

Raising Resilient Children

A District 27 Parent Education Workshop
featuring Dr. Doug Bolton

Part 1: November 14, 2019 - 6:30 to 8 p.m.

Part 2: January 15, 2020 - 6:30 to 8 p.m.

in the

Shabonee School Flex Space



Parenting children in our complex world is difficult at best. New brain and social science research can help guide us through our most challenging moments.

We now have a better sense than ever before what parenting strategies are effective and which ones can be counterproductive.

Dr. Doug Bolton will use this research to explore parenting myths that undermine our best efforts to raise emotionally healthy and resilient children. He will share strategies that can help us to navigate the new parenting landscape more effectively and with less stress.

Specific topics will include :

- understanding underlying factors of success and happiness,
- helping children find resilience in the face of stress,
- responding to setbacks and meltdowns,
- avoiding the hidden pitfalls of incentives and punishments, and
- promoting personal responsibility.



Dr. Bolton holds degrees in clinical psychology, school psychology, and educational leadership. He has worked in schools since 1987, developing support systems for students with social, emotional and behavioral challenges.

Dr. Bolton spent 14 years as principal of North Shore Academy, a K-12 therapeutic school in Highland Park.

He currently maintains a private practice and consults with schools.