

**BREAK FREE OF THE
HOW TO
OVERPARENTING TRAP**

**RAISE
AND PREPARE YOUR
AN ADULT
KID FOR SUCCESS**

JULIE LYTHCOTT-HAIMS

“We want so badly to help them by shepherding them from milestone to milestone and by shielding them from failure and pain. But overhelping causes harm. It can leave young adults without the strengths of skill, will and character that are needed to know themselves and to craft a life.”

In her time as Dean of Stanford University Freshman, Julie Lythcott-Haims learned a lot about parenting other people’s kids. When she saw herself making the same mistakes with her own children, she realized that what she was doing was more than making a mistake; she was part of a cultural phenomenon of overparenting, and it was hurting an entire generation of young adults. In her new book, she shares her wisdom with the rest of us.

Join RHS Counselor Marguerite Cahill and RHS English Teacher Julie Harding for a Book Talk about Lythcott-Haims’ New York Times Bestseller,
How to Raise an Adult.

Date: Thursday, November 15, 2018

Time: 7:00 – 8:30 pm

Place: RHS Media center

Book Talk limited to 25 participants.

Please sign up at <https://tinyurl.com/howtoraiseRHS2018>

Prepare by purchasing and reading your own copy of the book, in order to participate in an active discussion.