

# 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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