

Biography – Short Version

Dr. Amy Alamar has worked in the field of education as a teacher, teacher educator, researcher, parent educator, and education reformer for over fifteen years. In late 2014, her first book was published, *Parenting for the Genius: Developing Confidence in Your Parenting through Reflective Practice* (For the Genius Press). The book is a comprehensive guide to becoming the most thoughtful and confident parent possible, with anecdotes and details relating to the guidance and support of children in specific age ranges throughout their formative years. In 2016, Dr. Alamar was an invited guest of Michelle Obama at the White House for a conversation about kids' health. Dr. Alamar was the host of *Parenting from the Trenches* on Yellowbrick.me and is a contributing author to the Disney parenting website, *Babble* and Psychology Blog, *Hey Sigmund*. Her second book, *The Parenting Project: Build Extraordinary Relationships with Your Kids through Daily Conversation* (Fair Winds Press), will focus on communication strategies and is due for publication in Fall of 2018. Dr. Alamar is married and the mother of three children whom she learns from and enjoys each and every day. She is a resident of Avon, CT, where she serves on the board of the Avon Education Foundation, dedicated to promoting and enhancing excellence in education. You can learn more about her at www.amyalar.com.