



PARENTING ANXIETY

BREAKING THE CYCLE OF WORRY
& RAISING RESILIENT KIDS



MEREDITH ELKINS, PhD



Parenting Anxiety: Breaking the Cycle of Worry and Raising Resilient Kids Meredith Elkins, Ph.D.

Clinical psychologist, faculty member of Harvard Medical School, and co-program director, McLean Anxiety Mastery Program, McLean Hospital.

Rebecca Jenkins

Superintendent of Libertyville D70 in Libertyville, IL.

Thursday, January 22, 2026, 7:00 PM CT

Register: www.bit.ly/ElkinsFANWebinar

PLUS: After-Hours Event!

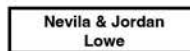
FAN donors are invited to attend a private After-Hours event hosted by Elkins that will start immediately after the webinar. Details on the Zoom registration form.



**This event is #freeandopentothepublic and will be recorded.
Suitable for youth ages 12 and up.**

**Presented by FAN and 58 of our member schools and organizations.
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FOR IMMEDIATE RELEASE: MEREDITH ELKINS, Ph.D. – ON ZOOM

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Thursday, January 22, 2026 | 7:00 PM CT

Parenting Anxiety: Breaking the Cycle of Worry and Raising Resilient Kids

A FAN webinar featuring Meredith Elkins, Ph.D., in conversation with Rebecca Jenkins

REGISTER: www.bit.ly/ElkinsFANWebinar

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Parenting is hard—especially for families navigating anxiety. Today’s parents face an overwhelming volume of advice shaped by rigid cultural ideals of what “good” parenting looks like, particularly when it comes to managing children’s fears and worries. How do you raise resilient children in an age of uncertainty? How do you parent effectively when you yourself are anxious?

Much of the advice parents encounter, unfortunately, encourages responses that can increase the long-term risk of anxiety in children. In trying to protect kids from discomfort, well-intentioned parents may block experiences children need to build courage, confidence, and resilience.

In her new book ***Parenting Anxiety: Breaking the Cycle of Worry and Raising Resilient Kids***, **Meredith Elkins, Ph.D.**, a clinical psychologist and faculty member at Harvard Medical School, brings clarity to this increasingly urgent conversation. Drawing on her clinical work with children and families—and her own experience as a parent—Dr. Elkins helps parents rethink so-called “negative” emotions such as fear, sadness, and guilt, and understand how modern parenting pressures contribute to anxiety in both children and adults. She encourages families to clarify their values and adopt a “love and limits” approach—balancing compassion with healthy boundaries while resisting the urge to shield children from every discomfort.

Dr. Elkins offers concrete, evidence-based guidance for families experiencing everyday anxiety as well as those coping with anxiety disorders. This indispensable resource provides a clear roadmap for helping both children and parents build adaptability, emotional flexibility, and resilience across all stages of development.

Dr. Elkins will be in conversation with **Rebecca Jenkins**, superintendent of Libertyville D70 in Libertyville, IL. Jenkins has presented about leadership at the National Conference on Education by the American Association of School Administrators, the award-winning PowerTrip conference for women in education; at the Illinois Association for Superintendents; and with Google at the ASU+GSV summit, a global meeting for leaders in education, technology, and workforce development.

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, Baker Demonstration School, Barrington D220, Beacon Academy, Bennett Day School, Bernard Zell Anshe Emet Day School, Brickton Montessori School, British International School of Chicago, Catherine Cook School, Chiaravalle Montessori School, Compass Health Center, Countryside Day School, The Cove School, Evanston Scholars, 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 HS D115, Latin School of Chicago, Leo Catholic HS, Libertyville D70, Lycée Français de Chicago, Near North Montessori School, 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 HS, Resurrection College Prep HS, 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 HS D125, Township HS D113, Township HS D214, TrueNorth Educational Cooperative #804, Wilmette D39, Wilmette Public Library, Winnetka D36, Wolcott College Prep, Woodlands Academy, Youth & Opportunity United.