

**Here are some important lessons
parents can teach their children.**





Teach time management: the precaution for procrastination.

Show your kids how to balance school, play and family time. Learning this early helps them build routines, reduce stress and meet goals without last-minute panic.

Organizing skills: because ‘Mom, where’s my...?’ turns into a routine.

Teach them to keep their things in order early on.
A place for everything
and everything in its
place.

It makes their life easier
and saves time from
unnecessary treasure
hunts.



Kids and piggy banks: The start of financial literacy.



Give your kids a piggy bank and introduce them to savings. They'll grow up with better decision-making skills and avoid impulsive spending habits.

The power of saying 'No': Boundaries aren't just for adults.

Teaching kids to say 'no' (respectfully!) lets them protect their time and emotions. It's a gift that'll help them stand up for themselves in a way that's good for them and others.





Mindful eating:
It's not just about 'finish your plate'.

Encourage them to appreciate what they eat. Knowing what's healthy builds lifelong habits like listening to their bodies and avoiding overeating.



**Respect for all.
Starting at home.**

Simple acts like saying 'thank you' to helpers or helping elders can make a big impact. It builds empathy and appreciation for every person they encounter, big or small.

Self-care isn't selfish.
Show by example!



Teach them to take breaks,
breathe and have “me time”.
Self-care can look like
painting, listening to music or
even a cozy nap, whatever
recharges them.

When wellbeing thrives at work, it finds its way back home.



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