How to Raise a Happy, Successful Child: 25 Tips Backed by Science

Every parent wants to raise children who are happy and successful.I've compiled this list of 25 scientific ways to bring up confident and well-adjusted children.



- [ ] 1. Become a happier person yourself.
- [ ] 2. Celebrate as a family, as often as you can.
- [ ] 3. Prioritize your marriage over your children.
- [ ] 4. When your children talk to you, give them your undivided attention.
- [ ] 5. Have regular meals together as a family.
- [ ] 6. Teach your children to manage their emotions.
- [ ] 7. Teach your children to build meaningful relationships.
- [ ] 8. Set reasonable boundaries for your children.
- [ ] 9. Ensure that your children get enough sleep.
- [ ] 10. Focus on the process, not the end result.
- [ ] 11. Give your children more time to play.
- [ ] 12. Reduce your children's TV time.
- [ ] 13. Encourage your children to keep a gratitude journal.
- [ ] 14. Allow your children to make their own choices (including choosing their own punishment).
- [ ] 15. Resolve the conflicts in your marriage.
- [ ] 16. Encourage your children to serve others and be generous.

- [ ] 17. Promote a healthy body image.
- [ ] 18. Don’t shout at your children.
- [ ] 19. Teach your children to forgive.
- [ ] 20. Teach your children to think positively.
- [ ] 21. Create a family mission statement.
- [ ] 22. Have regular family meetings.
- [ ] 23. Share your family history with your children.
- [ ] 24. Create family rituals.
- [ ] 25. Help your children to find a mentor.

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