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By Shulman, Joey

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Every parent wants to raise children who are happy and successful. But there's so much parenting advice out there. Who should you listen to? The studies quoted in Raising Happiness show a strong link between increased happiness and less TV time. In other words, happy people watch less TV than unhappy people. A study of over 4,000 teenagers found that those who watched more TV were more likely to become depressive. Here's an excellent step-by-step guide to creating your family mission statement. My own family has done it – the process was extremely meaningful!

22. Have regular family meetings. Begin with inculcating healthy eating habits for children. Making a habit out of eating healthy and living a healthy lifestyle, will make a happier and healthier you. If as a parent or guide, you plan on inculcating healthy eating habits for children, then you need to do the same yourself. Children copy what adults do, especially if the adult in question is a parent or relative. So if you want your child to eat healthily, then you need to eat healthy too. Most parents have a busy schedule, so eating every meal together is probably difficult, but make sure you have one meal together as a family – preferably dinner time. While this works as good family time, you also get to see how your child eats – chances of eating junk are minimized as well. Children like the predictability of family meals and parents get a chance to catch up with their kids. Kids who take part in regular family meals are also: more likely to eat fruits, vegetables, and grains. less likely to snack on unhealthy foods. less likely to smoke, use marijuana, or drink alcohol. The best way for you to encourage healthy eating is to eat well yourself. Kids will follow the lead of the adults they see every day. By eating fruits and vegetables and not overindulging in the less nutritious stuff, you'll be sending the right message. Another way to be a good role model is to serve appropriate portions and not overeat. Talk about your feelings of fullness, especially with younger children. You might say, "This is delicious, but I'm full, so I'm going to stop eating." To raise a child and be happy throughout his life we need to take some tough decisions in his childhood when he is going towards the bad.

1. Sponsored by Bliss. For my part, I'm trying to create the conditions for my children which will enable them to have a happy childhood by doing the following. creating the freedom for them to discover who they are, what they like/dislike, what their strengths, talents and values are, while providing the boundaries, discipline and structures to keep them safe (physically, mentally and emotionally). Guiding them to recognize the things that will fulfill them and serve a good purpose. Continue Reading. Like most things in life, I don't think there is a key or a winning formula. It will vary depending on individuals,