



# **The Overparenting Epidemic: Why Helicopter Parenting Is Bad for Your Kids . . . and Dangerous for You, Too!**

*George Glass, David Tabatsky*

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Helicopter parents, tiger moms, cosseters, hothouse parents . . .

Whatever we label it, *overparenting*—anxious, invasive, overly attentive, and competitive parenting—may have finally backfired. As we witness the first generation of overparented children becoming adults in their own right, many studies show that when baby boomer parents intervene inappropriately—with too much advice, excessive favors, and erasing obstacles that kids should negotiate themselves—their “millennial” children end up ill-behaved, anxious, narcissistic, entitled youths unable to cope with everyday life. The obsession with providing everything a child could possibly need, from macrobiotic cupcakes to 24/7 tutors, has created epidemic levels of depression and stress in our country’s youth, but this can be avoided if parents would just take a giant step back, check their ambitions at the door, and do what’s really best for their kids.

Written by a noted psychiatrist and a parenting specialist, *The Overparenting Epidemic* is a science-based yet humorous and practical book that features an easy-to-read menu of pragmatic, reasonable advice for how to parent children effectively and lovingly without overdoing it, especially in the context of today’s demanding world.

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