

A NEW YORK TIMES BESTSELLER

the
collapse
of
parenting

How We Hurt Our Kids When
We Treat Them Like Grown-Ups

THE THREE THINGS YOU MUST DO TO HELP YOUR
CHILD OR TEEN BECOME A FULFILLED ADULT

Leonard Sax, MD, PhD
Author of *Boys Adrift* and *Girls on the Edge*

Book Collapse Parenting Hurt Treat Grown Ups

Isidro Maya Jariego



Book Collapse Parenting Hurt Treat Grown Ups:

The Collapse of Parenting Leonard Sax, 2024-10-01 In this New York Times bestseller one of America's premier physicians offers a must read account of the new challenges facing parents today and a program for how we can better prepare our children to navigate the obstacles they face In *The Collapse of Parenting* internationally acclaimed author Leonard Sax argues that rising levels of obesity depression and anxiety among young people can be traced to parents abdicating their authority The result is children who have no standard of right and wrong who lack discipline and who look to their peers and the Internet for direction Sax shows how parents must reassert their authority by limiting time with screens by encouraging better habits at the dinner table and by teaching humility and perspective to renew their relationships with their children Drawing on nearly thirty years of experience as a family physician and psychologist along with hundreds of interviews with children parents and teachers Sax offers a blueprint parents can use to help their children thrive in an increasingly complicated world

Summary - the Collapse of Parenting Summary Reads, 2016-02-16 Summary *The Collapse of Parenting How We Hurt Our Kids When We Treat Them Like Grown Ups* by Leonard Sax NOT ORIGINAL BOOK includes our BONUS Critics Corner The atmosphere of parenting has changed dramatically in the past three decades mainly due to an idea Sax calls a transfer of authority from parents to children Children have become more concerned with the opinions of their same age peers rather than those of their parents Some challenges are unique to America they include the culture of disrespect the culture of the Live for Now The heavy use of powerful psychiatric drugs being used on our children and the overscheduling of our parents that make it hard for parents to do their jobs in raising their children In *The Collapse of Parenting* Sax shows how certain factors of this damaging concept have led the kids and teenagers of today down a road that has left them less resilient more likely to become depressed or anxious and less physically fit More importantly he poses solutions to these problematic challenges of parenting Inside this SUMMARY READS summation of *The Collapse of Parenting* Summary of Each Chapter Highlights Best Quotes BONUS Critics Corner BONUS Free Report about The Tidiest and Messiest Places on Earth <http://sixfigureteen.com/messy>

Let Them Be Kids Jessica Smartt, 2020-06-09 As parents we want to safeguard our children from the pressures and influences of the world but also prepare them for age appropriate realities How do we find that balance Jessica Smartt shares ways to be more aware proactive and protective but also adventurous with our kids A former English teacher and homeschooling mother of three Jessica Smartt felt the weight of helping prepare her kids for life seeking to raise her children with a sense of adventure self confidence manners faith and the ability to use technology wisely *Let Them Be Kids* is Jessica's offering of grace and confidence to moms providing practical ideas to meet the challenge of raising children Part story part guidebook every chapter includes doable parenting strategies and encouragement for the journey equipping moms with ways to provide a safe healthy Christ centered upbringing for our children Her well researched tested methods woven together with her personal stories and witty humor deliver wisdom on

tough topics such as Managing technology and fostering creative playtime Balancing family time versus sports and extracurriculars How and why to let your kids be awkward Protecting innocence and purity Showing grace when kids disobey If you want to conquer fear and find the truth that transforms entire families Let Them Be Kids will show you that it s not only possible but essential to enjoy every special moment of building family values together And it serves as a gentle reminder that someday you ll be very glad you did *Unmet Needs Never Go Away* Brenda May Whiteman,2023-11-10 Learn a better way of childrearing to raise mentally and emotionally stable children who will positively contribute to society and their own lives Want to develop a deeper level of relationship with your children to ensure they grow up to be mentally psychologically and emotionally stable Key to this is the idea that healthy parenting principles lead to stable personality development *Unmet Needs Never Go Away* posits a new parenting philosophy while discussing personality development in childhood and how to create healthy human beings free from mental health disorders and psychological damage In this book you will learn about The mental health issues that arise from a lack of knowledge about parenting ideals and healthy child development in the family the relevant factors that contribute to various personality disorders and psychological and emotional problems that can and often do arise in the context of familial relationships during the important developmental years of childhood and adolescence the connections between all aspects of human beings including the physical psychological cognitive emotional and spiritual aspects of a healthy personality *Unmet Needs Never Go Away* inspires you to pay closer attention to the relationships you create with your children while also emphasizing connections between society s growing mental health crisis and how it relates to the beginning of every person s life Your job as a parent has never been more important *The Tech Exit* Clare Morell,2025-06-03 A road map to free your kids from the harms of digital technology and to recover the beauty wonder and true purpose of childhood by a leading tech policy expert It s no secret that addictive digital technologies like smartphones and social media apps are harming a generation of kids socially mentally and even physically But a workable solution seems elusive After all don t kids need phones and won t they be vulnerable or socially isolated without tech Clare Morell fellow at the Ethics and Public Policy Center and director of its Technology and Human Flourishing Project argues that the answer is no She exposes the lies parents have been sold about managing the dangers of tech through parental controls and screen time limits and demonstrates that another way is possible even if your children are already using smartphones or social media The Tech Exit maps a doable pathway to freedom from digital technology for families local communities and society Drawing on dozens of interviews with experts and with families who have gone tech free as well as Morell s own work as a policy expert The Tech Exit shows how digital technology is anything but necessary for children to live happy healthy and socially full lives The Tech Exit is essential reading for any parent who has felt stuck between an awareness of the dangers of digital technology for kids and the feeling that tech is necessary and inevitable Clare Morell s message is simple and compelling You and your family can be free The life you want for your children is within reach

Just One Susan Newman, 2025-07-15 Discover why having one child is not only a preferred family size but also a most enriching path to creating a thriving happy family Drawing from groundbreaking new research and interviews with over 100 families renowned psychologist Susan Newman Ph D dismantles the outdated myths about only children while providing a roadmap for confident parenting decisions Whether you're contemplating your family's size or already raising an only child this authoritative guide addresses the most pressing concerns Is one child right for me Am I being selfish No sibling Am I cheating my child What are the benefits of being an only child Why the selfish lonely only stereotypes no longer hold up How to raise a well adjusted compassionate only child Is caring for aging or ill parents too much for one child More and more families are embracing the solo child with little to no pressure from family and friends to have another The one child family has become desired in the U S and worldwide in developed countries China England Korea France and Canada have already been labeled one child nations *Just One* explores the striking changes in cultural norms and personal challenges driving the popularity of the one child family from women starting families older and the high cost of raising children to women wanting to work and climate change concerns Written by one of America's leading parenting experts who has been featured in *Psychology Today* *The New York Times* and NPR *Just One* offers evidence based strategies for nurturing competent independent only children This timely guide speaks to a new generation of parents who are redefining what makes a perfect family size

How to Have Happy Children Dr Martin J Coles, 2019-07-18 Parenting can be tough tougher still when everyone has an opinion on raising a child From the press social media and online influencers right through to our friends and family we're bombarded with advice and criticism on how to be good parents Our kids aren't born with a manual so *How to Have Happy Children* is the book you need Dr Martin J Coles has seen it all and having spent a lifetime working with and for children his expert knowledge research and experience are condensed here into ten brilliant bite sized chapters the Ten Commandments of Parenting 1 You shall not be perfect 2 You shall prefer presence to praise 3 You shall respect change 4 You shall not make for yourself a false idol in screen time but covet sleep time 5 You shall take care of your child's friendships 6 You shall honour discipline 7 Remember literacy to keep it holy 8 You shall covet for your child play of all types 9 You shall covet good relations with your partner and family members 10 You shall take for thyself positive thinking Packed with simple strategies practical tips and straight talk this book will empower your decision making and give you the confidence to tackle the unique challenges of parenting

Don't Let the Culture Raise Your Kids Marcia Segelstein, 2019-03-04 As a journalist television news producer writer and editor Marcia Segelstein has spent decades reporting on family related issues Her work has brought her face to face with troubling shifts in our culture away from Christian values and the impact these trends are having on our children As a mother Marcia recognizes that these are more than news stories they are a personal battle And this is a battle every Christian parent today must be equipped to fight In *Don't Let the Culture Raise Your Kids* Marcia shows us how today's parents need to be different and why She coaches parents to lead their children with confidence and authority

eyes wide open to the pitfalls and dangers that surround them whether in the media in school or among their peers It s not too late to raise Christian kids It s this simple Don t Let the Culture Raise Your Kids Armed with the information provided in this book you can start today ABOUT THE AUTHOR Marcia Segelstein has covered family issues for more than twenty five years as a producer for CBS News and as a columnist She has written for FoxNews com First Things WORLD Magazine and Touchstone and is a senior editor for Salvo magazine Marcia is a graduate of Georgetown University s School of Foreign Service She and her husband have two twenty something children *Closing the Floodgates* A. E. Gillies, 2017-11-06 In *Closing the Floodgates* psychotherapist Dr Ann Gillies has written a blockbuster of a book exposing the biased unscientific and corrupt methods used to promote the sexual revolution of the last sixty years In her powerful and compelling analysis she shows how the truth of scientific fact has been overturned in the interest of pleasure and personal feelings and how a determined minority is using social engineering to reconstruct our social and moral worlds by redefining gender sexuality and the family She draws an alarming picture of the consequences identity confusion among the youth sexual abuse and victimization of children soaring rates of suicide and sexually transmitted diseases the embedding of false unhealthy and immoral teaching in the school curriculum and the loss of freedom of speech and parental rights While a few readers may find the level of detailed academic content challenging at times Dr Gillies is able to make professional findings understandable and real for the average person For all the necessary research and statistical reporting this is a gut level book In a time of culture wars when the truth about gender and sexuality is under attack this book sets the record straight It issues a rallying cry to parents and others concerned for the future of the family and western society to be informed and take action before it is too late Dr George R Slater author of *Along Comes God and Bringing Dreams to Life* [Come on Home](#) Jessica Smartt, 2025-09-23 Family doesn t have to be perfect to be strong We all have our own ideas of what a strong family is but too often the picture in our minds seems desperately far from our real lives We long to build a home that our children want to come back to a healthy environment where they can make mistakes and try again We long for a place of unconditional love a foundation to launch them into this crazy world without feeling lost or untethered But how And what if you feel like it s too late Beloved author of *Memory Making Mom* Jessica Smartt is right there with you in the trenches of parenting and family life She has great news a strong family culture has nothing to do with flawless behavior a Pinterest perfect home or continual harmony In *Come on Home* Jessica will equip parents to create the family they long for with the people in their actual homes It s never too late to build a strong family Based on statistics jam packed with concrete examples and infused with Jessica s trademark down to earth humor *Come on Home* will help you discover thirteen foundational characteristics like prayer friendship and loyalty for a close knit family or what a family needs to grow strong interviews with different kinds of strong families from all backgrounds and circumstances new patterns of discipline that hold boundaries without sacrificing connection practical doable ideas to build strong relationships between family members

raising siblings who look out for one another are good friends and create lasting bonds principles for moving beyond unhealthy familial cycles to give your kids a new legacy While building a family will feel hard at times it will be worth it It is never too late to give our children a soft place to land a foundation of faithfulness and grace

Finding Meaning and Success Chris Palmer, 2021-07-10 This book will help you design and create the best version of yourself It will give you the chance to shape the kind of person you want to be and to articulate the goals you want to achieve in your life both professionally and personally It will help you behave in ways that are true to your most honorable and generous self It is a practical guide for people who are interested in leading a more meaningful and successful life or helping others to do so It teaches you how to author your own life and how to make commitments to yourself and others that will transform your life for the better You ll learn to reflect on your life think about what really matters to you and how to create a personal mission statement You ll think about your values articulate your goals and manage your time effectively You ll explore what it means to live an examined life At the end of each chapter there are questions to think about and actions to take that reinforce the key messages

Parenting Made Complicated David Rettew, 2021-01-15 Practical informed and entertaining Parenting Made Complicated is a complete resource for parents and professionals alike who are looking for dependable information about today s parenting controversies

Preschool Clues Angela C. Santomero, Deborah Reber, 2018-04-03 The award winning creator of Blue s Clues Super Why and Daniel Tiger s Neighborhood shares the secret sauce behind her shows powerful transformative results in the form of eleven research based foundational clues to ensure that preschoolers flourish academically socially and emotionally during this critical time The preschool years when children are between the ages of two and five are the most influential important years in a child s life Studies show that pausing to interact playing to solve problems diffusing with humor and using repetition are the hidden clues conscious parents use to raise successful kids and help them learn critical thinking skills foster empathy and nurture their sense of self worth Angela C Santomero MA the award winning creator of children s television phenomena knows this better than anyone and has spent decades working to instill confidence in her young viewers In *Preschool Clues* she breaks down the philosophy behind her shows educating inspiring and empowering kids into concrete strategies that parents and educators can incorporate into their family and classroom to set their preschoolers up for success such as Intentionally pausing to foster bonding independence and resilience Developing empathy and confidence through soliciting preschoolers help Becoming fluent in the language of preschoolers Play Igniting your preschooler s curiosity Being an involved co player everyday Designing a healthy media diet In *Preschool Clues* Angela shares the latest research from top thinkers in child development and education Through her practical straightforward advice and inspiring conversational approach you will not only understand exactly what your children are learning from the shows they watch and why these shows are so effective you ll know exactly how to apply these same proven approaches in your daily life and with the same powerful results

Big Picture Parents Harriet

Connor,2017-01-20 Being a parent in the modern world is tough We are often overwhelmed with fear about damaging our children guilt about our imperfections and confusion about our role Harriet Connor knows these feelings well But hers is not just another parenting book full of shoulds and shouldn ts to make you feel worse Rather she invites you to step back and consider the bigger picture What is the purpose of life and parenthood What are our human limitations How can we cope with our guilt and fear What are our family s values and how do we pass them on What is our family s structure and place within the wider community When she was desperate for answers Harriet Connor turned to the ancient wisdom of her ancestors the Bible She went looking for little pieces of grandmotherly advice but what she found was a grand vision a big picture that made sense of both life and parenthood Whether you are new to the Bible or have read it before you will not regret taking time to reflect on its message which has given comfort and guidance to generations of parents just like you

Grandparenting Today's Teens Mark Gregston,2018-10-03 Parents influence Grandparents leave a legacy What will you be remembered for by your grandchildren Teens today are stuffed with information yet starving for wisdom They act distant but the truth is they need you now more than ever You have a place in their lives your gray hair your wisdom your relationship your involvement in their lives to help counter the contrary influence in today s teen culture They need you to touch their hearts even if their behavior hurts your heart Your life can transform their life and change the destiny of your family Grandparenting Today s Teens is a must read for every grandparent s library With wit and wisdom Mark Gregston helps you better connect and engage with your grandchildren For both young and old grandparents alike chapter titles include Changing Gears When You re Almost Out of Gas Why Gray Hair Works to Your Benefit Making Memories Before You Lose Yours Losing Battles but Winning Wars Don t Save the Best for Last Remember you can be the connection that offers hope *The Complacent Class* Tyler Cowen,2017-02-28 A Wall Street Journal and Washington Post Bestseller Tyler Cowen s blog Marginal Revolution is the first thing I read every morning And his brilliant new book *The Complacent Class* has been on my nightstand after I devoured it in one sitting I am at round the clock Cowen saturation right now Malcolm Gladwell Since Alexis de Tocqueville restlessness has been accepted as a signature American trait Our willingness to move take risks and adapt to change have produced a dynamic economy and a tradition of innovation from Ben Franklin to Steve Jobs The problem according to legendary blogger economist and best selling author Tyler Cowen is that Americans today have broken from this tradition we re working harder than ever to avoid change We re moving residences less marrying people more like ourselves and choosing our music and our mates based on algorithms that wall us off from anything that might be too new or too different Match com matches us in love Spotify and Pandora match us in music Facebook matches us to just about everything else Of course this matching culture brings tremendous positives music we like partners who make us happy neighbors who want the same things We re more comfortable But according to Cowen there are significant collateral downsides attending this comfort among them heightened inequality and segregation and decreased incentives to innovate

and create The Complacent Class argues that this cannot go on forever We are postponing change due to our near sightedness and extreme desire for comfort but ultimately this will make change when it comes harder The forces unleashed by the Great Stagnation will eventually lead to a major fiscal and budgetary crisis impossibly expensive rentals for our most attractive cities worsening of residential segregation and a decline in our work ethic The only way to avoid this difficult future is for Americans to force themselves out of their comfortable slumber to embrace their restless tradition again

Community Prevention of Child Labor Isidro Maya Jariego, 2021-06-22 This book discusses preventive actions that have led to reduction in the prevalence of child labor across the world over the 21st century It identifies exemplary programs in the area of community prevention that have had exceptional results for example the involvement of children in hazardous work globally being reduced by half It documents a wide range of contexts where concerted action has counteracted social permissiveness towards child labor including psycho educational interventions in preventing early school leaving and conditional cash benefits which counteract family poverty The book presents a set of evidence based practices that are particularly useful for psychologists educators and social workers More broadly this book is also of interest to policymakers professionals and activists involved in child protection policy or in implementing programs to promote the psychological well being of children

Digital Detox Molly DeFrank, 2022-04-19 This brilliant book is a game changer WENDY SPEAKE author of The 40 Day Social Media Fast and Triggers Exchanging Parents Angry Reactions for Gentle Biblical Responses Hope and practical direction for parents FRANCIS and LISA CHAN New York Times bestselling authors It s time to flip the switch and get your kids back Mom of six Molly DeFrank was sick of screen time meltdowns She wanted more for her family so she pulled the plug declaring a digital detox for her kids The transformation blew her away She got her sweet happy kids back The detox was easier than she could have hoped and the results were better than she could have dreamed In just two weeks her children were free from the grip of digital devices Their moods shifted immediately and their creativity exploded They learned how to entertain themselves and enjoy life without screens Her experiment led to a total tech overhaul that changed her family s life Here s how she did it in just fourteen days and how you can too Digital Detox offers step by step guidance that will help you overcome your fear of firing your electronic babysitter cultivate your child s giftings outside of screens confidently set the right tech boundaries for your family develop a long term plan to sustain lasting change Best of all you ll transform screen zombies into friendly happy grateful kids You can put technology in its right place This book will show you how

Journal of Moral Theology, Volume 7, Number 1 Mary Doyle Roche, 2018-01-23 Children and Youth Forming the Moral Life Edited by Mary M Doyle Roche Children and Youth Forming the Moral Life Mary M Doyle Roche The Vice of Virtue Teaching Consumer Practice in an Unjust World Cristina L H Traina Families in Crisis and the Need for Mercy Marcus Mescher Transgender Bodies Catholic Schools and a Queer Natural Law Theology of Exploration Craig A Ford Jr Hooking Up Contraception Scripts and Catholic Social Teaching Kari Shane Davis Zimmerman and Jason King Youth Leisure

and Discernment in an Overscheduled Age Timothy P Muldoon and Suzanne M Muldoon Children s Right to Play Mary M Doyle Roche Review Essay Exclusion Fragmentation and Theft A Survey and Synthesis of Moral Approaches to Economic Inequality David Cloutier *Handing Down the Faith* Christian Smith,Amy Adamczyk,2021 This book is about how American religious parents approach the handing on of their religious practices and beliefs to their children We know a lot about the importance of parents in faith transmission and factors that influence its effectiveness But we know much less about the actual beliefs feelings and activities of the parents themselves when it comes to the intergenerational transmission of religious faith and practice

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