

NT Behind the Scenes: Chicken Little, the Sky Isn't Falling: Raising Resilient Adolescents in the New Age of Anxiety

Kimberly Hillyer, DNP, NNP-BC



Neonatology Today has a new YouTube. As we previously announced in November of this year, we now have our own Neonatology Today Media. Please use the link to subscribe today, "Neonatology Today Media."

Neonatology Today Media will expand the knowledge of our subscribers with new insights into common problems and historical looks backwards into how technology has favored the enhanced care of our most at risk patients.

hanced care of our most at risk patients.

"The following is an amended transcript of the Q&A with Dr. Kimberly Hillyer and Erica Komisar for Neonatology Today Media. Subscribe to our YouTube channel: Neonatology Today Media. Hit the notification button to see the preemie spotlight and the full interview."

A preemie spotlight is a quick "question and answer" with Erica Komisar, author of *Chicken Little, the Sky isn't Falling: Raising Resilient Adolescents in the New Age of Anxiety*. The following is an amended transcript of the Q&A with Dr. Kimberly Hillyer and Erica Komisar for Neonatology Today Media. Subscribe to our YouTube channel: Neonatology Today Media. Hit the notification button to see the preemie spotlight and the full interview.

Dr. Hillyer: How would you hashtag your book?

Erica Komisar: I would probably hashtag it as #teen parenting. Hashtags are usually no more than two words, so it's a little tough because it would be #adolescent mental health, but you could do #teen parenting or #parenting or #mental health or #kids mental health. Those would be my hashtags.

Dr. Hillyer: If you had not decided upon this title (*Chicken Little the Sky Isn't Falling*) for your book, what would have been another title?

Erica Komisar: I had another title it was "Second Chances," and it didn't go over, but I liked it because I think of adolescence as parents' second chance. If you miss the first critical window of

brain development, it's a second chance to influence your children in terms of the future and their future mental health and emotional security.

"Interested in being featured on Neonatology Today Media? Please email LomaLindaPublishingCompany@gmail.com. Include your name and a Press or Authors kit describing the project or book that you would like featured on our channel."

Dr. Hillyer: How many pages did you write on your very first day?

Erica Komisar: Oh boy, I am an impulsive writer, so that's an interesting question. I can write 50 pages in three hours. I mean, I can just once I start going. So, I can't remember to be honest, how many pages I wrote on the first day. When I get going, as my collaborator, who's an editor, basically she takes my writing Sid Miner, she's wonderful, and she says, "You know, you just kind of vomit on the page, and then I sort through it."

Dr. Hillyer: So that's funny, but that's very amazing. I could have used you for my Doctorate of Nursing Practice.

Can you tell me who your book is dedicated to?

Erica Komisar: My book is dedicated to my own children. I have three children; they are twenty-two, twenty, and seventeen. I have two sons and a daughter, and they are my inspiration for all the parenting books I write. And my husband who has supported my career and is my hero in many ways.

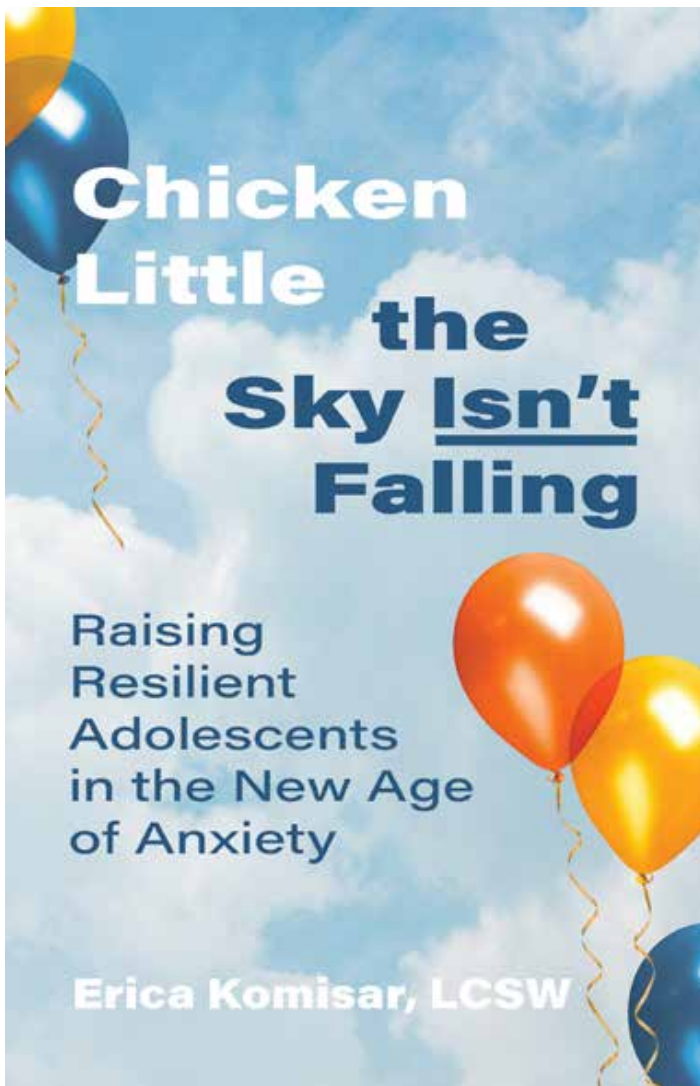
Dr. Hillyer: How did you come up with the design for your cover?

Erica Komisar: Well, that's easy. They give you two from the publisher, and they usually give one that's not so good and one that's great and that they make it easy for you. Actually, it was a discussion because the cover had to be optimistic. There was one cover that was kind of the sky being dark, and there was another cover that they sent me, which is the cover of the book, which was skies and balloons and sunshine. The truth is that this book is hopeful. It's a hopeful book, it does have a lot of depressing statistics, and it is meant to shake parents up, but it's a hopeful book. There's something you can do, and that's hopeful.

Dr. Hillyer: I think what I really appreciated about your book is that it didn't leave you off in a place of continued anxiety or despair. You are actually giving us tools. Tools that we could use, so I did appreciate that, and now I can see why you chose that cover. It

NEONATOLOGY TODAY is interested in publishing manuscripts from Neonatologists, Fellows, NNPs and those involved in caring for neonates on case studies, research results, hospital news, meeting announcements, and other pertinent topics.

Please submit your manuscript to: LomaLindaPublishingCompany@gmail.com



know, people don't think of trauma as normal, but adolescence is a kind of trauma because there's so many crazy things happening to your body and your mind and socially. So, you have to have a baseline of what's normal, and then from there, you can talk about when things go awry. So that's sort of how I organized the book, and I organized my last book (*Being There: Why Prioritizing Motherhood in the First Three Years Matter*) that way too.

Dr. Hillyer: Now that your book is published, is there another chapter you wish you had added?

Erica Komisar: I probably would have added another chapter about how COVID-19 has amplified the mental health crisis. This book came out now, but really it's been in the process. You know books take a long time to get published. It was finished when COVID wasn't really nearly as bad or at the very beginning. So yeah, I would say that I would probably add a chapter about COVID.

Disclosure: *The author has no disclosures.*

NT

was perfect.

Dr. Hillyer: How many times have you read your book?

Erica Komisar: That's a hard question. I have read chapters of my book thousands of times, literally thousands of times. Altogether, the whole book together, probably two or three times. As you put a book together, you work on it chapter by chapter, and I can tell you, chapter by chapter, we have looked at those chapters a thousand times.

Dr. Hillyer: How do you get the flow of which chapter goes where? Because it was really thoughtful in my mind and made sense of why you started first with helping us (parents) understand the current age of anxiety. Then building up into the understanding of the brain of an adolescent, then breaking each area down. I thought it was really thoughtful and then to come back around and then to help guide us as parents.

Erica Komisar: You have to introduce what the book is about, which is this is a particular time in history this new age of anxiety. I always like to talk about health first, again, because you have to have a baseline of knowledge as a parent of what health looks like. What does mental health look like? What does emotional security look like? What should it look like? Because there's a lot of challenges to childhood into adolescence, it's full of adversity, and it's full of trauma, too. That's part of normal trauma. You

About the Author: Kimberly Hillyer, DNP, NNP-BC:



Title: NT News Anchor and Editor

Title: Neonatal Nurse Practitioner & News Anchor, Editor for Neonatology Today

Organization: Loma Linda University Health Children's Hospital

Neonatology Today in partnership with Loma Linda University Publishing Company.

Bio: Kimberly Hillyer, RN LNC, NNP-BC DNP, completed her Master's degree specializing as a Neonatal Nurse Practitioner in 2006 and completed her Doctorate of Nursing Practice (DNP) at Loma Linda University in 2017. She became an Assistant Clinical Professor and the Neonatal Nurse Practitioner Coordinator at Loma Linda University. Her interest in the law led her to attain certification as a Legal Nurse Consultant at Kaplan University.

As a Neonatal Nurse Practitioner, she has worked for Loma Linda University Health Children's Hospital (LLUH CH) for twenty years. During that time, she has mentored and precepted other Neonatal Nurse Practitioners while actively engaging in multiple hospital committees. She was also the Neonatal Nurse Practitioners Student Coordinator for LLU CH. A secret passion for informatics has led her to become an EPIC Department Deputy for the Neonatal Intensive Care at LLUH CH.

She is a reviewer for Neonatology Today and has recently joined the Editorial Board as the News Anchor.

About the Author: Erica Komisar



Erica Komisar is a clinical social worker, psychoanalyst, parent coach and author. With 30 years of experience in private practice, she works to alleviate pain from individuals who suffer from depression, anxiety, eating, and other compulsive disorders. By helping them live better lives and have richer, more satisfying relationships, she assists them in achieving their personal and professional goals and living up to their potential.

A graduate of Georgetown and Columbia Universities and The New York Freudian Society, Erica is a psychological consultant bringing parenting and work/life workshops to clinics, schools, corporations, and childcare settings including The Garden House School, Goldman Sachs, Shearman, and Sterling and SWFS Early Childhood Center.

Erica is also the author of the book *Being There: Why Prioritizing Motherhood in the First Three Years Matters* and has appeared on major media networks such as CBS, ABC, FOX, and NPR. She is a regular contributor to the Wall Street Journal, Washington Post, New York Daily News, and FOX 5 NY. She is a Contributing Editor to the Institute for Family Studies. Her upcoming book, *Chicken Little The Sky Isn't Falling: Raising Resilient Adolescents in the New Age of Anxiety* will be released in Fall 2021.

She lives in New York City with her husband, optometrist, and social entrepreneur Dr. Jordan Kassalow with whom she has three teenage and young adult children.

Visit her website at: www.komisar.com.

Chicken Little, the Sky Isn't Falling: Raising Resilient Adolescents in the New Age of Anxiety

Publisher: HCI Books

Release Date: November 2, 2021

ISBN-10: 0757324002

ISBN-13: 9780757324000

Trade Paperback, 288 pages

Available from Amazon.com