

## Parent Resource

### How to Be A Modern Parent By Perri Klass, M.D. and Lisa Damour

**Abstract:** “We all want to be the best parents we can be for our children, but there is often conflicting advice on how to raise a kid who is confident, kind and successful. Throughout the circus act of parenting, it’s important to focus on balancing priorities, juggling responsibilities and quickly flipping between the needs of your children, other family members and yourself. Modern parents have the entire internet at their disposal and don’t follow any single authority. It’s hard to know whom or what to trust. Here, we’ll talk about how to help your child grow up to be a person you really like without losing yourself in the process.”

Illustrations by Julia Rothman



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