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Tips for Raising Happy and Successful Children

Parents are always looking for new ideas to help them raise healthy, happy children. After all, kids that grow up happy will likely become more successful and accomplished adults. But sometimes, that's easier said than done. So today, [Namaste Chef](#) shares some parenting tips to consider if you want to raise successful children.

Get Happy Yourself

The first thing to do is to improve yourself. Psychology Today notes that [your happiness](#) affects the happiness and success of your children. There's a substantial link between mothers who are depressed and the negative outcomes of their children, like having behavior problems. Parental depression causes behavioral issues in kids, and it could make your parenting efforts less effective.

One great way to boost your mood is through exercise – and it doesn't necessarily require expensive equipment or a gym membership. Depending on your area's walk score – that is, [how easy it is](#) to walk to common destinations – you could try leaving the car at home and running your errands on foot. That alone can improve your health and mood a great deal!

Teach Them How to Build Relationships

Learning about relationships is vital, but many parents don't spend enough time with their kids teaching them how to relate with people. There are many ways to help your kids build relationships, including through [socialization skills](#) that allow them to follow their interests, learn empathy, and learn to ask questions.

This does not require a lot, as you can begin with teaching them how to perform [acts of kindness](#) that build empathy. This builds essential skills and makes the kids better people. To ensure your kids spend time in the right environment, find the best daycare for them.

Relationship building is also a big part of playing with other kids, as well as with parents. This is where getting and staying active is important, and it should start at home. Investing in play equipment like a trampoline is a great way for everyone to have fun and get in some exercise at the same time. When purchasing toys and exercise equipment, go online and read up on home product reviews and recommendations to get a good idea of what's available. You'll be more confident that you're getting the most out of your investment.

Teach Optimism

[Teaching kids optimism](#) is a simple process, but it requires your time and effort. Some of the ways you can make this work include engaging in regular exercise with them, which is effective in fighting depression. Also, meditation is a powerful tool, which will help your kids create a connection with their environment.

To be of service to others, engage in acts of kindness, and remind your kids to always journal about their positive experiences. Compared to pessimists, [optimists are more successful](#) at work, school, and athletics, they're also happier and live longer, and optimists are more satisfied with their marriages.

Teach Emotional Intelligence

The Gottman Institute points out that you also want to teach [emotional intelligence](#) to your kids for the best outcomes in life. This is a learned skill. Assuming your kids will naturally embrace the right emotions will set them up for failure.

The first step in teaching them is to empathize and validate when they're struggling with frustration and anger. Help them identify their feelings and help them understand these feelings are okay, although bad behavior may not be. Be sure to set aside time to [connect consistently](#). Bedtime can be an excellent opportunity to check in with your kids on a regular basis.

Form Happiness Habits

Good habits will cultivate happiness and help your kids attract kindness whenever they go. To build lasting happiness habits, remove any distractions and temptations. Also, make it public and establish your goals to boost social support.

Help your kids to understand [personal goal setting](#) and how to follow through with ideas for a successful outcome. Only approach one goal at a time and complete one task before starting another. Help your kids understand they should never expect perfection, as things take time.

Conclusion

Raising kids is a process that calls for your dedication as you must deal with different challenges besides taking up the task of educating them on important life skills. Teach them how to relate with others, especially being empathetic. Help them embrace happiness habits, and be the role model about how to approach issues.

[Namaste Chef](#) has been part of San Diego's community for more than 15 years. Driven by lifelong passions for food and service, owner Jordan Wagner continues to bring freshness and creativity to San Diego's culinary market. Call 619-251-2482.