

2025-2026 Parent Education Series

Join us for meaningful learning opportunities designed to transform parent-child relationships. We'll focus on these essential points of connection:

- A Parent's Role in Prevention (drugs/alcohol, social media, peer relationships ...)
- The Changing Landscape of Childhood
- Communication Strategies & Modeling Healthy Relationships

Signature Events:

"Parents and Faculty Partnering For Wellness: A United Approach to Alcohol and Other Drug Prevention Education"



Friday, Nov. 14, 2025



8:15-9 or 10:30-11:15 a.m. in person
Noon-12:45 - virtual



"Protecting Our Children as They Engage in the Digital World"



Tuesday, Feb. 24, 2026



4-5 p.m. in person
7:30-8:30 p.m. - virtual



In addition to our two in-person signature events, all parents and faculty have access to this year's NCAIS/ISACS parent education **webinar series** featuring several international bestselling authors.

September 25 at 7:30 p.m.

School Skills: Setting Kids Up for Success

Lisa Damour, *Author & Ask Lisa Podcast*

October 28 at 7:30 p.m.

How the Great Rewiring of Childhood Impacted Everything + What We Can Do About It

Jonathan Haidt, *Author & Social Psychologist*

January 13 at 7:30 p.m.

Elevating Discipline with the Brain in Mind

Tina Payne Bryson, *Author, Speaker, & Pediatric Psychotherapist*

February 10 at 7:30 p.m.

10 to 25: The Science of Motivating Young People

David Yeager, *University of Texas at Austin, Psychologist & Author*

April 15 at 7:30 p.m.

Happier Parenting: Evidence-Based Strategies for Improving Parent Happiness

Laurie Santos, *Yale University*

May 6 at 7:30 p.m.

Conscious Parenting: Raising Resilient, Self-Aware & Connecting Children

Dr. Shefali Tsabary, *Clinical Psychologist & Author*

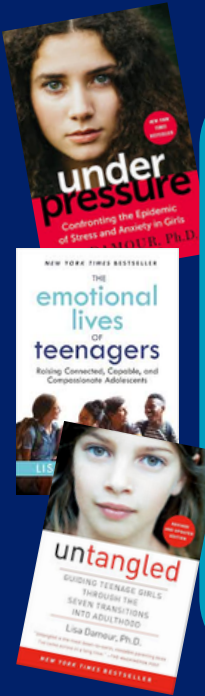
*All sessions will be recorded for later viewing.
The October, February, and April sessions will be followed by in-person "Coffee and Conversations" FCDS faculty and staff.
Look for more details in the weekly update!



Forsyth
For What's Ahead

FCDS Parents' Association presents
Webinar Series Authors

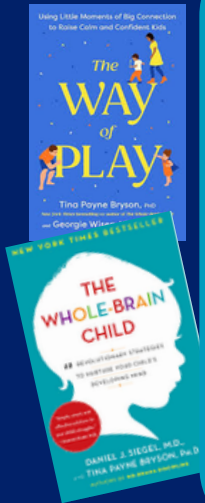
Lisa Damour, PhD is the author of three The New York Times bestsellers: *Untangled*, *Under Pressure*, and *The Emotional Lives of Teenagers*, which have been translated into 23 languages. She co-hosts the Ask Lisa podcast, works in collaboration with UNICEF, and is recognized as a thought leader by the American Psychological Association. Damour authored the monthly Adolescence column for The New York Times, is a regular contributor to CBS News, and created *Untangling 10to20*, a digital library of premium content to support teens and those who care for them. She maintains a clinical practice and speaks around the world on the topics of child and adolescent development, family mental health, and adult well-being. Damour also works with industry leaders on topics related to adolescent mental health and was a consultant to Pixar on the film *Inside Out 2*.



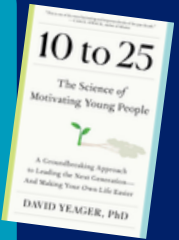
Jonathan Haidt, PhD is a social psychologist at New York University's Stern School of Business. He received his PhD from the University of Pennsylvania and taught for 16 years at the University of Virginia. In his most recent book, *The Anxious Generation*, he brings to light the "great rewiring of childhood" in which play-based childhood has been replaced by phone-based childhood. Haidt continues to push reforms to put an end to the youth mental health crisis through his public health campaign, *The Anxious Generation*. Haidt also is the author of *The Happiness Hypothesis: Finding Modern Truth in Ancient Wisdom*, and of The New York Times bestsellers *The Righteous Mind: Why Good People are Divided by Politics and Religion*, and *The Coddling of the American Mind* (co-authored with Greg Lukianoff). He was chosen by Prospect magazine as one of the world's "Top 50 Thinkers."



Tina Payne Bryson, PhD is the New York Times best-selling author of *The Whole-Brain Child* and *No-Drama Discipline*, which are both co-authored with Dan Siegel. She and Siegel also wrote *The Yes Brain* and *The Power of Showing Up*, and Bryson is the author of *The Bottom Line for Baby*. Her new book, co-authored with Georgie Wisen-Vincent, is *The Way of Play*. Bryson is the founder and executive director of The Center for Connection. She speaks to parents, educators, and clinicians all over the world. She also consults with schools, businesses, and other organizations, including the Nike Sport Research Lab, where she is project director for Mental and Emotional Performance. Bryson earned her PhD from the University of Southern California, where her research explored attachment science, childrearing theory, and the emerging field of interpersonal neurobiology.



David Yeager, PhD is a professor of psychology at the University of Texas at Austin and the co-founder of the Texas Behavioral Science and Policy Institute. He is best known for his research on powerful interventions that influence adolescent behaviors such as motivation, engagement, healthy eating, bullying, stress, mental health, and more. He is the author of the bestselling book *10 to 25: The Science of Motivating Young People: A Groundbreaking Approach to Leading the Next Generation—and Making Your Own Life Easier*. His research has been featured in The New York Times, The Wall Street Journal, Scientific American, CNN, Fox News, and more. Clarivate Web of Science ranks Yeager as one of the top 0.1% most-influential psychologists in the world over the past decade. Prior to his career as a scientist, he was a middle school teacher and a basketball coach. He earned his PhD and MA at Stanford University and his BA and MEd at the University of Notre Dame.



Laurie Santos, PhD is the Chandrika and Ranjan Tandon Professor of Psychology at Yale University and host of The Happiness Lab podcast. Santos is an expert on the science of happiness. Her Yale course, Psychology and the Good Life, teaches students how the science of psychology can provide important hints about how to make wiser choices and live a life that's happier and more fulfilling. Her course recently became Yale's most popular course in over 300 years, with almost one of four students at Yale enrolled. Her course has been featured in The New York Times, NBC Nightly News, The Today Show, GQ Magazine, Slate and O! Magazine. A winner of numerous awards both for her science and teaching, she was recently voted as one of Popular Science Magazine's "Brilliant 10" young minds and was named in Time Magazine as a "Leading Campus Celebrity." Her podcast, The Happiness Lab, has over 100 million downloads.



Shefali Tsabary, PhD (known as Dr. Shefali) received her doctorate in clinical psychology from Columbia University. Specializing in the integration of Western psychology and Eastern philosophy, she brings together the best of both worlds. She is an expert in family dynamics and personal development, and has written seven books, three of which are The New York Times best-sellers, including: *The Conscious Parent*, *A Radical Awakening* and *The Parenting Map*. She has been hailed by Oprah as "revolutionary" and the "best child expert" she has interviewed in her career. With over 2.5 million followers across her social media platforms and appearances on podcasts and forums, from Oprah's networks, Tedx, Masters of Scale, Dalai Lama Center, Kellogg Business School, Wisdom 2.0, to innumerable conferences all over the world, Dr. Shefali's message has transformed millions of lives. She also hosts the topranking podcast Parenting & You.

