



Bridgewater-Raritan Regional School District Presents

PARENTING DURING THE PANDEMIC... A YEAR LATER

A virtual session for parents and guardians of students of all grade levels

**THURSDAY, MAY 13TH
AT 7PM**

Register for the Workshop [Here](#)

ABOUT THE WORKSHOP

Over a year into the pandemic, the enduring strain is taking its toll on kids and parents. Everything is harder. And, although there are glimmers of hope, nothing is certain. This webinar focuses on practical ways for parents to manage their day-to-day challenges in children of different ages (preK-12). It offers strategies for helping children who are anxious, sad and lonely, uncooperative, glued to screens, or squabbling frequently with siblings.

INTRODUCING

EILEEN KENNEDY-MOORE, PHD

Dr. Kennedy-Moore is an author, clinical psychologist, and mom of four, based in Princeton, NJ. She is the author of numerous children's books as well as four parenting books. Dr. Kennedy-Moore is the professor for The Great Courses audio-video series, Raising Emotionally and Socially Healthy Kids. She serves on the advisory board for Parents magazine, and her blog on Psychology Today, GrowingFriendshipsBlog.com, has over 4 million views. As a trusted expert on parenting and child development, she has been a featured guest on Live with Kelly and Ryan, The Today Show, and Good Day Philadelphia, as well as dozens of radio shows and podcasts.



Learn more at
EileenKennedyMoore.com
and check out her friendship
advice for kids at
DrFriendtastic.com

Link to Register for the Free Workshop:

<https://brrsd.webex.com/brrsd/onstage/g.php?MTID=e6efb4881cb128ff8ce3002c3cdbf9c08>

Books by Eileen Kennedy-Moore, PhD

www.EileenKennedyMoore.com



Growing Friendships:

A Kids' Guide to Making & Keeping Friends

A funny and useful guide to help children navigate the social world. Filled with cartoons and research-based tips.

"The secret playbook you'll wish you'd had when you were growing up."

— Diane Debrovner, executive editor, Parents magazine

Smart Parenting for Smart Kids: Nurturing Your Child's True Potential

Practical parenting tips for helping bright children develop the social and emotional skills they need to become capable, confident, and caring people. Chapters include: Tempering Perfectionism; Building Connection; Finding Joy.

"A literal Godsend. Parents will find great wisdom in its pages."

— Stephen R. Covey, author, The 7 Habits of Highly Effective People

The Unwritten Rules of Friendship: Simple Strategies to Help Your Child Make Friends

Describes the friendship strengths and struggles of typical children, such as The Shy Child, The Little Adult, and The Short-Fused Child. Explains how parents & teachers can help.

"Colorfully written and practical."

— Library Journal

What's My Child Thinking?

Practical Psychology for Modern Parents Covers common parenting dilemmas with children ages 2-7.

Kid Confidence:

Help Your Child Make Friends, Build Resilience, and Develop Real Self-Esteem

Help children break free of harsh self-focus through connecting with something bigger than themselves. Addresses challenges such as: feeling friendless, giving up easily, overreacting to criticism, or being different.

"This one is a game changer."

— Dawn Huebner, PhD, author, Outsmarting Worry

Raising Emotionally and Socially Healthy Kids

Audio/video series from The Great Courses

Twelve half-hour lectures about feelings and friendships, from the toddler to the teen years. Topics include: Playing Well With Others; How Kids Manage Anxiety and Anger; Growing Up Social in the Digital Age.

70% off at www.TheGreatCourses.com/Kids

"Dr. Kennedy-Moore's insight and genuine compassion for children and parents shine through her wise advice."

— Michele Borba, EdD, author, Unselfie

What About Me?

12 Ways To Get Your Parents' Attention (Without Hitting Your Sister)