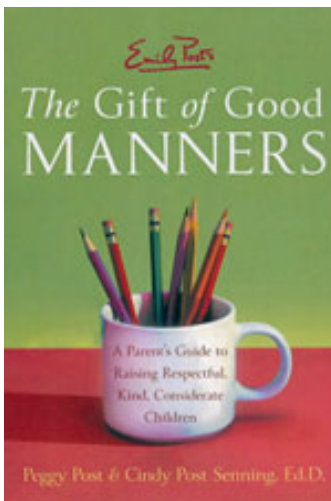


Cindy Post Senning Ed.D.



Cindy Post Senning, Ed.D. is Emily Post's great-granddaughter and a former director of The Emily Post Institute. Now retired, Cindy continues to lead the [Emily Post's Children's Etiquette Train the Trainer Program](#) twice a year, and so give media interviews. Her premiere book for children is [The Gift of Good Manners](#).

co-written with

[Peggy Post](#)

Cindy's educational background and expertise in etiquette uniquely qualify her to write definitively on the subject of children's manners in the 21st century. Her writing and recommendations are based on the concept of introducing specific manners at certain developmental stages in a child's life. Cindy Post Senning also founded the [Emily Post's Children's Etiquette Train the Trainer Program](#) and remains its premier presenter.

Cindy is a sought after source for children's etiquette and has been interviewed by *The New York Times*, *USA Today*, NPR, and *Parenting* magazine.

Cindy's professional background includes more than 30 years in education and health care. She holds a doctorate and master's in education, both from the University of Vermont; and a degree in nursing from Cornell University. Cindy resides in Waterbury, Vermont, with her husband John. They have two grown sons.





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