

10 Ways to Raise a Happier Child

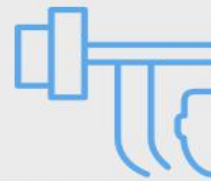
by Elizabeth Pantley
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Listen when they talk.



Let them express their feelings & validate them.



Point out their strengths with compliments.



Avoid excess screen-time.



Teach them to pay attention to other's feelings.



Encourage their friendships with other great kids.



Let them have some 'do-nothing playtime' every day.



Eat dinner as a family. (If you can't, then do breakfast.)



Let your happiness show.

www.ElizabethPantley.com

Tell them you love them - often!

