

# PARENT AFFECTION

## How Parent Affection Influences a Child's Happiness



### DID YOU KNOW?

According to research, children who receive affection from their parents experience positive life outcomes in their health and happiness.

### Research Findings on the link between Parental Affection and Child Happiness

According to a study conducted at Duke University Medical School, babies with very affectionate and attentive mothers grow up to be happier, more resilient, and less anxious adults!

According to a study conducted at UCLA, unconditional love and affection from a parent can make children emotionally happier and less anxious.

Scientists think parental affection can actually protect individuals against the harmful effects of childhood stress.

A study from the University of Notre Dame showed that children who receive affection from their parents were happier as adults.

The adults who reported receiving more affection in childhood displayed less depression and anxiety and were more compassionate overall.

Those who reported less affection struggled with mental health, tended to be more upset in social situations, and were less able to relate to other people's perspectives.

# Benefits of Receiving Affection

Children with affectionate parents have:

- Higher Self-Esteem
- Improved Academic Performance
- Better Parent-Child Communication
- Fewer psychological and behavior problems

Children who do not have affectionate parents:

- Tend to have lower self-esteem
- tend to feel more alienated, hostile, aggressive, and antisocial

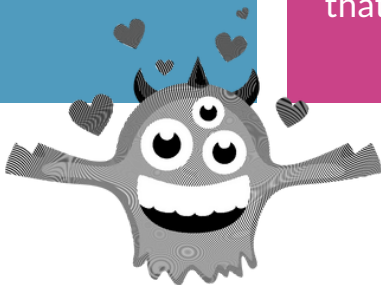


## Creative Ways to Show Your Child More Affection

As parents, you have crazy and busy lives. But it is important to make time to stop what you're doing and give your child a hug!

Play with your kids and create fun games where you can show your affection.

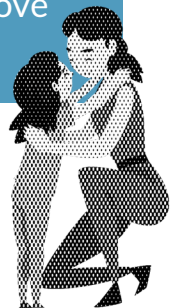
For example, you might pretend to be a Hugging or Kissing Monster.



Make hugging a part of your daily routine! Find a time each day to always hug your child. It may be before they go to school in the morning, when they get home, or before bed. If needed, create an alarm that reminds you to give your kid a hug.



You can even use affection when disciplining your child! Talk to them about what they did wrong and give them a hug at the end of the conversation to make sure they know that even though you may be disappointed with their behavior, you still love them.



Keep in mind that the way you show affection to your child may change as they get older. It is also important to respect their comfort levels and try not to smother them too much.