

Parents©TOGETHER

“Parenting Without Fear: Do Less and Accomplish More!”

Presented by Dr. Paul Donahue
Child Psychologist and Author of *Parenting Without Fear:
Letting Go of Worry and Focusing on What Really Matters*

**Tuesday, October 20, 2009
9:15 AM Cone Room, Town Hall**

Today's parents have so much to worry about: how to keep their kids safe and healthy, how to help them meet rising academic expectations, and how to help them keep up with activities and social commitments. It's no wonder that many of us feel overwhelmed and exhausted by having to do it all! In the process, we have come to expect less of our kids. Nationally-recognized child psychologist Dr. Paul Donahue will explain how parents can “DO LESS and GET MORE” from their children. He will give examples of how kids can pitch in at home and learn to be more independent and resourceful, and he will describe the core attributes parents need - endurance, confidence and courage - to meet their goals.

Dr. Donahue has served as a consultant to the Columbia University School for Public Health, the Georgetown University Child Development Center, the CT Department of Children and Families, and the National Head Start Association. Director of Child Development Associates in Scarsdale, NY, he has been featured in *The New York Times*, *Parents* magazine, *Newsday* and on the *CBS Early Show*.

Parents Together is a nonprofit organization that links parents of Greenwich public and independent schools to address the issues that affect our children and community. Through its network of school liaisons and delegates, **Parents Together** has supported Greenwich parents for more than 30 years by providing free lectures, newsletters and a comprehensive website.

Visit our website at www.parentstogetherct.org for the Fall 2009 issue of *Parents Together Newsletter* and *Primer* and for more information on this and other upcoming **Parents Together** sponsored speakers.

This free lecture is the second in our fall parenting workshop series.
For more information, contact parentstogetherct@gmail.com.