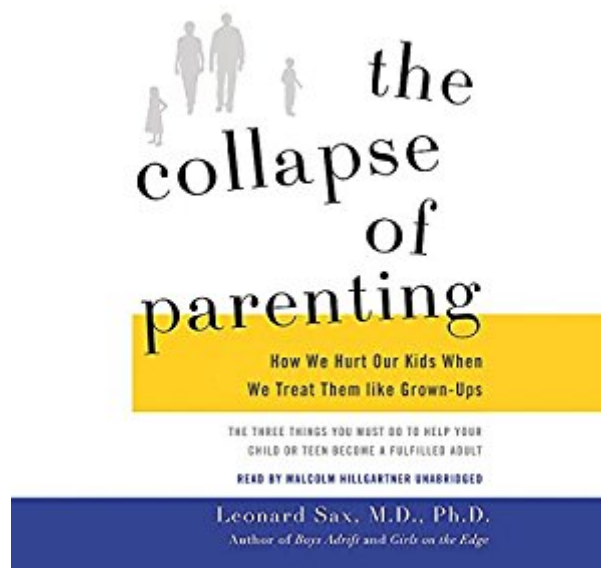




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# The Collapse Of Parenting: How We Hurt Our Kids When We Treat Them Like Grown-Ups



## Synopsis

In *The Collapse of Parenting*, Leonard Sax, an acclaimed expert on parenting and childhood development, identifies a key problem plaguing American children, especially relative to other countries: the dramatic decline in young people's achievement and psychological health. The root of this problem, Sax contends, lies in the transfer of authority from parents to their children, a shift that has been occurring over the last 50 years and is now impossible to ignore. Sax pinpoints the effects of this shift, arguing that the rising levels of obesity, depression, and anxiety among young people - as well as their parents' widespread dependence on psychiatric medications to fix such problems - can all be traced back to a corresponding decline in adult authority. Sax argues that a general decline in respect for elders has had particularly severe consequences for the relationships between parents and their children. The result is parents are afraid of seeming too dictatorial and end up abdicating their authority entirely rather than taking a stand with their own children. If kids refuse to eat anything green and demand pizza instead, parents give in, inadvertently raising children who expect to eat sweets and junk food and are thus more likely to become obese. If children demand and receive the latest smartphones, tablets, and other gadgets and are then allowed to spend the bulk of their waking hours texting with friends and accessing any website they want, they become increasingly reliant on peers and the media for guidance on how to live rather than their parents. And if they won't sit still in class or listen to adults - parents or teachers - they're often prescribed medication, a quick fix that doesn't help them learn self-control. In short, according to Sax, parents have failed to teach their children good habits, leaving children with no clear sense of the distinction between right and wrong. But, Sax insists, there is hope. To start with, parents need to regain central places in the lives of their young children, displacing same-age peers who can't provide the same kind of guidance and stability. Parents also need to learn that they can't be best friends and parents at the same time. They'll make their children's lives easier if they focus not on pleasing their kids but instead on giving them the tools they need to lead happy, healthy lives. Drawing on over 25 years of experience as a family psychologist and hundreds of interviews with children, parents, and teachers in the United States and throughout the world, Sax makes a convincing case that if we are to help our children avoid the pitfalls of an increasingly complicated world, we must reassert authority as parents.

## Book Information

Audible Audio Edition

Listening Length: 5 hours and 46 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Blackstone Audio, Inc.

Audible.com Release Date: December 29, 2015

Language: English

ASIN: B0195D3U8Q

Best Sellers Rank: #49 in Books > Audible Audiobooks > Nonfiction > Education #127

in Books > Education & Teaching > Schools & Teaching > Education Theory > Philosophy &

Social Aspects #276 in Books > Audible Audiobooks > Health, Mind & Body > Family &

Relationships

## Customer Reviews

"The Collapse of Parenting" presents an opportunity for parents to reflect on their parenting style and (hopefully) recognize how we all need to step up and either reinforce or begin creating stronger bonds with our children in an effort to counteract the alarming trend of children looking to culture/peers for validation and support rather than parents/families. I was pleased to see Gordon Neufeld's "Hold on to your Kids" referenced in the book as it has been one I've highly recommended to fellow educators and parents over the years; while not mentioned directly, the ideas of "too hard/too soft/just right" styles of parenting discussed in the book are reminiscent of Barbara Coloroso's description of "backbone, jellyfish, and brick wall" parents. I always enjoy reading and reflecting on ideas and information presented by Dr. Sax either in print or at one of his lectures. While some would see him as somewhat conservative in his views, he is knowledgeable, has experiences on 'the front lines', and has thoroughly backed up his claims with extensive research... his claims and ideas are very worthy of consideration. While there was no startling 'new' information presented in the book (if you've been reading parenting books), it is written in a relatively easy/quick read format and the solutions presented are certainly do-able. If you are new to the life of a parent or looking for ideas on how to guide your child more effectively and lovingly as they grow towards adulthood, this is a great place to start. Perhaps this will be the voice parents will pay attention to as this current generation grows and matures.

An excellent overview of many of the troublesome issues facing U.S. parents in today's world. All American parents need to become aware of the need to exert and maintain their benign (not overtly harmful) authority in their households.

I'm a grandmother who reads books pertaining to children's development as much as possible. I have 5 grand children ranging in age 6, 10, 12, 14 and 16. I could not put this book down. I will buy it for my daughter so she could incorporate many of Dr sax's suggestions. She and her husband realize the importance of child rearing and the children know that both parents are in charge. Thank you Dr. Sax for helping parents realize that the "clock may have to be turned back" if children are to realize that their experiences---educational or otherwise are preparing them for life rather than material gain.

BOOM! Another Dr. Sax hit. I just love this book. It's alarming in its message, but yet easy to read. I think every parent in America needs to read it. I'm so tired of these parenting books that tell you what not to do, but not replacing it with what you should do. I'm tired of the parent peer pressure in our country that has raised these generations of weak, fragile kids who grow up to be unsuccessful whiners who drag down our country and society. Step up parents!! You have a job to do!!

This book is an excellent eye opener of the direction our children are going. It validated my feelings as a teacher and how it is becoming more and more difficult to manage these new personalities. I've recommended it to all of my colleagues who are now reading it as well. The problem is that those who would really benefit from the book will never read it...

A must read for all parents, today! Stop trying to be your child's friend, be their parent. A great follow up to Boys Adrift.

I've read Dr. Sax's previous books (Why Gender Matters, Boys Adrift, Girls on Edge) and I've loved them all. When I heard he had a new book coming out, I was super excited. I am a mother to three young boys. I used to be a civil engineer (before kids) but am now a high school physics teacher. I found his books to be extremely beneficial to me as a parent and as a teacher. I found his style of writing to be engaging, almost like he is in the room and we're having a discussion. I have recommended all his previous books to my colleagues, students' parents, and my friends & family. I will certainly recommend this one too.

I absolutely love this book. In this day and age parenting is confusing. It was hard to pull from my own childhood because childhood for my son is different. How to navigate these differences was

terrifying to me. This book isn't just opinion but backed by facts and statistics to really drive its importance home. I even suggested it to my son's teacher and to my dad who is a retired Pediatrician. He said he was convinced of Dr Saxs findings and how to handle the problems. If there is ever a book for a parent to read, I believe this (and his other one Boys Adrift) is the one. Can't suggest it enough. It will be my go to reference throughout my son's growing up.

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