

On Traits, Group Psychology and the Rearing of Millennials

DAVID EBERHARD

HUR BARNEN TOG MAKTEN

*"Enligt mig så borde de
öppna varje riksdagsmöte
med högläsning ur någon av
David Eberhards böcker."*

— PAOLO POBERTO



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The fragile child



Ask an expert



“Experts” contradict each other

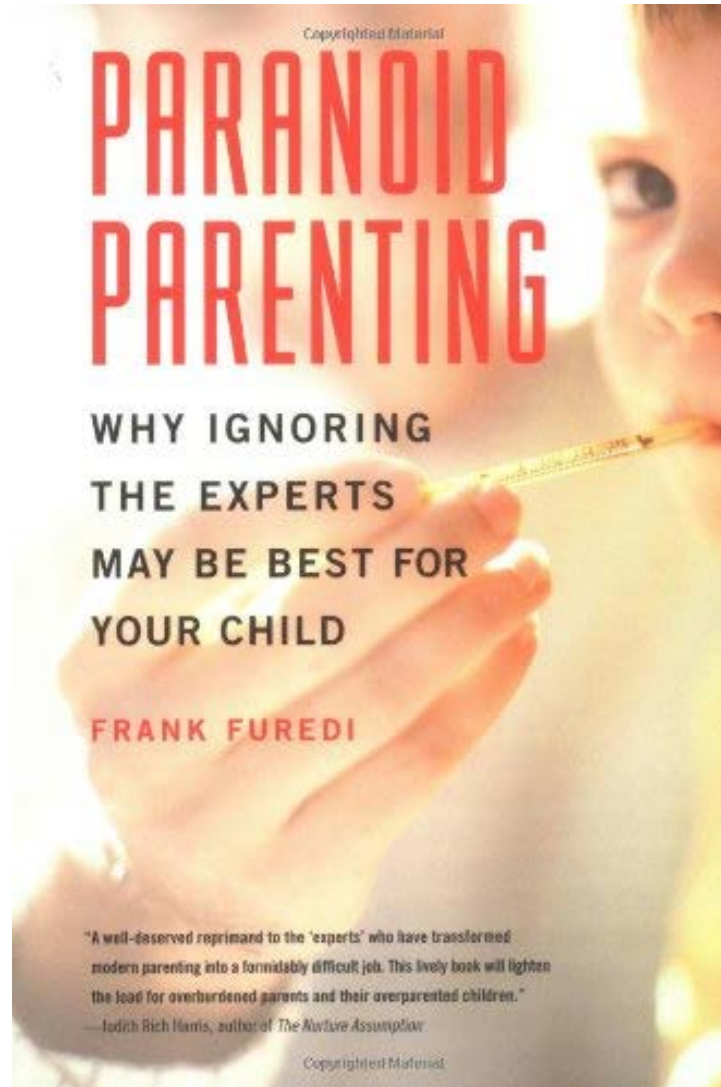
- | Jesper Juul/Walter Kempler
- | Bent Hougaard
- | Dr Benjamin Spock
- | Penelope Leach
- | John Bowlby/Mary Ainsworth
- | Amy Chua
- | Gordon Neufeld
- | Diana Baumrind

Parenting styles

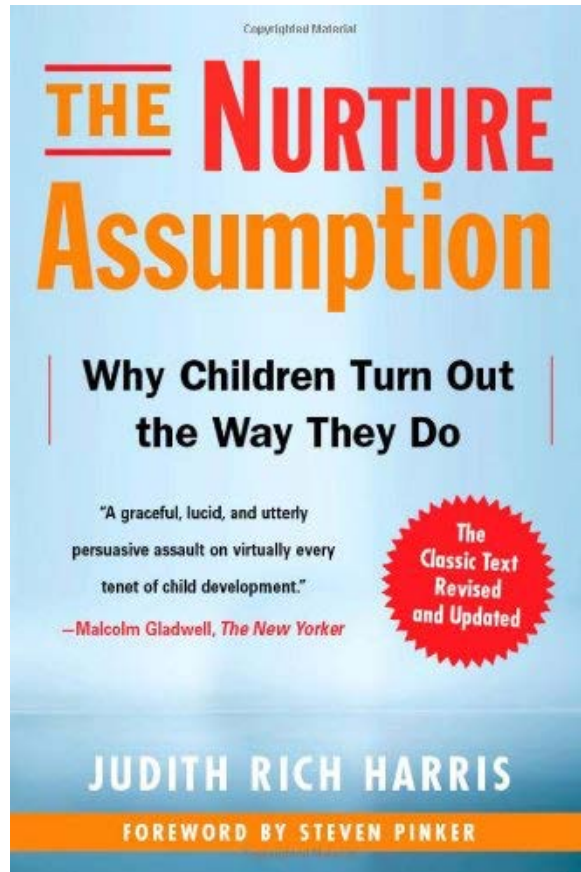
according to Baumrind, Maccoby & Martin

	Supportive Parent is accepting and child-centered	Unsupportive Parent is rejecting and parent-centered
Demanding Parent expects much of child	Authoritative Parenting Relationship is reciprocal, responsive; high in bidirectional communication	Authoritarian Parenting Relationship is controlling, power-assertive; high in unidirectional communication
Undemanding Parent expects little of child	Permissive Parenting Relationship is indulgent; low in control attempts	Rejecting-Neglecting Parenting Relationship is rejecting or neglecting; uninvolved

Paranoid parenting



Judith Rich Harris



Psychology and biology

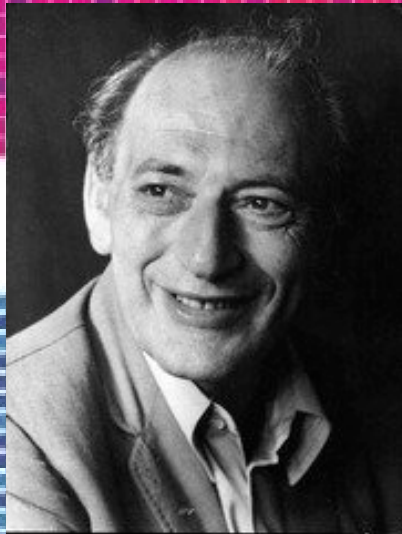
- | How do we get our traits?
- | Why do you become mentally ill?



Psychology and biology

- | How do we get our traits?
- | Why do you become mentally ill?
- | How do groups develop?

Group psychology



Psychology and biology

- | How do we get our traits?
- | Why do you become mentally ill?
- | How do groups develop?
- | What happens if you don't teach social norms?

The break up from norms



- **Muzafer Sherif 1954**

Psychology and biology

- | How do we get our traits?
- | Why do you become mentally ill?
- | How do groups develop?
- | What happens without social norms?
- | How can we explain the rise of mental disorders?
- | **What is a trauma?**

Trauma?

- | Being silenced?
- | Being requested to answer a question?
- | Prohibition against mobile phones?
- | Not allowed to stay in a classroom?
- | Being grounded?
- | Being told to eat?
- | Being sent to bed without supper?

The golden standard solution in parental support courses

If you avoid all conflicts there will be no
conflicts

Whatever you do you end up upside down



Lack of demand is not kindness

..... in 50 years a lot has changed in school

1961

What's the meaning of these marks?



2011

What's the meaning of these marks?



The effects of Swedish upbringing

- | Happy kids but unhappy teenagers
- | PISA 2015 shows that our children are very good at overestimating their abilities ...
- | ... and at being late for class and skipping school
- | Our kids are not any more creative than children from other countries
- | Boys are underachieving
- | Girls have more mental health problems

Symptoms in the western world

- | The amount of people with anxiety syndromes has doubled
- | The amount of people on sick leave due to psychiatric problems has, in Sweden, tripled over the last decade
- | “Burn Out syndrome” among youngsters extremely common
- | Psychiatric ill health among young people has gone sky rocketing
- | Increased stress in the population following normal life events

Challenge your brain

MEDICIN

UTMANA HJÄRNAN – DET GER BELÖNING!

Både barn och vuxna behöver lagom stora utmaningar i livet. Det är då vi mår som bäst, det är då vi kan hitta flow – flöde. Hjärnforskaren och pianisten Fredrik Ullén säger att musik kan ge den där upplevelsen. Och hans forskning visar att ju tidigare man hörnar, desto mer stimuleras hjärnan.

Reasons to avoid paranoid parenting

- | Children are more resilient than we think
- | We have less impact on children's personality than we think
- | Good enough parents

How is that done?

- | Do not over protect children
- | The more you secure yourself, the more you tend to be afraid
- | Let children practise by challenging their fears and stimulating their natural competitive behaviour
- | Obviously you shouldn't put your children at unnecessary risk...
- | ...but children must learn that life hurts

Challenge your fears ...

...but use your common sense



**You'll get over it until you get
married**

**WILL BE
PUBLISHED
SEPTEMBER
2018**

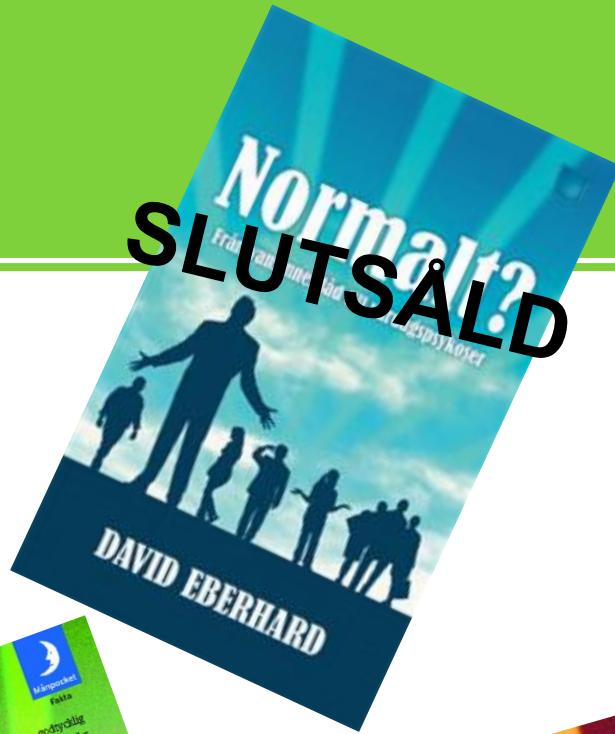
Av författaren till *Hur barnen tog makten*

**DAVID
EBERHARD**

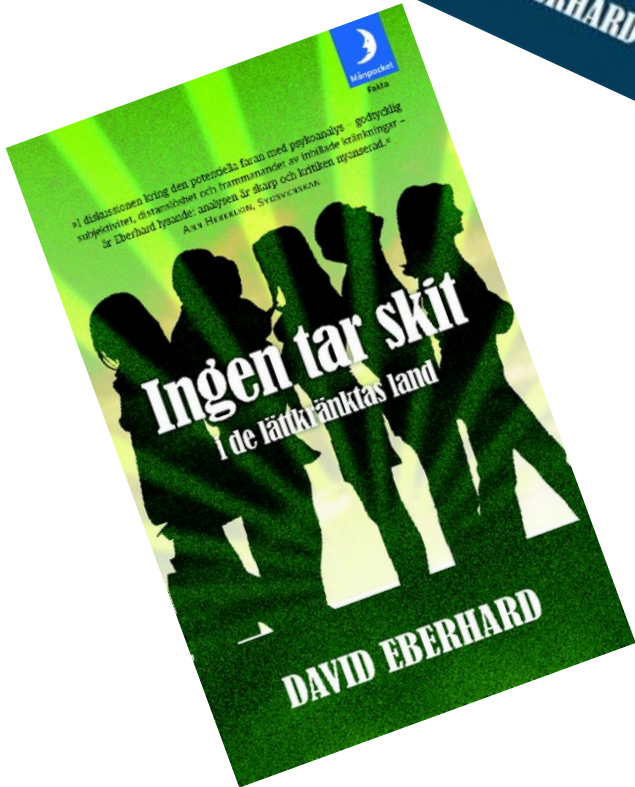
**..DET STORA
KÖNSEXPERIMENTET**



- Inbunden 200:-
- Pocket 50:-



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