

# Family Life

## 7 keys to raising stronger and happier kids

- 1. Build confidence daily (even for 5 minutes):** It is the everyday things we do with our children that help them feel stronger and happier no matter what. Say affirmations together on the way to school or read a bedtime story every night that teaches about your child's power within.
- 2. Get them moving:** Children need to move their bodies and get their energy released in a healthy way. Be sure they do something they love from making a garden to becoming a soccer star. (Let them pick it!)
- 3. Sign them up for 1 weekly confidence-building activity:** Your children's weekly boost may be a sport like soccer or singing lessons. Most importantly, they need to see themselves succeed (really important) and also have a regular way to see themselves master a task. This builds outer and then inner confidence.
- 4. See success together:** Oprah always says that if you can believe it, you can achieve it. So help your children believe more fully in themselves. Do affirmations together like "I love me" and "I am amazing in every way." Or, do a guided meditation, sing a song that sparks them up or draw a vision board. Let your creativity loose so you both become more self-assured.
- 5. Get inspired:** Do something inspiring together whether it is going to see magnificent waterfalls, flying a kite, or learning hula-hooping. By doing something that lights your children up, they learn how to build a new skill and you'll see their confidence soar.
- 6. Create an uplifting space:** Decorate your children's space so they see happy photos of themselves, their awards displayed, goals (or vision board) hung up and they have their favorite things all around them. By making the space feel good to your kids, they'll realize this world is supporting them, their dreams can come true, and others want to see them succeed.
- 7. Play more:** Happier children know the importance of play whether they are outdoors helping their parents garden or playing tag with their buddies! So the more you help your children build skills, see their power within, and play in their daily lives, the happier they'll be.

*Source: Maureen Healy, an emotional health and parenting expert, author of Growing Happy Kids: How to Foster Inner Confidence, Success, and Happiness*

