7. SUBJECT: Laughter is good medicine!

Kids laugh and smile all the time. Sometimes, in fact, I want my kids to stop being so silly! But laughing and smiling are all part of being a child.

As parents, I think we can learn something from our kids here.

Here’s today’s *Tip for Modern Parents*:

**Laugh and smile more!**

Parenting is not always fun; I get that. Some days it’s hard to crack a smile, let alone laugh, with all the pressures we face in raising our children.

But I suspect that we might feel better as parents—and probably even *be* better parents!—if we make sure to look for things that make us smile and laugh.

Laugh at the jokes your children crack.

Smile when your child sings loudly and a little out of tune.

Laugh when your child speaks angry words to you (this one is tough!).

Smile at the outfit he/she picks to wear to school.

Look for ways to laugh and smile more. Try it for a few days—I bet you’ll be surprised at what a difference it makes!

Onward to better parenting,

ADD NAME