



DAN KINDLON

Raising Emotionally Literate Boys

Monday, March 31 at 10 AM – Stroum Jewish Community Center – 3801 E. Mercer Way
For parents with kids of all ages

Co-sponsored by Stroum Jewish Community Center



Drawing from his book, *Raising Cain: Protecting the Emotional Life of Boys*, co-authored with Michael Thompson, Dr. Dan Kindlon will share how to cultivate emotional literacy and why this is one of the most valuable gifts we can give our sons. He will identify the emotional and social challenges that boys encounter both in school and society and discuss how parents can help boys cultivate empathy and emotional awareness, giving them the vital connections and support they need to navigate the social pressures of youth. Learn how to:

- Talk to boys in their language
- Help boys to develop an emotional vocabulary
- Teach boys that emotional courage is a real strength in life
- Recognize and accept the high activity levels of boys and help them safely express it

Too Much of a Good Thing: Raising Children of Character in an Indulgent Age

Monday, March 31 at 7 PM – Mercer Island High School PAC – 9100 SE 42nd St
For parents with kids of all ages

Dr. Kindlon will discuss how material and emotional indulgence of children leads to young adults who are at risk for becoming prone to excessive self-absorption, depression, anxiety, and lack self-control. While many children and teens have all the useful accessories of a prosperous society, they have few of the responsibilities that build character and help to develop an inner moral compass. This presentation will map out the ways in which parents can teach their children how to engage in rewarding activity, promote emotional maturity, and develop a sense of self-worth by learning how to identify and avoid the seven syndromes of indulgence.

No charge for MI PTA Members; \$10 at the door for non-MI PTA Members



Dr. Dan Kindlon is a clinical and research psychologist specializing in behavioral problems of children and adolescents. In over 20 years of clinical practice – consisting of psychotherapy, neuropsychological evaluation and school consultation – Dr. Kindlon has focused on the diagnosis and treatment of emotional problems, learning disabilities and attention deficit disorders. From 1985 to 2012 he was on the faculty at Harvard University. He is the author of numerous scientific journal articles and three books including the 1999 NY Times bestselling *Raising Cain: Protecting the Emotional Life of Boys*. He has made numerous national media appearances including *The Today Show*, *20/20*, *CNN*, and *National Public Radio*. Currently he heads Edumetrics Consulting LLC.

Jointly sponsored by the PTAs of Lakeridge, West Mercer, Island Park, Islander Middle, MIHS and St. Monica schools