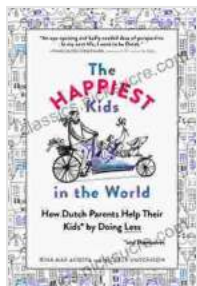


How Dutch Parents Help Their Kids And Themselves By Doing Less



The Happiest Kids in the World: How Dutch Parents Help Their Kids (and Themselves) by Doing Less

by Rina Mae Acosta

★★★★☆ 4.5 out of 5

Language : English
File size : 2670 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 298 pages
Lending : Enabled



Dutch parents are known for their relaxed approach to parenting. They believe in giving their children plenty of freedom and independence, and they don't push them to achieve. This approach has been shown to have many benefits for children, including higher levels of happiness, creativity, and self-reliance.

In the Netherlands, there is a saying: "Rust roest" (rust rusts). This means that if you don't use something, it will eventually become useless. Dutch parents believe that this applies to children as well. They believe that if you don't give children the opportunity to learn from their mistakes, they will never develop the skills they need to be successful in life.

Dutch parents also believe that children need time to be bored. When children are bored, they are more likely to use their imaginations and come up with new ideas. They are also more likely to develop social skills by playing with other children.

Of course, there are some limits to the Dutch approach to parenting. Dutch parents do not believe in letting their children do whatever they want. They still set limits and provide guidance, but they do so in a way that encourages children to be independent and self-reliant.

The Dutch approach to parenting is not for everyone. Some parents may find it difficult to give their children so much freedom. However, there is no doubt that this approach can have many benefits for children. If you are looking for a way to raise happy, healthy, and independent children, you may want to consider adopting some of the Dutch parenting techniques.

Here are some specific examples of how Dutch parents do less:

- They don't enroll their children in a lot of extracurricular activities. Dutch children typically have one or two extracurricular activities per week, compared to the three or four activities that are common in the United States.
- They don't push their children to achieve. Dutch parents believe that children should learn at their own pace and that they should not be pressured to excel.
- They give their children a lot of freedom. Dutch children are allowed to play outside unsupervised and to make their own decisions about what they want to do.

- They don't hover over their children. Dutch parents believe that children need to learn from their mistakes and that they should not be constantly supervised.

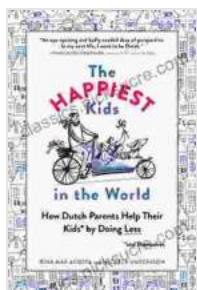
The Dutch approach to parenting is a refreshing change from the helicopter parenting that is so common in other countries. Dutch parents trust their children to learn and grow at their own pace, and they give them the freedom to be themselves. As a result, Dutch children are happier, healthier, and more independent than children in other countries.

Benefits of the Dutch parenting approach

There are many benefits to the Dutch approach to parenting. Some of the most notable benefits include:

- **Higher levels of happiness:** Dutch children are consistently ranked among the happiest children in the world. This is likely due to the fact that they have a lot of freedom and independence, and they are not pressured to achieve.
- **Increased creativity:** When children are given the opportunity to be bored, they are more likely to use their imaginations and come up with new ideas.
- **Greater self-reliance:** Dutch children are taught to be independent from a young age. They are encouraged to make their own decisions and to solve their own problems.
- **Stronger social skills:** Dutch children spend a lot of time playing with other children. This helps them to develop strong social skills and to learn how to cooperate and share.

If you are looking for a way to raise happy, healthy, and independent children, you may want to consider adopting some of the Dutch parenting techniques. These techniques have been shown to have many benefits for children, and they can help you to create a more relaxed and enjoyable home environment.

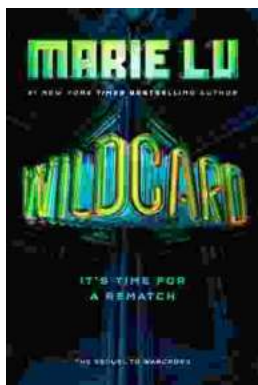


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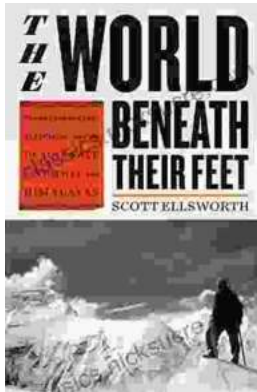
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