

Creating Happiness in Children

Children should have the opportunity to be happy in life, and creating happiness for our kids should be our goal. Did you know happiness positively affects overall health, development and growth? What can parents do to help their kids be as happy and healthy as possible? Use strategies for cultivating happiness in childhood to set kids up for a lifetime of positivity.



Family

Start with family. The relationships that school-aged children have with the members of their immediate family have been shown to be more important to happiness than those with their peers or others. Effective family communication relates to life satisfaction.

Methods to encourage communication include:

- Be a model for the kids in your life: practice and demonstrate how to communicate with others
- Provide consistent support for kids by being open and honest
- Show affection and be understanding, even when it is hard
- Dedicate family time to talk to each other enjoy time together

Healthy Relationships

Healthy relationships with peers and strong social connections with others outside of the family are also important to a child's happiness. The shared life experiences with their friends and peers gives them a sense of belonging and role in the world. Families should be mindful of the social connections kids have outside of the family and encourage positive ones.

Coping with Challenges of Growing Up

Being a kid can be stressful. Helping children deal with the challenges of growing up by managing their negative emotions can build a foundation for coping with difficult situations in life. It is important to show emotional support to kids when they are dealing with stress, helping to improve their self-esteem, and become more resilient for the greater challenges that life holds.

Set Goals

Encouraging your kids to set goals, both small and large, is a positive way to help them develop purpose and meaning in life. For younger children, set very short-term goals like a brief

task to introduce them to the process. Acknowledge a child's accomplishments and teach them to share what they are grateful for in life. Even the simple things can remind them of what makes them happy.

Smile

Make your kids smile. Taking the time for wellness related activities can improve your child's mood and everyone around them.

Nurture Mental Wellness

Staying on top of your child's mental health. Take time to practice wellness and not just putting out fires (problems) when they arise. This is more important as kids enter their teen years and even when they appear to be doing well. Teach your kids ways to improve their mental health for benefit their overall physical health.



Happiness goes behind smiling and laughing. Emotional wellness in kids can lead to stronger immune systems, improved sleep, healthy relationships, and even longer lives. Be consistent in promoting happiness to keep children on a positive life track.



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