



Raising Happiness **Online Parenting Class**

Parenthood is an unparalleled experience, marked with endless experiences of joy, pride and unexpected challenges. Each day, parents must make crucial decisions and choices for their children, hoping their choices will lead to a lifetime of happiness. However, parents often feel powerless when their children are met with the inevitable surprises and disappointments that come with growing up. What many parents don't realize is that there are a number of ways they can help increase children's happiness by making small changes at home and teaching children simple skills.

According to Dr. Christine Carter, a sociologist and happiness expert at UC Berkeley, happiness is a skill that can be learned. Author of the book "RAISING HAPPINESS: 10 Simple Steps for More Joyful Kids and Happier Parents," Dr. Carter's online class **Raising Happiness**, helps parents teach children happiness habits, including practices, beliefs and behaviors that bring more joy into their own lives and the lives of their children.

In this online class, parents learn practical skills that set the stage for emotional health and confidence in their children, while increasing parents' own happiness. Drawing on psychology, sociology, neuroscience and sharing candid personal experiences, Dr. Carter teaches simple and practical ways for building a happier family. Following is a sampling of topics covered throughout the year:

- Reducing sibling bickering and rivalry
- Strengthening romantic relationships in ways that foster happiness in children
- Learning the "right" way to praise kids—why the wrong praise can be worse than not enough
- Inspiring kids to do boring (but necessary) tasks
- How to know when children are over-scheduled

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In addition to the weekly video class, enrolled parents receive quick tips and weekly practices via email, and have the opportunity to ask Dr. Carter questions each week through the class blog and during live coaching calls. The **Raising Happiness** online class is offered throughout the year; the cost for a ten-week class is \$199. Scholarships are also available; no parent will be turned away due to lack of funds. More information on the **Raising Happiness** online class can be found at www.raisinghappiness.com.

ABOUT CHRISTINE CARTER, Ph.D.

A sociologist at UC Berkeley's Greater Good Science Center, Carter is the author of "RAISING HAPPINESS: 10 Simple Steps for More Joyful Kids and Happier Parents." She also writes a blog for Greater Good, which is syndicated on the Huffington Post and PsychologyToday.com. Dr. Carter has been quoted in *Women's Health* and *Parenting* magazines, *The New York Times*, *Los Angeles Times*, *USA Today* and dozens of other publications. She has appeared on the "Oprah Winfrey Show," the "Rachael Ray Morning Show," "The Daily Show with Jon Stewart," "CBS Sunday Morning," "ABC World News with Diane Sawyer" and NPR. Dr. Carter teaches parenting classes online throughout the year to a global audience on her web site www.raisinghappiness.com.

MEDIA CONTACT: Julia Friedman
Maize Marketing, Inc.
310-450-5870
Julia@maizemarketing.com

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