



Modern Parents Messy Kids



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(raise happy kids + love your life)

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P A R E N T I N G

P A R E N T I N G

P A R E N T I N G

RAISING HAPPINESS

raise happy kids + love your life

WHY WE LOVE IT:

➤ BECAUSE THERE'S NOTHING MORE IMPORTANT TO US THAN TEACHING OUR KIDS HOW TO LEAD A TRULY HAPPY & FULFILLED LIFE.

➤ THIS IS **THE** PARENTING COURSE. IT COVERS EVERYTHING WE BELIEVE SO STRONGLY IN; **POSITIVE DISCIPLINE, EMOTIONAL COACHING, MINDFULNESS**, AND MUCH, MUCH MORE WITH LIFETIME ACCESS.

➤ WE LOVE HOW DR. CHRISTINE CARTER HAS COMPILED ALL OF THE RESEARCH (**THINK EVERY PARENTING BOOK YOU EVER WANTED TO READ BUT NEVER HAD TIME**) INTO BITE-SIZE COURSES YOU CAN EASILY MANAGE ON YOUR OWN SCHEDULE, COMPLETE WITH A LIVE FOLLOW UP CALL .

➤ WE'RE WORKING OUR WAY THROUGH THE COMPREHENSIVE, "BIG KAHUNA" COURSE BECAUSE WE'RE SUCH BIG FANS BUT WE ALSO LOVE THE OPTION TO PICK & CHOOSE.

RAISING HAPPINESS

raise happy kids + love your life



COURSE TITLE:

Finding Happiness as a Parent

DESCRIPTION:

Want happier kids? Start by becoming happier yourself!

Establish routines that help you through the day with ease and joy.

Dr. Carter provides insights on the latest scientific findings and delivers them in bite-sized weekly video classes.

Practice one small science-based happiness skill per week — you'll be amazed how fast it makes a difference - 4 weeks

CLICK HERE to register:
use code **MPMK10** for 10% off

COURSE TITLE:

Mindful Parenting

DESCRIPTION:

Learn the latest mindfulness research and put it into practice immediately.

Practice one small mindfulness-based parenting skill per week. By taking small but steady steps, you'll see an immediate difference.

Learn how mindfulness in your children can be leveraged to improve their behavior, academic achievement, mental health, and social relationships - 4 weeks



CLICK HERE to register:
use code **MPMK10** for 10% off

RAISING HAPPINESS

raise happy kids + love your life



the complete
raising
happiness
home study

32 WEEKS

CLICK HERE to
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code **Messy10**
for 10% off

INSTRUCTOR:

A sociologist and happiness expert at UC Berkeley's Greater Good Science Center, Christine Carter, Ph.D. is the author of *RAISING HAPPINESS: 10 Simple Steps for More Joyful Kids and Happier Parents*. Dr. Carter also writes an award-winning blog, which is syndicated on the HuffingtonPost and PsychologyToday.com.

DESCRIPTION:

The full 32-week class—formerly known as “The Big Kahuna”—is now a Homestudy course that you can start at any time. It's designed for self-starters who:

Want to give their kids every advantage, including the skills they need for school success.

Are **BUSY**. Homestudy is great for dramatically improving parenting skills—and making parenting more joyful!—in a lot less time than attending a live class.

Worry about the many stressors and threats to happiness that kids now face and want to teach kids the skills they need for emotional intelligence and resilience.

Are interested in practicing one small happiness skill per week to feel happier and raise happier children immediately.

2 POSITIVE PARENTING SOLUTIONS

WHY WE LOVE IT:


➤ BECAUSE WE FINALLY HAVE A CONCRETE PLAN FOR HOW TO DISCIPLINE OUR KIDS IN A WAY THAT **GETS THEM TO LISTEN WITHOUT HAVING TO NAG OR YELL**.

➤ THE PHILOSOPHY IS BASED ON PRINCIPLES THAT PROMOTE COMMUNICATION AND CHOICES (NOT BLAME, SHAME OR FEAR).

➤ WE LOVE THAT BEYOND THE BASIC SIX TRAINING SEMINARS, THERE ARE **ALL SORTS OF SPECIALITY MODULES** ON TOPICS LIKE MORNING MANIA, DINNER TIME BATTLES, AND SIBLING RIVALRY.

➤ **WE' KNOW THEY'VE ALWAYS GOT OUR BACK.** THE SILVER & GOLD MEMBERSHIPS COME WITH LIFETIME ACCESS. SO WE KNOW IF A NEW PROBLEM COMES UP, OR WE JUST NEED A REFRESHER, WE CAN ALWAYS TURN TO THEIR VAULT OF VIDEOS AND READINGS FOR ANSWERS.

POSITIVE PARENTING SOLUTIONS



get kids to listen
without **NAGGING,**
REMINDING or
YELLING

Image source

comprehensive online
training & support program
on positive parenting
techniques

LIFETIME
ACCESS

CLICK HERE to
register: use code
Messy10 for 10% off

INSTRUCTOR:

A self-described recovering yeller, parenting expert Amy McCreedy is the Founder of Positive Parenting Solutions and the author of *If I Have to Tell You One More Time... The Revolutionary Program That Gets Your Kids to Listen Without Nagging, Reminding or Yelling*. She is a champion of positive parenting techniques for happier families and well-behaved kids. Her Toolbox strategies have empowered tens of thousands of parents to correct their kids' misbehaviors without nagging, reminding or yelling.

Amy reaches a worldwide audience with her Positive Parenting Solutions online parenting course, live webinars, and media appearances. Amy is a frequent guest on the TODAY Show and has appeared on/in The New York Times, Rachael Ray, CNN, Fox & Friends, MSNBC, and elsewhere.

DESCRIPTION:

Positive Parenting Solutions is the industry leader in providing training for parents of toddlers to teens. Parenting educator and TODAY Show contributor, Amy McCreedy will teach you the tools you need to effortlessly manage day-to-day discipline challenges of raising children, leaving you more confident, less stressed and more in control.

NUTRITION

NUTRITION

NUTRITION



PRESCRIBE NUTRITION

nutrition for real life

WHY WE LOVE IT:

➤ BECAUSE WE FINALLY HAVE THE ENERGY TO BE THE MOMS WE ALWAYS WANTED TO BE!

➤ IT'S ABOUT EATING WELL AND FEELING YOUR BEST - NOT DIETING.

➤ IT'S AN EASY TO FOLLOW PLAN WITH A HUGE SUPPORT SYSTEM BUILT RIGHT IN. GOT A QUESTION OR NEED SOME SUPPORT? IT'S AVAILABLE 24/7.

➤ KATIE AND MEGAN ARE ENDLESS PITS OF KNOWLEDGE AND RESOURCES. THESE LADIES KNOW THEIR STUFF COLD. IF YOU'VE GOT QUESTIONS, THEY'VE GOT ANSWERS.



nutrition for real life.

prescribe|**nutrition**

COURSE TITLE:

New Rules

DESCRIPTION:

Life isn't always easy. Stress exists and eating healthy is a challenge. Diets? Yesterdays news.

We're bringing you new rules for feeding you and your families with real, whole food.

Whether you just want to feel better or you're dealing with deeper health concerns, New Rules is here to support you. 15 days to a cleaner and more energetic you. **IT WILL CHANGE YOUR LIFE - 15 days**



CLICK HERE to register: use code **MPMK20** for a 20% off

[click here](#) for our **STUDENT REVIEW**

COURSE TITLE:

Get Balanced

DESCRIPTION:

This class is for anyone feeling "wired and tired," dealing with chronic stress, experiencing fatigue and energy at the wrong times of the day, or having blood sugar issues.

Focusing on blood sugar regulation - how it pertains to weight and energy plus importance of balance to prevent disease.

An education on our stress hormones and adrenal glands - what they are, how critical they are to overall health, and how they can affect ALL hormone levels as well as weight - **15 days**



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FINANCES



LEARNVEST

start making progress on your money

WHY WE LOVE IT:

- BECAUSE **WE CAN FINALLY SLEEP AT NIGHT** NOW THAT WE HAVE A SOLID FINANCIAL PLAN (AND ADEQUATE LIFE INSURANCE, AND A LIVING WILL, ETC., ETC.....)
- EVERYTHING YOU NEED FROM **BUDGET BUILDING PROGRAMS TO TOOLS TO TRACK YOUR DAILY SPENDING** ARE ALL AVAILABLE IN ONE PLACE. (AND THEY'RE ALL FREE!)
- THEIR **10 DAY BOOTCAMPS (ALSO FREE)** ARE A CONVENIENT WAY TO GET THE KNOWLEDGE YOU NEED ON YOUR SCHEDULE.
- FROM CUTTING COSTS TO GETTING OUT OF DEBT OR SAVING FOR RETIREMENT, **THEY'VE GOT A PLAN FOR EVERYTHING.**

LEARNVEST

finances for women by women



LearnVest's **FREE** email Bootcamp programs are designed to kickstart your progress on a range of financial topics. There is no better way to get started on your path to taking control of your finances!

Start today with one of our three recommended bootcamps.



WHAT YOU'LL LEARN

This 10-day email program gives you daily to-dos to achieve your financial goals.

- Discover where you're really spending
- Create a budget that you can actually stick to
- Dream big and set financial goals you can achieve

COURSE TITLE:

Take Control

DESCRIPTION:

Get the life you want with the money you have in this **10-day** bootcamp.

FREE



WHAT YOU'LL LEARN

This 10-day email program will help you take charge of your finances before the little one arrives.

- Free up money for your baby, and find where to get deals
- How to handle maternity leave, health insurance and your career
- Get a grasp on life insurance, tax breaks and college savings

COURSE TITLE:

Baby on Board

DESCRIPTION:

Answer your work and budget baby questions in this **10-day** bootcamp.

FREE



WHAT YOU'LL LEARN

This 10-day email program will help you cut all the excess out of your spending in every area of your home.

- Negotiate better rates for all your bills
- Extend the life of your possessions
- Learn to shop smarter for all your essentials

COURSE TITLE:

Cut Your Costs

DESCRIPTION:

Learn how to save in every room in the house with this **10-day** bootcamp.

FREE

[CLICK HERE](#) for our student review of LearnVest



www.modernparentsmessykids.com