

Parent Academy

An Inconvenient Truth: Why Children Hurt and How Children Heal

How to Raise Healthy Children in Today's Upside Down World

Wednesday, April 26, 2023

7:00 Pm

Alexandria Twp Middle School Media Center

Presenter: George Scott

"One of the very best scientific predictors for how any child turns out--in terms of happiness, academic success, leadership skills, and meaningful relationships--is whether at least one adult in their life has consistently shown up for them. Showing up means a quality of presence." Daniel J. Siegel, MD and Tina Payne Bryson, PhD; *The Power of Showing Up*.

Showing up is not always so easy or natural for parents. Are you physically present but not so emotionally? Are you regularly distracted by your phone or other electronics when you could be engaged with your child? Are you more irritable, perhaps especially since the disruptions of COVID, and find yourself distancing yourself from the kids or from your partner?

In a society with so many distractions and so many more toxic stressors, parents often wonder "What should I be doing to assure that my child is emotionally healthy?" "What is behind my child's anxious worry?" "What do I do when I am concerned about my child's behavior and moodiness?"

These and more questions will be posed and answered on April 26, 2023 at our evening Parent Academy. George Scott, a Family Therapist, former educator, and founder of Minding Our Children will provide information, answer questions, and offer support to parents and other adults in the lives of our children. Our teachers have heard Mr. Scott's message and encourage you to "show up" on April 26th at 7:00.