



## The 5 Principles of Parenting: Your Essential Guide to Raising Good Humans

### Aliza Pressman, Ph.D.

Developmental psychologist, cofounding director of The Mount Sinai Parenting Center, podcast host, and author.

### Tina Payne Bryson, Ph.D.

Psychotherapist, bestselling author, and the founder and executive director of The Center for Connection and of The Play Strong Institute.

**Thursday, February 8, 2024, 7:00 PM (on Zoom)**

**Register: [www.bit.ly/PressmanFANWebinar](http://www.bit.ly/PressmanFANWebinar)**

**PLUS: After-Hours Event!**

Purchase a copy of *The 5 Principles of Parenting* from FAN's partner bookseller The Book Stall to receive a link to an interactive "After-Hours" event hosted by Pressman. Details on the Zoom registration form.

Presented by **Family Action Network (FAN)**, in partnership with

The Alliance for Early Childhood, The Avery Coonley School, Baker Demonstration School, Barrington D220, Beacon Academy, Bernard Zell Anshe Emet Day School, Brickton Montessori School, British International School of Chicago/Lincoln Park, British International School of Chicago/South Loop, Catherine Cook School, Chiaravalle Montessori School, Chicago Jewish Day School, Compass Health Center, Connections for the Homeless, Countryside Day School, The Cove School, Evanston Township High School D202, Family Service Center, Foundation 65, The Frances Xavier Warde School, Francis W. Parker School, Glencoe D35, Gorton Center, Grayslake Community High School D127, Haven Youth and Family Services, Hyde Park Day School, Illinois Student Assistance Commission, Kenilworth D38, Lake Bluff D65, Lake Forest Academy, Lake Forest Community High School D115, Lake Forest Country Day School, Lake Michigan Association of Independent Schools, Latin School of Chicago, Leo Catholic High School, Loyola Academy, Lycée Français de Chicago, Magnetar Capital, Mindful Psychology Associates, Morgan Park Academy, Near North Montessori School, New Trier High School D203, New Trier Parents' Association, North Shore Country Day, Northwestern University Office of Neighborhood and Community Relations, Northwestern University School of Education and Social Policy, Pope John XXIII School, Rebel Human, Regina Dominican High School, Resurrection College Prep High School, Rogers Park Montessori School, Roycemore School, Sacred Heart Schools, St. Bernard's School, Santa Clara University School of Law, Science & Arts Academy, The Sonia Shankman Orthogenic School, Stevenson High School D125, University of Chicago Crown Family School of Social Work, Policy, and Practice, Wilmette Public Library, Winnetka D36, Winnetka-Northfield Public Library District, Wintrust Financial, Woodlands Academy, and Youth & Opportunity United.

This event is #freeandopentothepublic and will be recorded. Suitable for youth 12+. [familyactionnetwork.net](http://familyactionnetwork.net)

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**FOR IMMEDIATE RELEASE: ALIZA PRESSMAN, Ph.D. – ON ZOOM**

**CONTACT:** Lonnie Stonitsch, Executive Director of FAN, [lonnie@familyactionnetwork.net](mailto:lonnie@familyactionnetwork.net)

**Thursday, February 8, 2024, 7:00 PM, The 5 Principles of Parenting: Your Essential Guide to Raising Good Humans, a FAN webinar featuring Aliza Pressman, Ph.D., in conversation with Tina Payne Bryson, Ph.D.**

**REGISTER:** [www.bit.ly/PressmanFANWebinar](http://www.bit.ly/PressmanFANWebinar)

**BONUS AFTER-HOURS EVENT:** Attendees who purchase a copy of *The 5 Principles of Parenting* from FAN's partner bookseller The Book Stall are invited to attend an AFTER-HOURS event hosted by Pressman that will start immediately after the webinar. Details on the webinar registration page.

In the age of high-pressure parenting, when so many of us we feel like we've got to get everything exactly right the first time, **Aliza Pressman, Ph.D.** is the compassionate, reassuring expert we all need—and the one whose advice we can all use. Already beloved by listeners of her hit podcast, *Raising Good Humans*, Dr. Pressman distills it all in her new book, *The 5 Principles of Parenting: Your Essential Guide to Raising Good Humans*. She offers a handful of strategies: Relationship, Reflection, Regulation, Rules, and Repair.

No matter how you were raised, how your coparent behaves, or how your kids have been parented up until now, you can start using *The 5 Principles of Parenting* to chart a manageable course for raising good humans that's aligned with your own values and with your children's unique temperaments. Whether you're in the trenches with a toddler or a tween, it's never too late to learn to use these 5 principles to reparent yourself and help your kids build the resilience they need to thrive.

Dr. Pressman is an assistant clinical professor in the Division of Behavioral Health Department of Pediatrics at the Icahn School of Medicine at Mount Sinai Hospital where she is cofounding director of The Mount Sinai Parenting Center. She will be in conversation with **Tina Payne Bryson, Ph.D.**, author of *The Bottom Line for Baby* and co-author, with Dan Siegel, MD (FAN '16) of *The Power of Showing Up*, *The Yes Brain*, and two *New York Times* bestsellers: *The Whole-Brained Child* and *No-Drama Discipline*.

This event suitable for youth 12+. It will be recorded and available on FAN's website and YouTube channel.

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