



How Children Thrive: The Practical Science of Raising Independent, Resilient, and Happy Kids

Mark Bertin, MD

Developmental pediatrician and author of *Mindful Parenting for ADHD*, *The Family ADHD Solution*, and *How Children Thrive*

Thursday, May 10, 2018, 7:00 PM

Grand Rounds: "Mindful ADHD"

Friday, May 11, 2018, 9-10:30 AM

CEU Registration: www.bit.ly/FANBertinCEU

Registered clinicians will receive a free copy of How Children Thrive, courtesy of Compass Health Center.

**Both events, New Trier High School/Northfield, Cornog Auditorium
7 Happ Rd., Northfield, IL 60093**

Presented by **Family Action Network (FAN)**,

in partnership with Chicago Waldorf School, Counseling Center of the North Shore, Countryside Montessori School, Erikson Institute, Glencoe D35, the Glencoe PTO, the Joseph Sears School, the Josselyn Center, the New Trier Parents' Association, Science and Arts Academy, and the Wolcott School.

These events are **free and open to the public** and will be taped. Suitable for youth 12+.

INFO: familyactionnetwork.net

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FOR IMMEDIATE RELEASE: MARK BERTIN, MD – TWO EVENTS

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Thursday, May 10, 2018, How Children Thrive: The Practical Science of Raising Independent, Resilient, and Happy Kids, 7:00 PM, New Trier High School, Northfield Campus, Cornog Auditorium, 7 Happ Rd., Northfield, 60093. In his new book, *How Children Thrive: The Practical Science of Raising Independent, Resilient, and Happy Kids*, Mark Bertin, MD, who specializes in neurodevelopmental behavioral pediatrics, presents new research around executive function (EF) that details how self-management skills such as attention, behavior, emotion, organization, planning and more all mature. What if simply relaxing and having fun with your kids is actually the best thing you can do for them? By understanding healthy developmental stages, parents are better able to support their child's well-being. A supportive, fun, growth-promoting environment – not a hovering, high-pressure, overprotective one – is what kids actually need to thrive.

GRAND ROUNDS: Friday, May 11, 2018, Mindful ADHD, 9-10:30 AM, New Trier High School, Northfield Campus, Cornog Auditorium, 7 Happ Rd., Northfield, 60093. CEU registration: www.bit.ly/FANBertinCEU Far more than a disorder of attention, ADHD is a heritable developmental disorder that affects executive function, a set of cognitive abilities necessary for managing our lives. ADHD impacts daily stress, strains relationships, and hinders specific academic skills such as narrative writing. Mindfulness improves ADHD care by reducing stress, improving cognitive flexibility, supporting habit change, and more. A growing body of research even links mindfulness to direct improvement in attention and executive function. This workshop integrates mindfulness into all the rest of evidence-based ADHD care, emphasizing practical tools for getting started.

Dr. Bertin is the author of *Mindful Parenting for ADHD* and *The Family ADHD Solution*, both of which integrate mindfulness into evidence-based ADHD care. He is also a contributing author for the book *Teaching Mindfulness Skills to Kids and Teens*. Dr. Bertin is a faculty member at **New York Medical College** and the **Windward Teacher Training Institute**, and on the advisory boards for the non-profits **Common Sense Media** and **Reach Out and Read**.

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