

Eileen Kennedy-Moore, PhD

Author, Psychologist, Speaker - aka "Dr. Friendtastic" at private practice

Princeton, NJ, US

nationally recognized authority on children's social and emotional development ---- "inspiring audiences with wisdom, compassion, & humor"

Biography

Eileen Kennedy-Moore, PhD is an internationally published author, psychologist, and mom of four. Her newest books for children are *Moody Moody Cars*, *Growing Feelings: A Kids' Guide to Dealing with Emotions about Friends and Other Kids*, and *Growing Friendships: A Kids' Guide to Making and Keeping Friends*. She is also the author or co-author of four books for parents: *Kid Confidence*, *Smart Parenting for Smart Kids*, *What's My Child Thinking?*, and *The Unwritten Rules of Friendship*. Her books have been translated into ten languages. She is also the professor for The Great Courses/Wondrium audio/video series, *Raising Emotionally and Socially Healthy Kids*. Dr. Kennedy-Moore is the creator of the Kids Ask Dr. Friendtastic podcast, where she answers questions from children about making and keeping friends. She also offers gentle, practical, and research-based help for parents and kids through her online courses at Open Door for Parents. Her blog, *Growing Friendships*, on Psychology Today has over 4.9 million views. A trusted expert on parenting and child development, Dr. Kennedy-Moore has been a featured guest on Live with Kelly and Ryan, The TODAY Show, and Good Day Philadelphia as well as dozens of major radio shows and podcasts. She has been interviewed and quoted in numerous newspapers and magazines, including The New York Times, The Washington Post, The Chicago Tribune, Real Simple, Working Mother, and CNN.com. Dr. Kennedy-Moore has a clinical psychology practice in Princeton, NJ, where she works with adults, children, and families (NJ License #35SI00425400). She frequently speaks about parenting and child development, at schools, conferences, and corporations. Main website: <https://EileenKennedyMoore.com> Podcast for children: <https://DrFriendtastic.com/podcast> *** Please email for speaking inquiries: [speaking\[at\]EileenKennedyMoore.com](mailto:speaking[at]EileenKennedyMoore.com)

Availability

Keynote, Panelist, Workshop, Author Appearance

Industry Expertise

Education/Learning, Mental Health Care, Women, Childcare, Health and Wellness, Media - Broadcast, Media - Online, Media - Print, Publishing, Print Media

Areas of Expertise

Child Development, Children's Friendships, Social Skills, Emotional Intelligence, Social-Emotional Learning, Stress, Parents, Parenting, Children

Affiliations

Sample Talks

Five People Skills Every Child Needs to Learn

Nearly every child has trouble with social relationships in some way, at some time. This presentation describes five essential people skills that are part of the unspoken social curriculum for school-age children. It offers parents or teachers practical ideas for helping children to feel more comfortable and confident in social situations.

Smart Parenting for Smart Kids

It takes more than school smarts to build a fulfilling life. Our culture's relentless focus on achievement and performance can eclipse other aspects of children's development and leave them feeling anxious, disconnected, irritable, or filled with self-doubt. Drawing from research and clinical experience, this program offers parents do-able strategies to help children learn to temper perfectionism, build relationships, and find joy.

Helping Siblings Get Along

Brothers and sisters can be wonderful friends and companions, but they also bicker and argue and tattle and tease. This talk draws from research, clinical knowledge, and the speaker's own experience as a mother of four. With humor and compassion, it describes practical strategies for minimizing sibling squabbles, coping with unavoidable friction, and helping brothers and sisters learn positive people skills.

Inspiring Motivation in Children

There are few things more frustrating to parents than bright children who don't seem to be trying. We know being able to work hard is critical for our children's future success, but how can we avoid the ugly power struggles that come from nagging and arguing, and instead help our children discover motivation that comes from within? This presentation discusses research about motivation and describes practical ways that parents can help children move past motivational impasses & embrace effort.

Beyond Busyness: Finding Balance in Today's Hectic-Time Pressured World

Do you feel like there aren't enough hours in a day to do everything you have to do? Is your life so hectic that you rarely have a free moment for yourself? Is your busy lifestyle wearing you down? This presentation explores the epidemic of busyness in our culture. It describes the costs of our nonstop pace of life. It offers practical strategies for coping with fully filled schedules and finding personal fulfillment.

Education

Stony Brook University
PhD clinical psychology

Northwestern University
BA psychology

NJ licensed psychologist
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