



FOR IMMEDIATE RELEASE

Parenting Website Launched—Teaching the Childhood Roots of Happiness

Berkeley, CA – October 2007

The Greater Good Science Center (GGSC), an interdisciplinary research center at UC Berkeley, is excited to announce their new online parenting resource: [Tools for Raising Happy Kids](#).

This innovative and accessible section of the GGSC website equips parents with practical tools rooted in scientific studies for raising happy and emotionally intelligent kids. This fall the site features a discussion series between two mothers, GGSC executive director Christine Carter, Ph.D., and local author Kelly Corrigan. Parents can read their “blogversations” or watch them as a part of a video series.

“We know that parents tend to learn a lot from other parents,” says Carter, “and so everything on this website was developed by parents for parents.” All content is based on rigorous science. Carter and Corrigan translate what this science means in terms that are fun and accessible. Short video blogs and “Try This at Home” printable pages engage busy parents while giving them a deeper understanding of important parenting practices.

The current discussion series emphasizes that happiness is, in many ways, a skill that can be taught to children. It draws on years of research into how children can learn positive social and emotional skills.

“Scientists have traditionally focused on understanding dysfunctional behaviors, but for the first time we are really seeing a lot of research that tells a positive story,” explains GGSC founder and faculty director Dacher Keltner. “When scientists learn something about what helps children thrive or what makes them happy or compassionate or grateful—well then, we need to pass that information on to parents.”

The Greater Good Science Center is an interdisciplinary research center devoted to the scientific understanding of happy and compassionate individuals, strong social bonds, and altruistic behavior. While serving the traditional tasks of a UC Berkeley research center—fostering groundbreaking scientific discoveries—the GGSC is unique in its commitment to helping people apply scientific research to their lives. Current research includes understanding the neurobiology of positive emotions as well as trends in subjective well-being among American youth.

For more information:

Christine Carter, Ph.D.
(510) 642-2451 or ChristineCarter@berkeley.edu
<http://greatergood.berkeley.edu/tools.html>

###

2425 ATHERTON STREET #6070 · BERKELEY, CALIFORNIA 94720 · 510-642-2451

University of California, Berkeley <http://greatergood.berkeley.edu>