

UNDER PRESSURE:

How the Epidemic of Hyper-Parenting Is Endangering Childhood

By Carl Honoré

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Under Pressure: Rescuing Our Children from the Culture of Hyper-Parenting is a far-ranging and page-turning investigation into what it means to be a parent in the age of anxiety. It is also an appeal to slow down, trust our instincts, and put the child back in childhood.

“This book is not another parenting manual...my aim is to find a way to tame the anxiety surrounding children,” Honoré explains. “That entails rethinking what it means to be a child and what it means to be an adult and finding a way to reconcile the two in the twenty-first century.”

Carl Honoré is the bestselling author of *In Praise of Slowness*. During his upcoming national book tour he will speak at the Portland Waldorf School on April 25. He will also be hosted by the Parsifal Waldorf School at the Ottawa Writers Festival on April 16.

In his new book he examines why children are fatter, more myopic, more depressed, and more medicated than any previous generation. We are raising a generation of over-programmed, overachieving, exhausted children and we have underestimated their resilience at the expense of their freedom.

At the same time, during his extensive travels in researching this book, he discovered a powerful movement of teachers and parents who are deeply committed to preserving the magic and innocence of childhood in various educational movements:

- In Hong Kong there is one preschool where instead of hunching over desks studying Chinese script, children play freely with a basket pine cones, silks, and wood blocks.
- The school system in Finland holds the teaching profession in high esteem and students face no standardized testing, yet routinely they top the world in competitive exams.
- The Secret Garden nursery school in Scotland uses nature as a classroom. Students spend the whole day outside, whatever the weather, challenging the modern belief that they need to be handled with extreme care.

"Under Pressure can be viewed as a wake-up call to parents and educators, as well as a solid summary of how children are being raised in the 21st century. Honoré covers a lot of territory, investigating academic testing and homework issues, extracurricular activities and sports, consumerism, and safety issues. . . . This is not a parenting book or a how-to manual, but rather a comprehensive look at the state of the childhood nation."

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