

**FOR IMMEDIATE RELEASE**

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## ***Craig A. Knippenberg, LCSW, M.Div.***

Best-selling Author and Educational Consultant, **Craig A. Knippenberg**, is renowned for his work with children, adolescents, and parents, especially his CONNECT group program, which he has led for over four decades. He has a lifelong commitment to improving the lives of children and families by developing effective strategies to help “imperfect” parents build resilient kids so that they may better understand how children’s brains work and foster a deeper connection and independence without guilt or shame.



Knippenberg holds a Master’s Degree in Clinical Social Work from the [University of Denver](#) and a Master of Divinity with a focus on pastoral counseling from the [Iliff School of Theology](#).

His leadership roles include former president of the Attention Deficit Disorder Advocacy Group and various board positions championing causes like the [Colorado Tourette Syndrome](#) Association and the [Rocky Mountain Chapter of CHADD](#).

Knippenberg’s dedication extends to serving as a trusted mental health consultant for independent and public schools, having advanced a brain-based strategies and curriculum for teaching students about their social brain development. This curriculum is expanded on in presentations and keynotes to parent and professional groups on child and adolescent brain development. He has delivered lectures across the U.S. and internationally on the emotional and self-esteem challenges of exceptional students, including engagements at the UC-Davis’s [MIND Institute](#).

Knippenberg shares much of his knowledge and insight on his regular podcast [Legit Parenting](#), as well as in his books [Wired and Connected](#) and [Shame-Free Parenting](#).

### **CONNECT WITH CRAIG ONLINE**

Official Website: [LegitParenting.com](#) | LinkedIn: [/craigknippenberg](#)

YouTube: [/cknippenberg](#) | Instagram: [@thelegitparent](#)

**Explore the [Adventure Dad](#) series, co-developed with Knippenberg’s son on developing parent-child relationships through adventure!**

# Talking Points

- Why there's no such thing as a "perfect" parent and how to let go of guilt / shame and the importance of being just the side of good enough
- A roadmap for understanding pivotal aspects of child-rearing with tangible techniques for forging meaningful connections with children while championing their autonomy
- A holistic approach to emotions, boundaries and acceptance, all focused on progress
- A timely exploration of contemporary challenges – from the allure of TikTok and gaming to hard conversations about school shootings, the book features the essence and importance of structure, resourcefulness and steering young minds toward a driven purpose
- Why you should embrace family spontaneity, adventure and community service as instrumental avenues for cementing ties and imparting core values
- Mental health signs to watch out for in kids
- How to develop resilience as one of your child's most powerful skills
- How to talk with kids through traumatic life events
- Why there's no such thing as a "perfect" parent
- Navigating modern challenges in parenting and education
- What to do when you're facing parental burnout
- Crucial conversations to have with your kids now
- Understanding the impact of social media on Youth Mental Health and Gun Violence
- Navigating your own emotions while guiding your child through their own

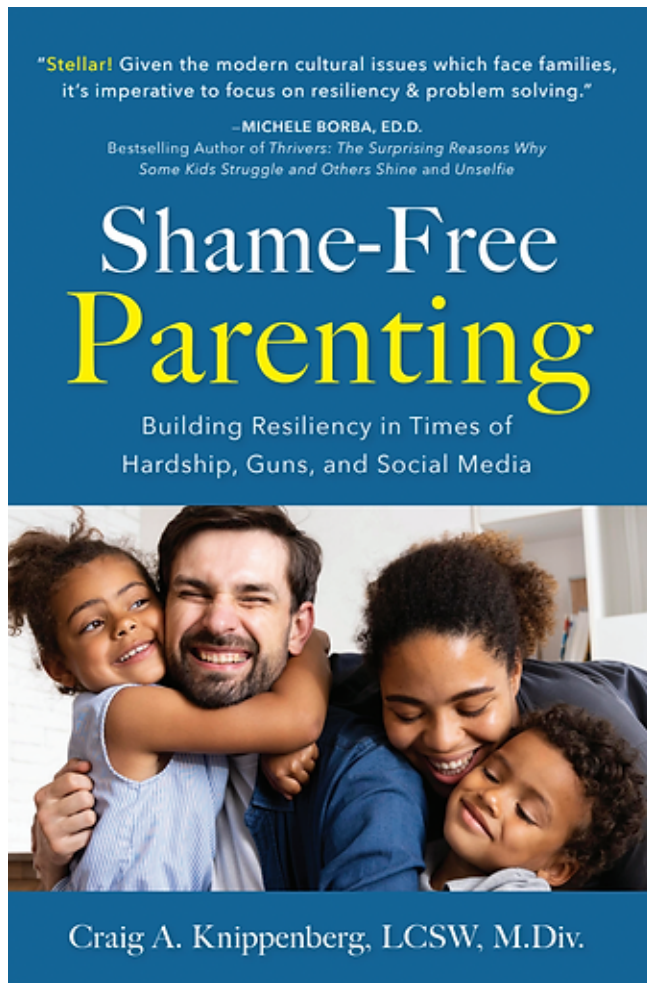
**"Craig's work hits the true essence of parenting. You want to manage your child's development but realize you only have so much control over that process. He also hits on how stressful parenting is and that you don't have to repress your own emotions in the process. Given the modern cultural issues which face families, it's imperative to focus on resiliency and problem solving versus trying to protect children from every possible stress or emotional upset."**

– Michele Borba, Ed.D., Educational psychologist and best-selling author of *Thrivers: The Surprising Reasons Why Some Kids Struggle and Others Shine* and *Unselfie: Why Empathetic Kids Succeed in Our All-About-Me World*

# Shame-Free Parenting

## Building Resiliency in Times of Hardship, Guns, and Social Media

October 10, 2023 • Paperback: \$15.99 • eBook: \$6.99 • ISBN: 978-1959099567



In *Shame-Free Parenting*, author Craig Knippenberg takes on the trend of hypervigilant parenting and offers a compassionate guide to navigating the complexities of parenting with resilience and authenticity. With sections that address pivotal aspects of raising children, Knippenberg equips parents with practical strategies to forge strong connections while fostering independence.

From managing emotions to setting boundaries, this book encourages parents to embrace their own imperfections—it's okay to lose it sometimes, even relax!—and work toward growth. Knippenberg delves into topics including gaming, TikTok, and school shootings, and underscores the importance of creating structure, valuing resources, and guiding children toward their purpose.

With a seasoned perspective, Knippenberg advocates for family adventures and volunteerism as tools for building lasting bonds and instilling values. Full of shame-

free parenting tips and resources for parents, *Shame-Free Parenting* empowers them to cultivate resilient families that thrive in the face of adversity.

**“Craig's empathy for parents and their kids comes across on every page of his book, including his personal stories as a son, father, husband, and grandfather. This book will be a major resource for parents, teachers, coaches, and other childcare professionals who have the privilege of interacting with children and teens and helping them become more compassionate, self-assured, resilient adults.”**

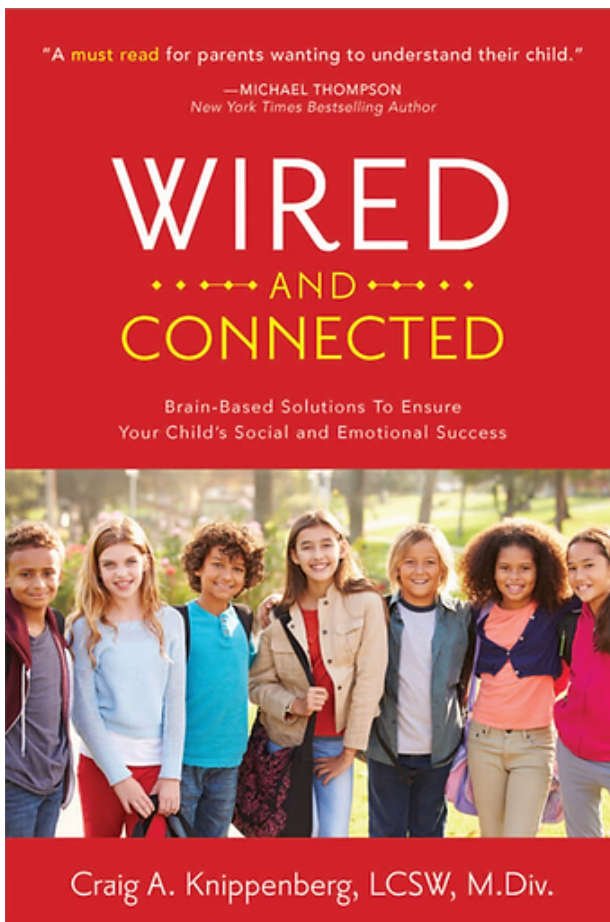
—Robert Brooks, Ph.D., Faculty, Harvard Medical School (part-time) and coauthor of *Raising Resilient Children* and *Tenacity in Children: Nurturing the Seven Instincts for Lifetime Success*

# Wired and Connected

## Brain-Based Solutions to Ensure Your Child's Social and Emotional Success

August 6, 2019 • Paperback: \$20.99 • eBook: \$4.99 • ISBN: 978-1949021509

**Parenting challenges? Overwhelmed knowing how to respond to your child's emotions, impulsive behavior, or lack of empathy?**



In *Wired and Connected*, discover:

- The various stages of brain development and how they affect your child
- The differences between boys' and girls' brains
- Practical tips for working with your child's ever-changing brain
- Proven strategies for raising healthy kids—and maintaining your sanity

Inspired by the popular 5-part YouTube Series, [Will You Be My Friend](#), Craig provides a deep understanding of children's brain development, particularly on how it influences their emotions and behaviors.

*Wired and Connected's* exercises and brain activities, will entertain the whole family and nurture your child's development.

Featured in [The Washington Post](#), [The Huffington Post](#) and [Colorado Public Radio](#).