

7 EVIDENCE-BASED PARENTING TIPS

Follow these steps and stay on the right path to raise happy, positive kids.

1 EMPHASISE POSITIVE EMOTIONS
Promote positivity. Encourage your children to look for the joy, gratitude or awe in a situation so they develop optimism and resilience.

2 FOCUS ON STRENGTHS
Don't focus on failure, focus on flair. Fostering your children's unique strengths builds positive self-identity, and a sense of mastery.

3 CULTIVATE RESILIENCE
Reach resilience by reframing and explain how setbacks are learning opportunities that can lead to future success.

4 FOSTER MEANING AND PURPOSE
Help your children explore their values and passions by guiding them towards activities that promote purpose and have meaning.

5 PROMOTE HEALTHY RELATIONSHIPS
Encourage your kids to connect through empathy, compassion and effective communication so they start to build healthier relationships.

6 PRACTICE MINDFULNESS
Mindfulness and meditation keep kids in the moment. Being mindful and focused on the present also manifests more mature self-awareness and emotional regulation.

7 PRIORITISE SELF-CARE
Model healthy habits for your herd by signalling the significance of self-care, self-compassion and boundaries in your own behaviour.

