



ST. HILARY'S

CHRISTIAN PRIMARY SCHOOL

When asked "what do you want most for your kids in life?" most parents answer "to be happy". While much of

comforting to know that there is a lot you can do to promote a sense of happiness in children and young people. The FLOURISH acronym is a reminder of a powerful framework you can use to boost your kids' wellbeing and content over the long-term.

Parenting Ideas 2024, accessed January 2024, <https://www.parentingideas.com.au/>