



Julie Lythcott-Haims



Wednesday
Glenbard
West

6:15 pm ^{Food!} Preceding the 7 pm program **WELLNESS EXPO** with over 20 Vendors, prizes!

7:00 pm **HOW TO RAISE AN ADULT: Break Free of the Overparenting Trap and Prepare Your Child for Success**

November 16, 2016 / 7 pm / Glenbard West / 670 Crescent Blvd. / Glen Ellyn



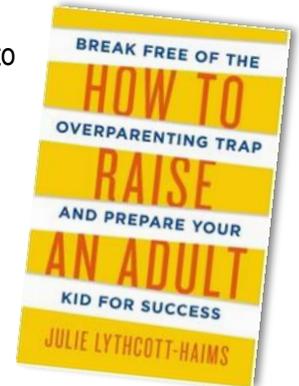
Thursday
Marquardt

12:00 pm November 17, 2016 / 12 pm / Marquardt Admin Center
 2860 Glen Ellyn Rd. / Glendale Heights

There is no disputing the fact that raising children who are self-sufficient and happy is a goal to which all parents aspire. Bestselling author Julie Lythcott-Haims, "How to Raise An Adult: Break Free from the Over-parenting Trap and Prepare Your Kid for Success" is here to guide us on this path with an important examination of the harms of helicopter parenting and an alternate philosophy for raising preteens and teens to self-reliant young adulthood.

Lythcott-Haims draws on research, on conversations with admissions officers, educators, and employers, and on her own insights as a mother and as a Dean at Stanford University to highlight the ways in which overparenting harms children, their stressed-out parents, and society at large. While empathizing with the parental hopes and, especially, fears that lead to overhelping, Lythcott-Haims offers practical alternative strategies that underline the importance of allowing children to make their own mistakes and develop the resourcefulness, and inner determination necessary for success.

Relevant to parents of toddlers as well as of twenty-somethings – and of special value to parents of teens – this presentation is a rallying cry for those who wish to ensure that the next generation can take charge of their own lives with competence and confidence. Don't miss this -just added -sane, healthier, more common sense approach to raising children who will grow up to be resilient, independent, and prepared to meet the challenges of life. challenges and excel in life. This discussion will offer coping techniques for teens facing the stresses of high achievement standards, media messages, peer pressure and family tension.



Students are encouraged to attend this free program which is open to the public.

CPDUs are available for education professionals.

