

Eileen Kennedy-Moore

parenting & child development expert - author, psychologist, speaker
at

Princeton, NJ, US

Parenting and Child Development Expert with National Media Experience

Biography

Eileen Kennedy-Moore, PhD, is an internationally published author, psychologist, and speaker. Her audio/video series for parents, produced by The Great Courses®, is called, Raising Emotionally and Socially Healthy Kids. She is co-author of two books for parents: Smart Parenting for Smart Kids (Jossey-Bass/Wiley) and The Unwritten Rules of Friendship: Simple Strategies to Help Your Child Make Friends (Little, Brown). She is also the author of an award-winning children's book, What About Me? 12 Ways to Get Your Parents' Attention Without Hitting Your Sister (Parenting Press), and a forth-coming book for children, Growing Friendships: A Kids' Guide to Making and Keeping Friends (July 2017, Beyond Words/Simon & Schuster). Her books have been translated into eight languages. A trusted expert on parenting and child development, Dr. Kennedy-Moore offers compassionate, practical, and research-based solutions. She has been a featured guest on The TODAY SHOW and other national television and major radio shows, and she has been quoted in numerous magazines and newspapers, including Parents, Real Simple, Working Mother, Family Circle, Woman's Day, and The Chicago Tribune. Dr. Kennedy-Moore serves on the advisory board for Parents magazine, is an expert contributor for PBS Parents, and blogs about children's feelings and friendships for Psychology Today. She frequently speaks at schools and conferences. Dr. Kennedy-Moore's clinical psychology practice is in Princeton, NJ, where she works with adults, children, and families (NJ lic. #35SI00425400). She and her husband have four children. WEBSITE: <http://www.EileenKennedyMoore.com> BLOG: <http://www.psychologytoday.com/blog/growing-friendships> VIDEOS: <http://www.TheGreatCourses.com/Kids>

Availability

Keynote, Workshop, Author Appearance

Industry Expertise

Health and Wellness, Education/Learning

Areas of Expertise

Psychology, Parenting, Child Development, Social & Emotional Learning, Mental Health

Affiliations

ASJA - American Society of Journalists and Authors, SCBWI - Society of Children's Book Writers and Illustrators, APA - American Psychological Association

Sample Talks

Smart Parenting for Smart Kids

It takes more than school smarts to build a fulfilling life. Our culture's relentless focus on "being impressive" places a huge burden on children that can eclipse other aspects of their development and leave them feeling anxious, disconnected, irritable, or filled with self-doubt. The antidote is to create a broad self-definition that encompasses not only children's abilities, but also their humanity and inner strengths. Drawing from research and clinical experience, this program offers parents doable strategies to help children learn to temper perfectionism, build relationships, and find joy.

5 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 practical ideas for helping children to feel more comfortable and confident in social situations.

Friendship in the Digital Age

The internet and electronic media are changing how kids play and how they communicate. What does that mean for friendship? This presentation looks at three forms of digital interaction that have parallel behaviors in the real world but also differ in important ways from comparable face-to-face interaction: video game playing, cyberbullying, and facebook "depression." It describes recent research regarding children's online behavior and offers practical guidance for parents.

Coaching the Child Who Struggles Socially

Sometimes particular children need extra help in learning to get along with others. This presentation includes a hands-on activity to help participants learn about typical social development and common social struggles at every age. Using a case study format, participants then discuss strategies for helping children develop the social skills they'll need through out their lives.

Getting Unstuck: Breaking Free of Power Struggles and Managing Our Own Emotions While Working With Children

Working with children is delightful, meaningful, and fun, but it can also be frustrating, exhausting, and discouraging. This presentation allows participants to take an honest look at some of the not-so-pretty feelings that can come up when working with children and to learn and share effective coping strategies.

Education

Stony Brook University
PhD Clinical Psychology

Northwestern University
BA Psychology

Accomplishments

BOOK - Growing Friendships: A Kids' Guide to Making and Keeping Friends

(Beyond Words/Simon & Schuster) This funny and practical guide is filled with research-based solutions and plenty of true-to-life examples presented in more than 200 lighthearted cartoons to help boys and girls build strong friendships, handle conflicts, and most importantly, be a good friend.

AUDIO/VIDEO SERIES - Raising Emotionally & Socially Healthy Kids

(The Great Courses) This series of 12 half-hour lectures offers parents in-depth understanding and practical help for common challenges involving children's feelings and friendships. Topics include: Teaching Kids to Care; Developing Genuine Self-Esteem; How Kids Manage Anxiety and Anger; Playing Well With Others; Growing Up Social in the Digital Age. VIDEO preview:

<https://www.youtube.com/watch?v=ZZEoRGXNTNA>

BOOK - Smart Parenting for Smart Kids

(Jossey-Bass/Wiley) It takes more than school smarts to create a fulfilling life. This warm and practical book offers parents do-able strategies for helping children develop the social and emotional skills they need to become capable, confident, and caring people. Chapters include: Tempering Perfectionism, Building Connection, Developing Motivation, and Finding Joy. VIDEO:

<http://www.youtube.com/watch?v=Zgf2cf-gCp8>

BOOK - What About Me? 12 Ways To Get Your Parents' Attention Without Hitting Your Sister

A gentle remedy for sibling rivalry. Shows kind, helpful, and creative ways children can ask for the attention they need. Colorful art and simple text make it inviting and accessible for preschoolers.

VIDEO: <http://www.youtube.com/watch?v=nGwRZfKJkco>

BOOK - The Unwritten Rules of Friendship

Whether your child is having trouble resolving an argument with a friend or even making a friend in the first place, whether your child is painfully shy or a bit rambunctious, this book gives you the tools you need to teach your child about getting along. Chapters include: The Born Leader, The Little Adult, The Shy Child, The Different Drummer, The Short-Fused Child.

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