



Cotton Wool Kids: What's Making Irish Parents Paranoid?

Stella O'Malley

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What has happened to childhood? Parents are keeping their children indoors for fear of predators lurking around every corner and children are spending their days in front of screens or in supervised activities, over-controlled and growing steadily fatter and more unhappy. But it doesn't have to be like this. Commercial interests ensure parents feel anxious and filled with fear simply to sell them more stuff, when in fact childhood has never been safer; the rates of child mortality, injury and sexual abuse are lower today than at any time since records began. 'Cotton Wool Kids' exposes the truth behind the scary stories and gives parents the information and the confidence to free themselves from the treadmill of after-school activities and over-supervision that has become common today. The author provides parents with strategies to learn how to handle the relentless pressure from society and the media to provide a 'perfect' childhood and instead to raise their children with a more relaxed and joyful approach, more in touch with the outdoors and the community around them.

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