

Dopamine Kids: A Science-Based Plan to Rewire Your Child's Brain and Take Back Your Family in the Age of Screens and Ultraprocessed Food

Michaeleen Doucleff, Ph.D.

Bestselling author of *Hunt, Gather, Parent*, biochemist, and award-winning NPR Science Desk reporter.

Heidi Stevens

Chicago-based writer and Director of External Affairs for the University of Chicago's TMW Center for Early Learning + Public Health.

Friday, March 13, 2026, 12:00 PM CT
Register: www.bit.ly/MDoucleffFANWebinar

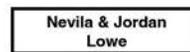


BONUS BOOK GIVEAWAY, sponsored by FAN!
Details on Zoom registration page.

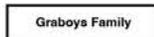
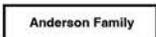
This event is #freeandopentothe public and will be recorded. Suitable for youth 12+

Presented by **FAN** and 49 of our member schools and organizations.
familyactionnetwork.net

SPONSORS



PARTNERS



SUPPORTERS

The Alliance for Early Childhood + Gorton Center + Stephanie & Roger Hochschild + JAB2 Impact Fund/Joanne & Jeff Burgess
 NU/SESP + Santa Clara University School of Law + The Family Institute at Northwestern University



FOR IMMEDIATE RELEASE: MICHAEELEN DOUCLEFF, Ph.D. – ON ZOOM
CONTACT: Lonnie Stonitsch, Executive Director of FAN, Lonnie@familyactionnetwork.net

Friday, March 13, 2026 | 12:00 PM CT (Note earlier-than-typical start time)

Dopamine Kids: A Science-Based Plan to Rewire Your Child's Brain and Take Back Your Family in the Age of Screens and Ultraprocessed Foods

A FAN webinar featuring Michaeleen Doucleff, Ph.D., in conversation with Heidi Stevens.

REGISTER: www.bit.ly/MDoucleffFANWebinar

Bonus Book Giveaway: FAN is giving away copies of *Dopamine Kids* to randomly selected Zoom attendees. Details on the webinar registration page.

Nearly everything you've heard about dopamine is wrong. It's not the molecule of happiness — it doesn't give us pleasure; it gives us motivation. Today, unprecedented "dopamine surges" pull us toward technology and ultraprocessed foods like magnets, many times a day, and neuroscientists have now begun to understand how these surges alter our choices, habits, and moods — driving adults and kids toward activities that bring no real enjoyment and leave us feeling sad, lonely, anxious, and depressed.

When **Michaeleen Doucleff, Ph.D.** (FAN '21), set out to address her own family's screen time and dependence on processed foods, she discovered that study after study refuted nearly everything the media claims about dopamine. She took that new neuroscience and merged it with practical experience to shift the power dynamic back to families — so that instead of devices and foods controlling us, we control them. The result is ***Dopamine Kids: A Science-Based Plan to Rewire Your Child's Brain and Take Back Your Family in the Age of Screens and Ultraprocessed Foods***, a five-step operating manual for habit remodeling that helps parents create boundaries, replace screen time with equally enticing alternatives, remove triggers, and celebrate new choices — ultimately weakening the neurological pull of devices and making dopamine work in a family's favor.

Doucleff's research culminates in a four-week plan to build screen-free sanctuaries that protect conversation, focus, sleep, and adventure. Where Jonathan Haidt's *The Anxious Generation* sounded the alarm about screens, *Dopamine Kids* is the handbook for solving the problem — teaching kids a healthy relationship with technology and food while meeting their genuine biological and emotional needs. Doucleff has a chemistry doctorate from UC Berkeley, a postdoctoral fellowship at the NIH, more than a decade covering children's health for NPR's science desk, a Peabody Award, and the *New York Times* bestseller *Hunt, Gather, Parent*.

Doucleff will be in conversation with **Heidi Stevens**, Director of External Affairs for the University of Chicago's TMW Center for Early Learning + Public Health. She writes a weekly nationally syndicated column, "Balancing Act." Stevens has been a FAN board member since 2021.

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

Sponsored by **FAN**, in partnership with The Alliance for Early Childhood, The Avery Coonley School, Avoca D37, Beacon Academy, Bennett Day School, Bernard Zell Anshe Emet Day School, Brickton Montessori School, British International School of Chicago, Catherine Cook School, Compass Health Center, Countryside Day School, Evanston Township HS D202, The Family Institute at Northwestern University, Family Service Center, Foundation 65, The Frances Xavier Warde School, Francis W. Parker School, Glencoe D35, Glenview Public Library, Gorton Center, Hyde Park Day School, Illinois Student Assistance Commission, Kenilworth D38, Lake Bluff D65, Lake Forest Community High School D115, Latin School of Chicago, Leo Catholic High School, Libertyville D70, Lycée Français de Chicago, Magnetar Capital, North Shore Country Day, Northwestern University Office of Neighborhood and Community Relations, Northwestern University School of Education and Social Policy, Pope John XXIII School, Regina Dominican High School, Resurrection College Prep High School, Rogers Park Montessori School, Roycemore School, Santa Clara University School of Law, Science & Arts Academy, The Sonia Shankman Orthogenic School, Stevenson High School D125, Township High School D113, Township High School D214, TrueNorth Educational Cooperative #804, Wilmette Public Library, Woodlands Academy, Wolcott College Prep, Youth & Opportunity United.