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10 Steps to a Happy Kid*

- 1. If you are married, have a more active relationship with your spouse than you have with your children. Spend more time in your roles of husband and wife than you spend in the roles of mother and father.**
- 2. If you are single, do not be married to your children. Have an active life outside of your role of mother/father. Be an interesting person to your kids.**
- 3. Expect your children to obey. Expect this calmly, as if you take their obedience for granted. Disobedient children are not happy campers.**
- 4. Expect your children to be responsible citizens of your family. From the time they are 3, assign them to chores around the home, chores that mean something...Too many of today's kids have no meaningful roles in their families. They're not contributing, they're just consuming. Demanding people are not happy people.**
- 5. Teach your children that happiness is not a matter of how much you have, but a matter of how much you do with what you have.**
- 6. Teach your children that two of the most fun things to do are fun and travel, both of which involve the accumulation of memories, as opposed to things. Begin reading to your children early, and read to them often. Every time you're inclined to buy your child a toy, consider instead taking him or her fishing or camping or to a museum.**
- 7. Let television and video games in your children's lives little, if at all. The happiest children are not found staring at television sets or frantically manipulating video game consoles. They are found in parks, playgrounds, and other 3 dimensional places.**
- 8. Help your children develop hobbies. Few things exercise imagination and creativity as well as a hobby. A hobby is something a child can do by himself, eventually without adult supervision.**
- 9. Teach your children good manners. Good manners are a demonstration of attentiveness and respect for others. Your children will be happier people.**
- 10. Hold your children to high standards. You show respect for your child by expecting of the child: expect the best manners, the best schoolwork your child is capable of, expect obedience. Make no excuses; accept no excuses.**

*reprinted [partially] with permission of Dr. John Rosemond. Find out more about family psychologist John Rosemond, his syndicated parenting column, books, speaking schedule and more at www.rosemond.com