

## Happy Child

# 10 STEPS TO A HAPPY CHILD

- 1 LISTEN WHEN THEY TALK**
- 2 LET THEM EXPRESS THEIR FEELINGS & VALIDATE THEM**
- 3 POINT OUT THEIR STRENGTHS WITH COMPLIMENTS**
- 4 ENCOURAGE THEIR FRIENDSHIPS WITH OTHER GREAT KIDS**
- 5 TEACH THEM TO PAY ATTENTION TO OTHERS' FEELINGS**
- 6 AVOID EXCESS SCREEN TIME**
- 7 LET THEM HAVE SOME RELAXED PLAYTIME EVERY DAY**
- 8 EAT DINNER AS A FAMILY**
- 9 LET YOUR HAPPINESS SHOW**
- 10 TELL THEM YOU LOVE THEM - EVERY DAY!**