



Journalist Katherine Reynolds Lewis spent five years investigating this crisis: observing families at the dinner table, meeting educators who are transforming the school experience for kids with attention and mood disorders, studying psychological research, and looking introspectively at her own parenting habits.

Reynolds Lewis is an award-winning independent journalist, author and speaker based in Washington D.C. and a certified parent educator.

She contributes to The Atlantic online, Fortune magazine, USA Today's magazine group, the Washington Post and Working Mother magazine. She's appeared on CNN, NPR, Bloomberg television and radio, and HuffPo Live, as well as numerous radio programs nationally and internationally.

Katherine Reynolds Lewis
<https://www.katherinerlewis.com/>

LET'S DISCUSS THE "GOOD NEWS ABOUT BAD BEHAVIOR"

On March 12th the Cabin John Middle School PTSA will host an evening with award-winning author Katherine Reynolds Lewis

The Cabin John Middle School PTSA is hosting local Potomac resident and award-winning investigative journalist Katherine Reynolds Lewis, author of [*The Good News About Bad Behavior: Why Kids Are Less Disciplined Than Ever and What to Do About It*](#) to speak with our community on Tuesday, March 12 at 7 PM at Cabin John Middle School, 10701 Gainsborough Road. The talk includes a short presentation, ample discussion and the opportunity to purchase books.

Katherine will discuss "The Apprenticeship Model," which centers on listening and building children's skills to address the root causes of misbehavior, rather than reactionary rewards and punishment. By strengthening their connection, communication and capability, we can raise children who are self-disciplined, confident, mentally healthy and better equipped to handle the challenges they'll face in life.

Katherine will share her book's findings about the rising incidence of behavioral and mood disorders—such as ADHD, anxiety and depression— and explain how successful discipline practices teach children the art of self-control. Lewis spent five years investigating a crisis of self-regulation in modern children: observing families at the dinner table, meeting educators who are transforming the school experience for kids with attention and mood disorders and studying the latest scientific research. She will share encouraging ideas for easing the biggest pain points parents experience, without resorting to punishments or rewards. Parents will learn creative ways to end battles over mornings, homework, chores, sibling fights, mealtimes, bedtime, screen time, and kids' lack of motivation, respect or cooperation.

This event is free and open to the public.

