your children happy childhood moments can set them up for a successful life. But a happy life doesn't mean immediate gratification or expensive vacations. It's not about living in luxury.

It's about giving your kids skills that make them live in harmony and put a smile on their faces. Optimistic and happy children are products of optimistic and happy families, regardless of genetic makeup.

But many parents wonder how to raise happy children in today's world. Is it about prestigious schools, good food, clothes, or vacations?

Let's have a sneak peek at six effective ways to raise happy and healthy kids.

1. Be a Happy Parent

Apparently, you can only give what you have. Next to being healthy, you want them to be happy. A wide array of studies indicate that happiness is a learned behavior. It means your emotional problems are linked to emotional issues in your kids.

Unhappy parents often bring up unhappy children.

So, how can you become a happy person?

Giving gratitude is a powerful way of boosting your happiness. It makes you a better person and strengthens the relationship with your children. More so, spend time with people you like, and your children should be among these people.

Being surrounded by positive energies increases your happiness level. A happy parent means a happy child.

2. Don't Ignore the Power of Toys and Gifts.

A [new study](#) indicates that kids get happier when they get material gifts. At 3-5 years, children find it hard to understand or remember events, but they gain a thrill from tangible items. By the time children are 5, they get excited about exploring new ideas and subjects.

So, toys and kits will keep them entertained and happy. You can purchase Super Wings Mira at [alphatoys.com](#) to compliment your child's curiosities and evoke their cognitive skills.

And as you choose toys and gifts, pick items that acknowledge their growth milestones. And you don't have to go broke. Several stores, both brick-and-mortar and online- offer a myriad of varieties at affordable prices.

3. Encourage Outdoor Activities

Running on the grass, playing with pets, digging in the dirt or sand, climbing trees, and swinging are all good for your child.

Perhaps you should stop being a paranoid parent who shouts at kids when they roll on mud. Giving kids the freedom to enjoy nature gives them immeasurable happiness.

Several studies show nature scents like cut grass, lavender, and pine trees can improve your kids' mood. It's then high time you encourage your teens to do their homework or read a book outside. Outdoor play also boosts social skills, self-control, empathy, and engagement. Your child will relate well with people and other children.

Children with [excellent social skills](#) are twice likely to join college. They're also less likely to engage in substance abuse, violence and get obese.

4. Foster Connections

A close connection with your child will surely make your heart melt. And this is the crave for every parent. Fostering a solid connection makes parenting worth the sacrifices.

Children who are strongly connected to their parents are likely to be happy and follow the rules.

Connection means being into your child's life, but you can do this [without being domineering](#). Learn to snuggle the kid last thing at night and first thing in the morning. Hug often, pat backs, and rub shoulders.

5. Ensure Your Kids Get Enough Sleep

Insufficient sleep makes children less creative, lose concentration, poor brain functionality, and less self-control. Sleep keeps the child's mind calm and alert. More so, sleep boosts brainpower and minimizes irritable and fussy characteristics.

Enough sleep plays a crucial role in giving children the ability to understand and process new information. The school-going kids will, therefore, have an easy time grasping concepts.

For better sleep, avoid glowing screens and gadgets in your children's room. Ensure the child is relaxed before bedtime and keep regular sleeping patterns.

6. Reduce Screen Time

Less screen time is positively linked to increased happiness in kids. A study revealed that kids who are hooked to screens for long are likely to get depressed and hyperactive. By limiting TV time, your kids' overall mental and physical health increases, and social and behavioral skills develop.

Screen time prevents children from playing outside, interacting with friends and family and affects their reading culture.

The Bottom Line

Bringing up happy children is a process that needs determination and dedication. It's a noble calling but can be quite challenging.

But with these six tips, we hope the task will be less taxing.

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