

# Answering Parents' Questions About the Surprising Links Between Happiness & High Achievement

As a parent, you want what's best for your child. You want them to be happy and successful. But what if you could help them achieve both? Research has shown that there is a strong link between happiness and high achievement. Children who are happy are more likely to do well in school, have healthy relationships, and make positive life choices.



## Happiness & Success in High School: Answering parents' questions about the surprising links between happiness & high performance at school. by George Beinhorn

★★★★☆ 4.6 out of 5

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So, how can you help your child be happy and successful? Here are a few tips:

- **Encourage your child to pursue their interests.** When children are engaged in activities that they enjoy, they are more likely to be happy

and motivated to succeed.

- **Help your child develop positive relationships.** Strong relationships with family and friends can provide children with a sense of belonging and support, which can contribute to their happiness and well-being.
- **Teach your child how to cope with stress.** Everyone experiences stress from time to time, but it's important to teach children how to manage stress in a healthy way. This can help them avoid feeling overwhelmed or anxious, which can interfere with their happiness and achievement.
- **Set realistic expectations for your child.** When children feel like they are constantly under pressure to succeed, it can lead to stress and anxiety. Instead, set realistic expectations and praise your child for their effort and progress.
- **Be a positive role model.** Children learn by watching the adults in their lives. If you want your child to be happy and successful, it's important to be a positive role model and demonstrate these qualities yourself.

Helping your child be happy and successful is a journey, not a destination. There will be ups and downs along the way, but by following these tips, you can help your child reach their full potential and live a happy and fulfilling life.

### **Additional Resources**

- The Importance of Happiness for Children
- The Link Between Happiness and Academic Achievement

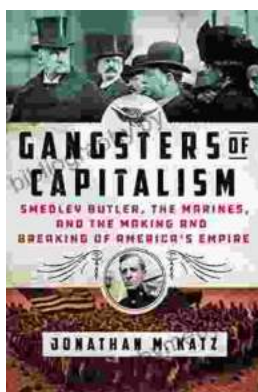
- How to Raise a Happy Child



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