

# Why Laid Back Parents Raise Happier And Healthier Kids

In the realm of parenting, there's often a prevailing tension between imposing strict rules and embracing a more relaxed approach. While some parents believe in the virtues of rigid schedules and unwavering discipline, others advocate for a more laid-back style of parenting.



## The Idle Parent: Why Laid-Back Parents Raise Happier and Healthier Kids by Tom Hodgkinson

★★★★☆ 4.4 out of 5

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But what does the research actually say about the impact of laid-back parenting on children's well-being? A growing body of evidence suggests that children raised by laid-back parents tend to be happier, healthier, and more well-adjusted than those raised by parents who adopt a more authoritarian or permissive parenting style.

## The Benefits of Laid-Back Parenting

There are numerous benefits associated with laid-back parenting. Some of the most notable include:

- **Increased happiness:** Children raised by laid-back parents tend to report higher levels of happiness and life satisfaction. They are also less likely to experience anxiety, depression, and other mental health problems.
- **Improved health:** Children raised by laid-back parents are more likely to be physically healthy. They have lower rates of obesity, asthma, and other chronic diseases. They are also more likely to engage in healthy behaviors, such as eating nutritious foods and getting regular exercise.
- **Enhanced resilience:** Children raised by laid-back parents are better able to cope with stress and adversity. They are more likely to have a positive outlook on life and to bounce back from setbacks.
- **Improved social skills:** Children raised by laid-back parents tend to have better social skills. They are more likely to be outgoing, friendly, and cooperative. They are also more likely to have positive relationships with their peers.

## How to Be a Laid-Back Parent

If you're interested in adopting a more laid-back parenting style, there are a few key things you can do:

1. **Relax your expectations:** One of the most important things you can do is to relax your expectations for your child. Don't expect them to be perfect all the time. Allow them to make mistakes and learn from their experiences.
2. **Give your child more autonomy:** As your child gets older, give them more autonomy over their own lives. Let them make choices about

what they want to wear, what they want to eat, and what activities they want to participate in.

3. **Encourage your child to express themselves:** Create a safe and supportive environment where your child feels comfortable expressing themselves. Listen to their opinions and feelings, even if you don't always agree with them.
4. **Spend quality time with your child:** Make sure to spend quality time with your child each day. This could involve playing games, reading together, or just talking about their day.

Laid-back parenting is not about being permissive or neglecting your child. It's about creating a supportive and nurturing environment where your child can thrive. By relaxing your expectations, giving your child more autonomy, and encouraging them to express themselves, you can help your child grow into a happy, healthy, and well-adjusted individual.

If you're interested in learning more about laid-back parenting, I encourage you to read my book, "Why Laid Back Parents Raise Happier And Healthier Kids." In this book, I delve deeper into the research on laid-back parenting and provide practical tips on how to implement this approach in your own family.



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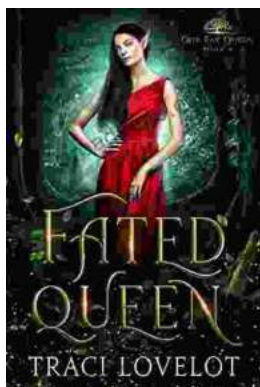
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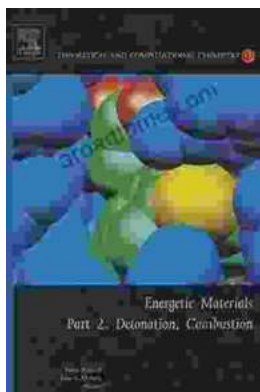
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