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Confident Parents, Confident Kids: Raising Emotional Intelligence in Ourselves and Our Kids Jennifer Miller, M.Ed.

Founder of the website "Confident Parents, Confident Kids," and expert contributor to the NBC Education Nation's Parent Toolkit.

Tuesday, December 10, 2019, 7:00 PM
North Shore Country Day School Auditorium
310 Green Bay Rd., Winnetka, IL 60093

Presented by **Family Action Network (FAN)**,
in partnership with Catherine Cook School, Evanston Scholars, Family Service Center, Foundation 65, Fusion Academy, Glencoe D35, Glencoe PTO, Haven Youth and Family Services, Lake Forest Country Day School, Mindful Psychology Associates, North Shore Country Day School, Regina Dominican High School, Rogers Park Montessori School, Roycemore School, Science and Arts Academy, The Family Institute at Northwestern University, Winnetka D36, Youth and Opportunity United (Y.O.U.), and the YWCA Evanston-North Shore.

This event is **#freeandopentothepublic** and will be recorded. Suitable for youth 12+. **INFO: familyactionnetwork.net**

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FOR IMMEDIATE RELEASE: JENNIFER MILLER, M.Ed.

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Tuesday, December 10, 2019, 7:00 PM, Confident Parents, Confident Kids: Raising Emotional Intelligence in Ourselves and Our Kids, North Shore Country Day School Auditorium, 310 Green Bay Rd., Winnetka, IL 60093.

How do we raise a happy, confident kid? And how can we be confident that our parenting is preparing our child for success? Our confidence develops from understanding and having a mastery over our emotions and helping our children do the same. Like learning to play a musical instrument, we can fine tune our ability to skillfully react to those crazy, wonderful, big feelings that naturally arise from our child’s constant growth and changes, moving from chaos to harmony. We want our children to trust that they can conquer any challenge with hard work and persistence; that they can love boundlessly; that they will find their unique sense of purpose; and they will act wisely in a complex world. In her new book, ***Confident Parents, Confident Kids: Raising Emotional Intelligence in Ourselves and Our Kids***, author and educator **Jennifer Miller, M.Ed.** lays out an approach for helping kids and their parents hone their emotional intelligence so that they can make good choices, connect and communicate well with others (even when patience is thin), and become aware and confident human beings.

Ms. Miller offers valuable guidance on a wide range of topics, including: 1) How to identify the temperaments your child was born with so you can support those tendencies rather than fight them; 2) How to align your biggest hopes and dreams for your kids with specific skills that can be practiced, along with new research to support those powerful connections; 3) How to identify and manage those big emotions (that only the parenting process can bring out in us!) and how to model emotional intelligence for your children; and 4) How to alter challenging patterns we fall into responding to turnaround even our toughest moments into teachable ones.

Ms. Miller is the founder of the site “Confident Parents, Confident Kids,” is a regular expert contributor to the NBC Education Nation’s Parent Toolkit, and she has contributed articles or interviews to publications such as *The Washington Post*, *Parent Magazine*, *The Huffington Post*, and more. She earned her master’s degree in education with a focus on social and emotional development from the University of Illinois at Chicago.

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