



Happiness

We may worry about all sorts of things for our children's futures: will they do well at school, will they be healthy or will they find a job? But the bottom line is often that we would like them to be happy. And having happy children makes for happy parents, too.

A popular image of childhood is that it is a time of carefree fun and pleasure – no work and lots of play. Natural happiness!

But for many children, life is not so easy. For one thing, it can be lonely if there is no-one to share your concerns, and parents need to make efforts to see things through their children's eyes. Life throws up challenges for children just as it does for adults, and we can help our children if we can reassure them that it's OK for them to talk about their difficulties with us.

Children aren't always made happy by the same things that make parents happy, and letting them express their concerns is all part of building relationships that can support happiness.

Happiness is important because it goes along with a positive outlook on life; it's good for health and it's infectious!

Visit open2.net/childofourtime to find out more about these themes and for you and your family to add your views to our national survey