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Raising Happy Kids

Raising Happy Kids - What's Happiness?

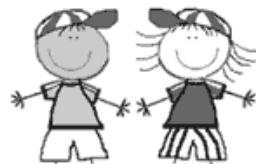
"All I want is for my kids to be happy."

Parents frequently say "I just want my kids to be happy". But we sometimes forget how to focus on happiness in our busy family lives. Let's find out what happiness consists of and how we can provide more of this gift for life for our precious children. It's never too late; here are some pointers and some fun activities. Lots of these you know, some might help as reminders.

What is happiness?

When you understand how true happiness develops you can help your children find it too. Happiness is within ourselves, it is within our control; so we can teach our kids skills and attitudes which will allow them to foster their own happiness. Children are surrounded by all sorts of alluring images and ideas on TV, in the playground and among their peers. Wealth, fame, personal beauty, power, countless gadgets and toys; these don't bring us happiness. In fact chasing after these can even cause unhappiness and dissatisfaction. Happiness is within. Let's look at some of the ways we can give this to our kids.

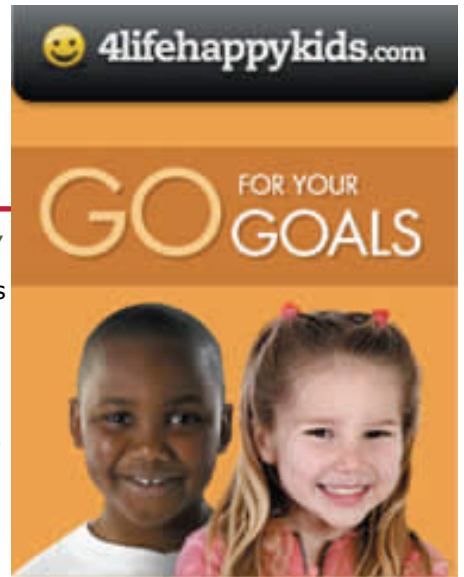
1. Building Self-Esteem and Self Confidence
2. Building Relationships
3. Creating Stability and Balance
4. An Optimistic and Positive Attitude
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6. Shaping and Teaching Family Values
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How to Raise Happy Kids

