

# HOLD ON TO YOUR KIDS

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"A worthy book [that] brings us genuinely new ideas  
and fresh perspectives on parenting."  
— MARY PIPHER, Ph.D., author of *Reviving Ophelia*

# Hold On to Your Kids

**WHY  
PARENTS  
NEED TO  
MATTER  
MORE  
THAN  
PEERS**

Gordon Neufeld, Ph.D.,  
and Gabor Maté, M.D.

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出版者:Ballantine Books

出版时间:2006-8

装帧:Pap

isbn:9780375760280

A psychologist with a reputation for penetrating to the heart of complex parenting issues joins forces with a physician and bestselling author to tackle one of the most disturbing and misunderstood trends of our time -- peers replacing parents in the lives of our children.

Dr. Neufeld has dubbed this phenomenon peer orientation, which refers to the tendency of children and youth to look to their peers for direction: for a sense of right and wrong, for values, identity and codes of behaviour. But peer orientation undermines family cohesion, poisons the school atmosphere, and fosters an aggressively hostile and sexualized youth culture. It provides a powerful explanation for schoolyard bullying and youth violence; its effects are painfully evident in the context of teenage gangs and criminal activity, in tragedies such as in Littleton, Colorado; Tabor, Alberta and Victoria, B.C. It is an escalating trend that has never been adequately described or contested until *Hold On to Your Kids*. Once understood, it becomes self-evident -- as do the solutions.

*Hold On to Your Kids* will restore parenting to its natural intuitive basis and the parent-child relationship to its rightful preeminence. The concepts, principles and practical advice contained in *Hold On to Your Kids* will empower parents to satisfy their children's inborn need to find direction by turning towards a source of authority, contact and warmth.

Something has changed. One can sense it, one can feel it, just not find the words for it. Children are not quite the same as we remember being. They seem less likely to take their cues from adults, less inclined to please those in charge, less afraid of getting into trouble. Parenting, too, seems to have changed. Our parents seemed more confident, more certain of themselves and had more impact on us, for better or for worse. For many, parenting does not feel natural. Adults through the ages have complained about children being less respectful of their elders and more difficult to manage than preceding generations, but could it be that this time it is for real? -- from *Hold On to Your Kids*

From the Hardcover edition.

作者介绍:

戈登·诺伊费尔德博士，加拿大著名儿童发展心理学家，拥有40余年儿童与青少年发展研究经验，国际儿童发展领域权威。他擅长把复杂问题简单化，透过现象看本质，致力于借助应用科学发展方式帮助更多孩子。

加博尔·马泰，畅销书作家，撰写的畅销书被翻译成25种语言。

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## 标签

教育

推荐

书籍

parenting

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## 评论

2015-12-17

整整三年前居然已经读过，而且没有什么收获。真的是时间积淀出意义。让我意识到『父母专政』的重要性。

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Attachment is the key! Never ever “separation” attitude. Promote independence through dependence!

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## 书评

生孩子容易，  
养孩子难！这几乎是所有天下父母的心声！父母面对难以管教的孩子感到伤心难过、心力交瘁，无奈之下，不得不动用体罚、打骂等手段，但孩子的态度和行为不仅没有改善，反而变本加厉。  
很多父母不明白，过去那个乖巧可爱的孩子为何变得如此生疏？我们还能做些什么， ...

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我是被这个书名《每个孩子都需要被看见》吸引，买下了这本书，但我看完后，收获特别大，我以前看的书，大多是在说教养的技巧，这本书只说亲子关系，依恋关系。讲关系，还能写这么多，太让我意外。  
书名中的看见，是不是平时我们说的看着别人就是看见呢？这里的看见就是回应，回...

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全篇读下来，感觉啰嗦，为了证明一个论点用了大量的论据去说明问题，似乎全文只在说亲近孩子、拉近关系，可能是作者年龄大了的原因，偏理论化及内容略感“旧”，总体读下来收获不多，通篇在讲的主题：依恋，没有太多值得借鉴的内容-像之前某位网友留言一样，本书读一读目录即可...

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多父母常说：“我的孩子我还能不了解？”但事实是，几乎所有的父母都未曾真正感受孩子的内心，看见孩子深层的渴望，内心的意愿被漠视，得不到回应，孩子就会迷失，也会疏远和父母的关系，这使得父母更无从看见孩子。  
如此恶性循环，孩子内心不断积累的缺失感，最终变成影响成年...

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从初为人父，到如今已经是两个孩子的父亲，感觉时间过得真快。当然，给我感受最深的，是孩子成长的更快。  
初为人父时的懵懂，至今犹在昨天，有渴望、有激动、有责任、更有畏惧。渴望、激动于自己终要荣升“爸爸级”了；责任于早已磨拳擦掌要全面施展自己的“养和教、父之责”的...

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本书主要讲述的就是孩子与父母之间的关系，也是家庭教育中最重要的内容，如果没有建立好这种关系，那么家庭教育也就很难取得很好的效果，为孩子性格的养成埋下祸根。也就是说很多问题的产生，背后的原因几乎都是关系问题。让我想到了‘变形记’里面的孩子，城里的孩子很多都是...

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近些年原生家庭的概念被很多人反复提及，越来越多的人开始意识到家庭对于孩子成长

的重要性。这种重要性不仅仅提现在身体上的生长，更多的还有在心里层面上一些潜移默化的影响。孩子们的成长需要爱、需要被养育者看见和理解，如果没有得到回应，对孩子来说，那就是最绝望的事情...

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“你怎么这么不听话？” “你要做听话的好孩子噢！” “还是你最听话！”

在我小时候，这些话太熟悉了，别人的父母、自己的父母总是不停地重复着“听话”这两个字，似乎教育的真谛就在这两个字里。

我一直在做一个听话的好孩子，但好像哪里不对，我现在十分讨厌这两个字，自从有...

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每个孩子都需要被看见。曾经央视做了一个纪录片《镜子》，总共三集，90分钟深度探讨家庭情感教育，直接当下家庭教育中的亲子冲突，情感困境，让所谓的问题少年说出心声，父母更需要改造。

孩子其实就是家长的一面镜子一个问题，孩子背后通常会有一个问题，家庭。每一个孩子都需...

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