



Amy Alamar, EdD

educator. author. consultant.

## Biography

Dr. Amy Alamar has worked in the field of education as a teacher, teacher educator, researcher, parent educator, and education reformer for over 20 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 was 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, 2018), focuses on communication strategies with kids to nurture relationships. She serves on the board of the Watkinson School. Dr. Alamar is married and the mother of three children whom she learns from and enjoys each and every day.