

# Parenting in the Time of COVID

Monday January 18<sup>th</sup>, 10:00 am



## **Robert Evans, Ed.D. and Michael Thompson, Ph.D.**

There is no harder job than being a parent. Nothing else touches so much of a person so deeply—or so unpredictably—and there is no training for it. This was true pre-Covid. It is no wonder parents now find it harder to be confident, struggling to reduce their child's stress—and their own while the pace of life accelerates, media influences intensify, and the future seems to grow less predictable. Drs. Evans and Thompson will outline these dilemmas and offer concrete suggestions for successful coping.

Rob Evans and Michael Thompson are both psychologists and school consultants, both former teachers and former child and family therapists. Between them they have consulted to roughly 2,000 schools and spoken to hundreds of parent audiences.



## **Robert Evans, Ed.D.**

Rob Evans is a psychologist and school consultant. A former high school and pre-school teacher, and a former child and family therapist, he has consulted to more than 1,700 schools, public and private, in the U.S. and internationally, including many in Canada. Among his particular interests are helping schools improve their relationships with families and crisis intervention. His presentations are known for their lively wit and plain talk. He is the author of many articles and three books, including *Family Matters: How Schools Can Cope with The Crisis in Childrearing*.

Michael G. Thompson, Ph.D. Michael G. Thompson, Ph.D. is a consultant, author and psychologist specializing in children and families. He is the supervising psychologist for the Belmont Hill School and has worked in more than seven hundred schools across the United States, as well as in international schools in Central America, Europe, Africa and Asia. He and his co-author, Dan Kindlon, wrote the New York Times best-selling book, *Raising Cain: Protecting the Emotional Life of Boys* (Ballantine Books, 1999). He is the author of *Speaking of Boys: Answers to the Most-Asked Questions about Raising Sons* Ballantine, 2000), and co-author (with Catherine O'Neill Grace and Larry Cohen, Ph.D.) of *Best Friends/Worst Enemies: Understanding the Social Lives of Children* (Ballantine, 2001) and *Mom, They're Teasing Me: Helping Your Child Solve Social Problems* (Ballantine, 2002.) About *Best Friends, Worst Enemies* the Publishers Weekly review declared, "Not since Dr. Spock and Penelope Leach has there been such a sensitive and practical guide to raising healthy children." *The Pressured Child: Helping Your Child Achieve Success in School and in Life* (with Teresa Barker, Ballantine, 2004) was written to help parents understand the complex journey of children through school, from Kindergarten through senior year. His third book on the psychology of boys, entitled, *It's a Boy!: Understanding Your Son's Development from Birth to Eighteen*, was published in 2008. It focuses on the importance of undirected, free play in the lives of boys. Dr. Thompson's newest book, *Homesick and Happy: How Time Away From Parents Can Help a Child Grow*, was published by Ballantine Books in May of 2012. A dedicated speaker and traveler, Michael Thompson has appeared on *The Today Show*, *The Oprah Winfrey Show*, *ABC 20/20*, *CBS 60 Minutes*, *The Early Show* and *Good Morning America*. He has been quoted in the *New York Times*, *The Washington Post*, *Newsweek*, *Time* and *U.S. News and World Report* and has been a guest on NPR's "Morning Edition" with Susan Stamberg, "Talk of the Nation" with Ray Suarez and the Diane Rhem Show. He wrote, narrated and hosted a two-hour PBS documentary entitled "Raising Cain" that was broadcast nationally in 2006. Dr. Thompson is a past member of the American Camping Association and is on the Advisory Board of *Parent Magazine*. Dr. Thompson lives in Arlington, Massachusetts. He is married to Dr. Theresa McNally, a psychotherapist, is the father of two grown children and the grandfather to Aubrey, Brynlee and Kalen.