



FOR IMMEDIATE RELEASE

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Sponsored by Family Awareness Network of New Trier Township (FAN), in partnership with The Alliance for Early Childhood, Winnetka Community House, and Make-a-Messterpiece.

Thursday, November 17, Building Resilience in Early Childhood: It's Not a Choice Between Happiness, Play and Success, 1:00-3:00 PM, Winnetka Community House, 620 Lincoln Ave., Winnetka, 60093. Many parents think that they have to choose between their young child's happiness today and a child well prepared for future academic challenges, and too often the choice is to press for academic achievement and extracurricular enrichment at the expense of unstructured play time. Yet in spite of the fact that social/emotional dexterity is perhaps the single most important component of a child's "toolkit," the opportunities to practice these skills – in a sandbox, or sharing toys, or negotiating rules of made-up games – are sacrificed in favor of organized activities, sports participation, and strict routines and schedules.

Ken Ginsburg, M.D., MEd. is a highly regarded pediatrician specializing in adolescent medicine at **The Children's Hospital of Philadelphia**, and Associate Professor of Pediatrics at the **University of Pennsylvania School of Medicine**. His writings on play's protective benefits to children are particularly insightful because as a pediatrician specializing in teens, he has treated many kids who have had prime academic and social-enrichment opportunities, but many fewer opportunities for free play. Dr. Ginsburg's view is that when parents hurry a child by applying too much academic and enrichment pressure, trimming free time to a bare minimum, the child may fail to develop resilience-building strategies – the child may fail to cope, in a positive way, with life's inevitable stressors. A childhood history that includes plenty of free, unstructured play is one of the essential amino acids that an adolescent needs to thrive, not just survive, in the complex world they occupy. Dr. Ginsburg will make a brilliant case for an appropriate balance between preparing for the future and living fully in the present through play, child-centered activities, and rich parent-child interaction.

Sponsored by the **Family Awareness Network of New Trier Township (FAN)**, in partnership with **The Alliance for Early Childhood, Winnetka Community House and Make-a-Messterpiece**. FAN is grateful for its 2011-12 partnerships with **North Shore Community Bank; NorthShore University HealthSystem; Quintessential New Trier** magazine; and **The Book Stall at Chestnut Court**. CPDUs available for education professionals, and CEUs for health professionals; pre-register at **FAN's website, www.fan-nttds.org**. All programs are free and open to the public.

