

**Speakers for Parents in Cooperative Education
SPICE**

Presents

Christine Carter, Ph.D.

Author of RAISING HAPPINESS

**10 Simple Steps for More Joyful Kids and
Happier Parents**



What do we wish most for our children?

Next to being healthy, we want them to be happy, of course. Fortunately, a wide array of scientific studies show that happiness is a learned behavior, a muscle that we can help our children build and maintain.

Drawing on what psychology, sociology, and neuroscience have proven about confidence, gratefulness, and optimism, and using her own chaotic and often hilarious real world adventures as a mom to demonstrate do's and don'ts in action, Christine Carter, PhD, will give us simple steps for raising happier children. At this talk, you will learn how to:

- Praise kids in a way that will help them stay engaged in school and their activities
 - Combat entitlement and brattiness--with gratitude
 - Capture the power of family mealtime

Christine Carter, Ph.D., teaches [online happiness classes](#) that help parents bring more joy into their own lives and the lives of their children, and she writes an award-winning blog for UC Berkeley's [Greater Good Science Center](#).

- For more information, please go to raisinghappiness.com.

Monday January 30, 2012

7:30-9:30PM (doors open 6:30PM)

Book Sales (Book Signing immediately following event)

**Carrington Hall, Sequoia High School, Redwood City
(1201 Brewster Ave.)**

Public is welcome

\$20 at the door, no advance sign up required

**Contact Renee Zimmerman for questions:
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