



Advancement Presents Charles W. Dull Visiting Scholar Speaker Series

Looks Like A Grown Up, Thinks Like A Kid

Managing the disconnect between your child's body and brain development in a world filled with hormones, social media, too much stress and too little sleep

Dr. Cara Natterson



CARA NATTERSON, MD is a *New York Times* bestselling author. She has published several books about child health and wellness, writing for both adult and young adult audiences. Cara travels throughout the US speaking to kids and their parents about how to take ownership of their health and wellness. She has a unique ability to translate cutting edge research into understandable terms for people of all ages. She started her career in medicine at Tenth Street Pediatrics in Santa Monica, and now runs Worry Proof Consulting. Cara's consulting has extended beyond individual families to include teaching tweens in various school settings about their bodies. Cara is a graduate of Harvard College and Johns Hopkins School of Medicine, and she trained in pediatrics at the University of California at San Francisco. She is a Board certified pediatrician and a Fellow of the American Academy of Pediatrics. Anyone who knows her knows that Cara practices what she preaches: she takes the health and wellness of all kids to heart, particularly her own nine-year old son and 11-year old daughter.

A generation ago, conventional wisdom was that the brain and body developed in sync: the older a child looked, the more maturely he could be expected to act. But growing up isn't what it used to be. Today kids enter puberty at increasingly young ages – on average, a year or two earlier than their parents did. And imaging technologies have shown that their brains mature much more slowly than we ever realized. The internal ability to make smart or “mature” decisions often lags way behind outward appearance – a fact that can cause serious issues in a world inundated with raging hormones, high expectations, and 24-hour mobile connectivity.

HKIS is delighted to host Dr. Cara Natterson, pediatrician and *New York Times* best selling author as part of the Charles W. Dull Visiting Scholar Speaker Series. Dr. Natterson will lead two sessions grounded in the same science; one aimed at parents of our Lower and Upper Primary students, and one for Middle and High School parents.

Lower and Upper Primary parents

Looking at HKIS's younger students, Dr Natterson will explain what happens as your child's brain develops, and how to parent through the appearance of hormones, social media, stress and more.

**Monday, March 23, 2015, 7-9pm
Middle School, Black Box Theater**

Middle and High School parents

In this talk, Dr. Natterson will focus on how teens makes decisions – particularly in the presence of hormones, social media, stress, sleep deprivation and more – providing a rationale for the sometimes irrational teen.

**Wednesday, March 25, 2015, 7-9pm
Middle School, Black Box Theater**

Questions? Contact advancement@hkis.edu.hk

Registration: <http://tinyurl.com/HKIS-Natterson>