

4 Tips That Can Help Parents Raise Happy, Healthy, and Successful Children



There are many benefits to raising happy children. Various studies suggest that [happier children](#) have higher IQs, are more likely to graduate college, and can be wealthier in life. Childhood happiness is also linked with improved cardiovascular health, fewer chronic illnesses, and a lower risk of depression.

Although every parent wants to raise happy, healthy, and successful children, it's not a straightforward task as life can be challenging and unpredictable. But by taking the right steps, parents can improve the chances of raising children who thrive in life.

#1 Raise Them in Good Neighbourhoods

Children are more likely to be happier when they're raised in good neighbourhoods. Clean and well-maintained neighbourhoods that are close to nice schools, parks, community centres, and libraries are a good place to raise children.

#2 Find Them the Right Schools

The right school can play a crucial role in a child's mental health. But this doesn't necessarily mean looking for a school with the best rankings. Every child needs an environment that suits their needs. For example, certain schools are better at teaching the sciences, while others have strong art programs, while others still excel at athletics.

If a child has special needs, then only certain schools can give them the attention they need to thrive. Meanwhile, newcomers to a country may need to find a school with a demographic where their children can adapt more easily.

Finding the right school can be complicated in cities with a catchment system, where children can usually attend schools only in their neighbourhoods assigned to their residential address. In such cities, finding the right school can go hand in hand with finding the right neighbourhood. Many parents can feel frustrated in these situations after pouring over countless websites to crosscheck data and find the perfect place to buy a home.

Thankfully, as a parent, you can use modern technology to [find the best schools for your children](#) in good neighbourhoods and connect with an expert real estate agent who understands the area intimately. Using such a platform you can raise your children in a place where they can develop happy memories.

#3 Spend Quality Time with Them

A study by the [American Psychological Association](#) finds that children grow into happier adults when they have fond memories of bonding with their parents. Activities such as playing

sports, board games, scavenger hunts, camping, travelling, cooking, hiking, or exploring with a parent are more beneficial to children than material gifts like toys.

#4 Engage in Conversations

According to a [joint study](#) by researchers at MIT, Harvard, and the University of Pennsylvania, children who have more back-and-forth exchanges with their parents are likelier to improve develop brain development associated with strong communication skills. Such skills can lead to healthier and longer relationships, happier adulthoods, more self-confidence, and successful careers.

It's important to note that the conversations don't have to be deep or meaningful if parents converse with their children interactively with a healthy exchange of dialogue.

These are four tips that can help parents raise happy, healthy, and [successful children](#). By growing up in good neighbourhoods, going to schools that match their needs, and by having good relationships with their parents, children are more likely to have the tools they need to succeed in life.