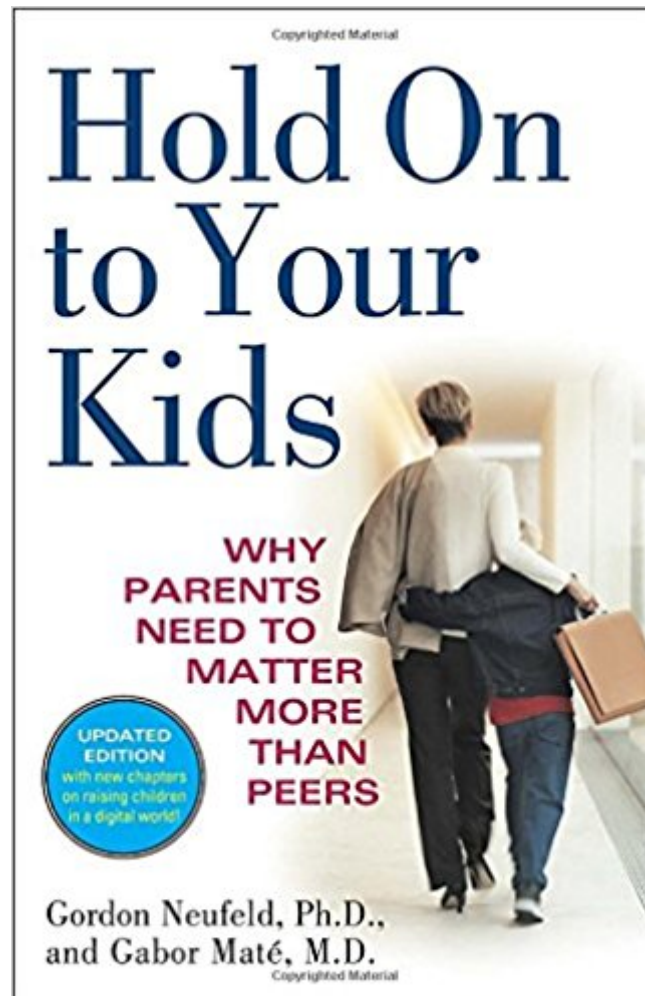




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# Hold On To Your Kids: Why Parents Need To Matter More Than Peers



## Synopsis

International authority on child development Gordon Neufeld, Ph.D., joins forces with bestselling author Gabor Maté, M.D., to tackle one of the most disturbing trends of our time: Children today looking to their peers for direction – their values, identity, and codes of behavior. This “peer orientation” undermines family cohesion, interferes with healthy development, and fosters a hostile and sexualized youth culture. Children end up becoming overly conformist, desensitized, and alienated, and being “cool” matters more to them than anything else. *Hold On to Your Kids* explains the causes of this crucial breakdown of parental influence – and demonstrates ways to “reattach” to sons and daughters, establish the proper hierarchy in the home, make kids feel safe and understood, and earn back your children’s loyalty and love. This updated edition also specifically addresses the unprecedented parenting challenges posed by the rise of digital devices and social media. By helping to reawaken instincts innate to us all, Neufeld and Maté will empower parents to be what nature intended: a true source of contact, security, and warmth for their children.

## Book Information

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## Customer Reviews

Starred Review. Like countless other parents, Canadian doctors Neufeld and Maté woke up one day to find that their children had become secretive and unreachable. Pining for time with friends, they recoiled or grew hostile around adults. Why? The problem, Neufeld and co-writer Maté suggest, lies in a long-established, though questionable, belief that the earliest possible mastery of the rules of social acceptance leads to success. In a society that values its economy

over culture, the book states, the building of strong adult/child attachments gets lost in the shuffle. Multiple play dates, day care, preschool and after school activities groom children to transfer their attachment needs from adults to their peers. They become what the authors call "peer oriented." The result is that they squelch their individuality, curiosity and intelligence to become part of a group whose members attend school less to learn than to socialize. And these same children are bullying, shunning and murdering each other, as well as committing suicide, at increasing rates. The authors' meticulous exploration of the problem can be profoundly troubling. However, their candidness and exposition lead to numerous solutions for reestablishing a caring adult hierarchy. Beautifully written, this terrific, poignant book is already a bestseller in Canada. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. --This text refers to an out of print or unavailable edition of this title.

"Hold on to Your Kids blows in from Canada like a Blue Northern, bringing us genuinely new ideas and fresh perspectives on parenting. The authors integrate psychology, anthropology, neurology and their own personal and professional experiences as they examine the 'context' of parenting today. This is a worthy book with practical implications for mom and dad." — Dr. Mary Pipher, author of *Reviving Ophelia* and *The Shelter of Each Other*

"Hold on to Your Kids is visionary book that goes beyond the usual explanations to illuminate a crisis of unrecognized proportions. The authors show us how we are losing contact with our children and how this loss undermines their development and threatens the very fabric of society. Most importantly they offer, through concrete examples and clear suggestions, practical help for parents to fulfill their instinctual roles. A brilliant and well written book, one to be taken seriously, very seriously." — Peter A. Levine Ph.D., International teacher and author of the best selling books: *Waking the Tiger*, *Healing Trauma* and *It Won't Hurt Forever*, *Guiding Your Child through Trauma*

"The thoughts and perspectives presented by the authors are informative — even inspirational — for those who choose to dedicate their lives and energy to students." — Bulletin of the National Association of Secondary School Principals

"With original insights on parent-child attachments and how parents can restore them, this is a book for revitalizing families and rekindling the song in their children's hearts." — Raffi, children's troubadour, founder of Child Honoring Society Institute

"With simple ideas and steps, this book is directed not only to parents, but to all those — educators, social workers, counselors — whose lives and work bring them into contact with children." — Quill & Quire

"Though this is Neufeld's personal theory, Matf (Scattered Minds, When the Body Says No) has expressed his colleague's ideas in precise and

hard-hitting prose that makes complex ideas accessible without dumbing them down. The result is a book that grabs hard, with the potential to hit many parents where they live."•The Edmonton Journal"[M]ay serve as a loud wake-up call for mothers and fathers•this one offers what many of the others do not • that rare commodity known as common sense."•Winnipeg Free Press"With the benefit of 30 years of research and experience, Neufeld has crafted a coherent, compelling theory of child development that will cause an immediate frisson of recognition and acceptance in its readers. His approach has the power to change, if not save, the lives of our children."•National Post"The authors present doable strategies to help parents help their kids. If their advice is taken to heart, there's hope there will be more warmth and security all round."•The Georgia StraightPraise for *Scattered Minds* by Gabor Maté, M.D."Rare and refreshing. . . . Here you will find family stories, an accessible description of brain development and sound information. You will also find hope."•The Globe and Mail"An utterly sensible and deeply moving book written for a general audience."•The Vancouver SunFrom the Hardcover edition.

I'm so happy to review this book because it absolutely changed my life and my daughter's life forever! I will be honest with you and tell you that I was at my wit's end. My 13 year old, who used to be a sweet kid became constantly defiant and depressed at home. The kid who obviously loved me, I'm a really cool mom, now ignored me and rolled her eyes. Her grades were suffering and she began stitching into her skin during school. This is when someone sews shapes into their skin with a needle and thread. So I got this book. I read the book very quickly because it resonated so strongly with all I was going through. Our society values peer influence so highly and at such a superficial level that we are losing our kids to isolation and hopelessness disguised by technology and unhealthy friendships. I pulled my daughter out of school in her last semester of 7th grade. This meant that she would have to repeat 7th grade and be a year behind. As a single mother with her and a baby, as well as a full-time career I committed to homeschool her. We worked out a strange schedule of night and weekend study focused on real life skills and developing her values system. She was indignant...at first. After the first two weeks things started to ease. She began applying herself more, she softened, started taking great love and responsibility with her sister and with our home. I followed the advice of the book and rebuilt our relationship and the tenderness we have for each other. She was honest with me! She broke down and told me about all her fears and walls. The girl that just wanted to be on the internet or texting in bed was now going to the gym several times a week, going for walks with the kids around the neighborhood, volunteering to help younger students

learn to read and really working on improving our family relationships. She stopped yelling at me and ignoring me!! She reached a healthy weight, she was way too skinny. During that one school year we did two years of work and caught her up. She entered high school today, right on schedule! She held my hand as we drove to the bus stop. She was excited about meeting new kids and really applying herself at school. This week she received an award for her volunteer service over the past year. Also, on a daily basis, I have people tell me what a remarkable and intelligent child I have. Last year, she was depressed and aloof, people were concerned about her. Reading this book led me to make a very difficult decision that I thought was absolutely beyond my capacity as a mother. I believe if I hadn't put her first and done everything I could to get her away from her unhealthy friendships that I would've lost her forever and her academic possibilities and life possibilities would have suffered severely. No one agreed that I was doing the right thing! (The school, her father, my mother, no one understood why I needed to this.) This book gives practical step-by-step instructions to get your kids back from unhealthy destructive behaviors that are becoming more and more prevalent as a result of our current culture. If you are losing your child people act fast and be brave. It was the best decision I ever made.

I'm a physician. An M.D. I've raised 3 children, ages 33, 30, and 28. I've struggled through multiple drug abuse with one child, and gross insecurity in 2 others. Although I have been a believer for several years in unconditional love, I struggled with the application in my relationships. Until this book. A parenting book that explains unconditional acceptance. With the book half-finished, convicted of its truth, and with tears in my eyes, I began practicing unconditional acceptance with my children several months ago as I slowly digested the remainder of the book. The rewards, especially with my child who was a drug addict for 14 years, have been nothing short of miraculous. If you buy only one book on parenting in your life buy this one.

A MUST HAVE in today's society and raising children. Very helpful for understanding today's problem with peer orientation, a problem that is not named literally but is there. I recommend to read this when you have a little baby, the sooner the better because dealing with a teenager obsessed with his smartphone and peer group is unimaginable. Thanks to this book (and , Naomi Aldort's Raising our Children Raising ourselves, Bowlby's and Harry Harlow's experiments, John Holt's books) we decided to carry our children in baby carrier, sleep with them in family bed (as Gordon mentions, the first attachment is the physical, don't recommend to skip that) and also homeschool/unschool! For us all - the best decision and raise we ever made. For people interested

in this I recommend also Naomi Aldort's set of 7 CDs Trusting Our Children, Trusting Ourselves - for Homeschooling (sometimes used from 14dollars!). I can't after reading these materials ever give children in daycare or public school. There is no way back, but it is very very helpful also to understand your own person and childhood.

This is one book every parent should read. So much wisdom has been lost over the last few centuries as our societies have gotten more split apart and impersonal. If you have "trouble" with a child...you will find such a relief in understanding a few things this author explains. This is one of the best books on the parent/child relationship I've ever read...and I've read about 30. Educators would do well to read this book, also, as it really explains some things that make or break the educational relationship.

This book is a must-read for all parents raising children in today's technologically-driven world. As parents, we face so many challenges and distractions from the world around us. Dr. Neufeld stresses the importance of re-focusing energy on the primary relationship between parents and children (as opposed to becoming swept away by technology and an over-emphasis on time with friends). I am the parent of a 13 yr old boy and almost 10 year old girl so we're on the precipice of big changes. So far, we've been able to maintain a reasonable balance between time with friends and time with family. The technology component is more challenging.

It's very helpful I feel to be able to create a loving relationship with one's kids and even with other people. First learned about it in the Sun Magazine (August 2012 issue #440) about Gabor Mate, who co-authored it. I used think that just by virtue of my age I should be "respected" by children...boy was I wrong ! Helped me to understand my three now grown kids better and communicate better have since grown closer to them. I love the reference to how the French raise their kids: that "it takes a village to raise a child" This is so true. Am less shy talking with kids who want to pet my dog when we are out on walks. Would put this book in the "life changing" category and consider it as a "monumental" read.

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