

Wilton Youth Council's Free Play Matters Task Force Presents...

# Anxious Parents, Anxious Kids and the Anxiously Awaited Antidote!

(Cannot be taken orally.) (Or the other way, either.)

with **Lenore Skenazy**



The media labeled Lenore Skenazy "America's Worst Mom" when she let her 9-year-old ride the subway alone. She wore the badge with pride and went on to found **Free-Range Kids**, the book, blog and movement dedicated to the fact our kids are SAFER and SMARTER than our culture gives them credit for. Now she is the head of **Let Grow**, a non-profit making it easy and normal to give kids back some old-fashioned independence.

In this very funny lecture (she used to write for Mad Magazine) Lenore addresses what she calls "the twin fears stalking America's parents":

***"That their children will be kidnapped, raped and murdered -- or not get into Harvard."***

Where does this fear come from? What's it doing to our kids? Lenore outlines the reasons we're so afraid and never blames "helicopter parents," because it is not neurotic to be worried in a culture bent on scaring us.

Then she discusses how we can regain the calming perspective that allows us to trust our kids, our community and our own parenting. When we do, everyone wins. Anxiety levels go down among parents AND children.

The goal is to raise safe, self-reliant, problem-solvers. Or, as the saying goes, **"Raise your kids so that when they're 18 they move out and your spouse doesn't."**

**Wilton Library**  
**Monday, April 30, 2018**  
**10:00-11:30 am**

**Can't make it? The presentation will be recorded and screened (one time only) that evening at 7:00 pm.**



Wilton Library, Old Ridgefield Road, Wilton  
*Free; registration recommended*  
[www.wiltonlibrary.org](http://www.wiltonlibrary.org) or 203-762-6334

**Sponsored by the Miller Driscoll, Cider Mill and Middlebrook PTAs, Wilton Library, Wilton Youth Council and Wilton Youth Services**