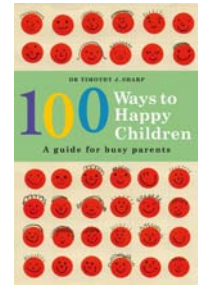


## **100 Ways to Happy Children: a guide for busy parents**

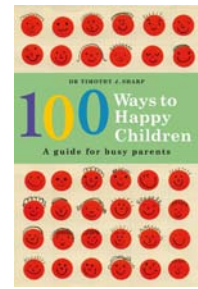
### **Section One – 20 ways to establish family foundations**

1. Happiness is ...
2. Happiness is not ...
3. Actions speak louder than words
4. Discuss and define family values
5. Define your parenting style
6. What's your life plan?
7. Prioritise and focus
8. Recognise negative thoughts
9. Categorise negative thoughts
10. Manage negative thoughts
11. Recognise your strengths
12. Utilise your strengths
13. Plant optimistic thoughts
14. Understand the importance of optimism
15. Foster healthy relationships – you and your partner
16. Foster healthy relationships – you and your child
17. Communicate effectively
18. Promote a healthy home and be a healthy role model
19. Enjoy the moment
20. Learn from your children – play and have fun



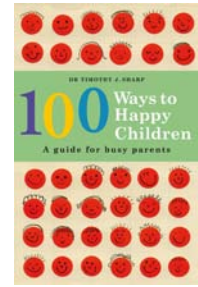
## Section Two – 20 ways to build character

1. The different stages of development – for you and your child
2. Use Socratic questioning
3. Recognise, challenge and manage negative thoughts in your child
4. Help your child recognise their strengths
5. Help your child build on their strengths
6. Guide your child
7. Be kind to one another
8. Define right and wrong
9. Help your child develop purpose and define goals
10. Set clear goals
11. Encourage realistic expectations
12. Build resilience
13. Reinforce optimism and hope when things go wrong
14. Identify and accept negative emotions, or 'positive frustration'
15. Manage negative emotions
16. Learn (and teach) tolerance
17. Equip your child with alternative response options
18. Encourage your child to find solutions to problems
19. Encourage happiness habits
20. Appreciate all forms of happiness



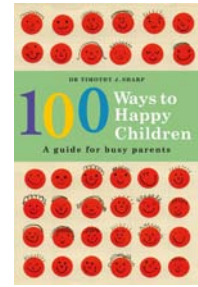
### **Section Three – 20 ways to set positive boundaries**

1. Model appropriate behaviours and attitudes
2. Set structures and boundaries
3. Short-term pain equals long-term gain
4. Provide positive discipline and alternatives
5. Discipline is not corporal punishment
6. Balance consistency with flexibility
7. Positive reinforcement – what is it?
8. Positive reinforcement – how to do it
9. Accept that change takes time
10. Spend quality time with your child
11. Teach your child the benefits of mindfulness
12. Understand and practise unconditional positive regard
13. Love as much as you can, then more
14. Integrate the Positivity Ratio
15. Aim for quantity time as well as quality time
16. Talk to your child
17. Listen to your child
18. Be a family – eat, play and hang out together
19. Remember to have fun
20. Let your child be a child



#### **Section Four – 20 ways to make learning safe and fun**

1. Foster a love of learning
2. Foster a love of schooling
3. Set ground rules for homework
4. Make homework fun
5. Learn outside of school
6. Encourage curiosity
7. Focus on established areas of interest
8. Don't focus on obstacles
9. Turn your strengths into actions
10. Know when your kids needs a break from learning
11. Teach your child to persevere
12. Know when enough is enough
13. Learn to resist peer pressure
14. Learn to go with peer pressure
15. Deal with bullying
16. Develop positive relationships with peers
17. Develop positive relationships with teachers
18. What does failing really mean anyway?
19. Overcome fears
20. Act courageously



## Section Five – 20 ways to ensure wellbeing

1. Educate your child about healthy eating
2. Make healthy eating fun
3. Ensure your child eats healthily when with friends
4. Develop a healthy body image
5. Accept your appearance for who and what you are
6. Encourage formal exercise
7. Encourage informal exercise and incidental activity
8. Select appropriate activities based on your child's strengths
9. Encourage healthy sleep routines
10. Promote healthy strategies to get enough quality sleep
11. Learn to relax through meditation and 'nothing time'
12. Make time for and encourage active resting
13. Encourage your child to develop problem-solving strategies
14. Identify bad habits
15. Get rid of bad habits
16. Build healthy habits
17. Identify significant mental-health problems
18. Know when to self-manage and when to refer
19. Where to find help for psychological problems
20. Love your child for who they are