



2017-2018 Parent Information Series:

BOOK DISCUSSION

How to Raise an Adult: Break Free of the Overparenting Trap and Prepare Your Kid for Success

**Ellen Brezovsky, LCSW
Silver Hill Hospital**

Save the date...

March 20, 2018:
*"Managing the
Impact and Influence
of Digital Devices
and Content: What
to do, how to do it
and why it's
important"*
with Susan
Bauerfeld, PhD,
Licensed Clinical
Psychologist, and
Chris Parrott, BPS
Chartered
Counseling
Psychologist

In *How to Raise an Adult*, Julie Lythcott-Haims draws on research, on conversations with admissions officers, educators, and employers, and on her own insights as a mother and as a student dean 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 resilience, resourcefulness, and inner determination necessary for success.

Ellen Brezovsky will facilitate a discussion of this popular parenting book.

This event is appropriate for parents of children of all ages.

**Minimum of 15 registrants required for each session to run.
Maximum of 20 to ensure opportunities to participate. **

TWO OPPORTUNITIES

Wednesday, February 28, 2018

10:00 - 11:30 AM

7:00 – 8:30 PM

Wilton Library, Rimer Room

*Registration required –opens mid-January
www.wiltonlibrary.org or 203-762-6334*

www.WiltonYouth.org