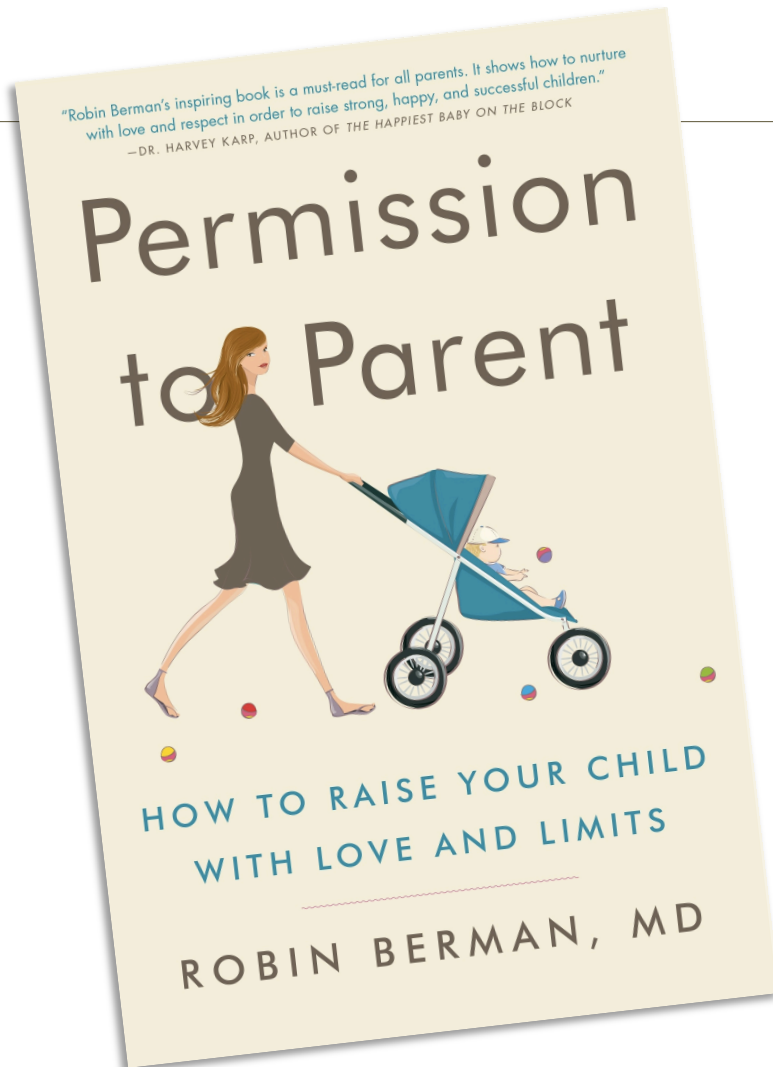


The Morris Educational Foundation Presents

Part I of the 2014-15 MEF Parent Education Series



AN EVENING WITH THE AUTHOR

featuring

ROBIN BERMAN, MD

Psychiatrist, Parenting Expert & Author:
***Permission to Parent: How to Raise Your
Child with Love and Limits.***



PRESENTATION • Q&A SESSION
BOOK SIGNING*

Join us for an enlightening evening as Dr. Berman explains how to get comfortable setting limits while maintaining a loving connection with your children. She'll highlight steps parents can take to raise resilient and successful children by fostering self-esteem, respect, and emotional intelligence. This program is relevant for parents of kids of all ages.

Dr. Berman has appeared on ***The Today Show*** & ***Good Morning America***, and has been featured in ***The Washington Post*** and on ***Time.com***. To learn more about her, visit www.permissiontoparent.net.

THURSDAY, NOVEMBER 13 • 7:30 PM
MORRISTOWN HIGH SCHOOL AUDITORIUM • 50 EARLY STREET



This event is free and open to the public.
RSVP at bit.ly/DrBerman is requested but not required.
You may submit a question for Dr. Berman when you RSVP.
***Books will be available at a discounted price, cash only.**
Questions? Email us: events@morrisedfoundation.org.

**The Morris Educational Foundation Presents:
Permission to Parent Book Club with Dr. Robin Berman ~ January 22, 2015**

Robin Berman, MD, is an Associate Professor of Psychiatry at the David Geffen School of Medicine at UCLA, and runs her own clinical practice as a psychiatrist. During her medical school rotation in child psychiatry, she realized that the best way to help children was often to help their parents, and thus began her lifelong journey of parental education. Her interest is focused on increasing healthy child development by strengthening the parent-child bond. *Permission to Parent*, Dr. Berman's first book, has led her to be featured recently on The Today Show, Good Morning America and in the Washington Post. She lives in Los Angeles with her husband and three children.

Highlights from Permission to Parent:

1: How we talk to our children is how they will one day talk to themselves.

You are the voice in your child's head forever on automatic replay. So much of mental health is how we talk to ourselves. The power of choosing your words mindfully can't be overstated - words can inspire or deflate, soothe or inflame. We want our kids to internalize a loving voice, not a critical one.

2: You can't parent without power.

Don't be afraid to take your rightful position as captain of your family ship. Make sure your "No" does not mean "Maybe." If you set a consequence, follow through. Not finishing an antibiotic grows resistant bacteria; not following through grows resistant kids. Having a parent firmly in charge makes children feel safe.

3: Instructions for childhood should read "Handle with care" not "Fragile will break."

If you treat a child like they are fragile, they will stay fragile for life. Parents need to get comfortable being uncomfortable. You must be able to withstand your children's disappointments and negative feelings without rushing to fix them. If you can't handle their charged emotions, how will they learn to?

4: Realize that mistakes and failures can be some of our kid's best teaching tools.

Failure is how kids learn to persevere. Knowing that you can bounce back from failure and disappointment teaches inner resiliency and builds self-esteem. Real self-esteem comes from mastery – social, physical, and emotional--coupled with unconditional love. Our job is not to prevent our kids from failing; it is to teach them that failure is part of the process of success.

5: When it comes to parenting, check your ego at the door.

If you're screaming play-by-play calls from the sidelines and are devastated when your 9-year-old loses his flag football game, you have to ask yourself if this is really about your child. Parenting is a divine invitation to be your highest self. Raise yourself, so you can raise your child. Always ask yourself: "Is this really about my child, or is it more about me?"

6: Discipline yourself before you discipline your child.

When you model calmness, you teach your children that they too can regulate their emotions. Take a moment to calm yourself before you discipline your child.

7: Parenting is not a project, it is a relationship.

We're so busy running our kids from ballet to soccer we forget that the best start any child can have is a loving connection to their parents. A strong parent-child connection is the most crucial ingredient to self-esteem. This connection is what grows children into well-adjusted adults. How you feel loved as a child has a huge impact on how you see yourself, relate to the world, and give and receive love.

**So, slow down and spend more time just enjoying your kids!
Childhood's greatest legacy is how we felt loved.**

