

Positive+Parent™ Newsletter

Where the science of positive psychology+ meets the art of parenting™

Shaya Kass, PhD

www.PositiveParentPlus.com

WHY IT IS IMPORTANT FOR YOUR KIDS TO BE HAPPY

Most folks are about as happy as they make up their minds to be. *Abraham Lincoln*

I heard a very interesting interview with Dr. Bruce Lipton, a cellular biologist. He gave a very simple yet powerful explanation of why happiness is important.

Dr Lipton told about an experiment that he had done. He had a stem cell that he grew in a petri dish and then had many stem cells. He then separated the cells into different petri dishes and by changing the growth medium in the dishes, he was able to have the cells grow into either bone cells, muscle cells or fat cells. All the cells were genetically identical, they had all come from the same cell. The only thing that changed was the growth medium and which was able to so radically change the cells themselves.

He also took some of the cells and put them in a very poor environment. Of course, the cells started to die. That is expected. But to revive the cells he didn't give them medicine nor did he give them therapy. As you probably figured out already, all he did was put them in a healthy environment.

Now think about your body and your child's body. What is the growth medium for the cells in your body? Why it is your blood, of course! Your blood carries oxygen to your cells and takes away carbon dioxide. It brings nutrients to the cells and takes away waste. But there are also the hormones in the blood which both greatly affect or mood and are effected by our mood.

So let's say you want to have lots of "good hormones". Those hormones are ones that promote growth of cells and healing like oxytocin, dopamine and serotonin. How do you do that? Well, if you open your eyes and see the love of your life, or a beautiful sunrise or you have to go to your award ceremony that day, your brain is pumping all of these wonderful hormones into your blood.

On the other hand, if you open your eyes and see someone pointing a gun at you or if you see a fire in your room or you wake up and you know you have a test that day on a subject that you just don't understand, your brain will be flooding your blood and body with stress hormones like adrenaline. This will make your body start shutting down, and your brain will stop thinking straight.

This is why it is so very important for our kids to be happy and why your kids need you to help them be easy-going. Of course, there are stressful situations when stress hormones are needed. But a test is not one of them! Nor is not having the same shoes as Sally or the same baseball mitt as

Johnnie.

I have heard many times that happier people are healthier. Now it makes sense to me. People who are happy have cells that are living in a growth medium (their blood) that is full of good chemicals which promote good health. People who are stressed have their cells floating in a toxic environment.

So the question with the obvious answer is, "Which do you want for your child?"



You can reach me by email at DrShaya@PositiveParentPlus.com I love to hear reader comments.

The Positive Parent Plus newsletter is published weekly for free distribution by day care facilities, schools and parent groups. Quotes are compliments of www.TrulyInspiredQuotes.com. Pictures compliments of www.FreePhotos.com

© 2010 Dr Shaya Kass, PositiveParentPlus.com