



Hiperpaternidad (Spanish Edition)

Eva Millet

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En el siglo XXI, las familias han evolucionado hasta el punto de que los hijos se han convertido en el centro de las mismas. Y dispuestos a «darles todo» y a conseguir unos hijos perfectos, orbitan los hiperpadres o «padreshelicóptero», que ejercen una crianza basada en estar siempre encima de los hijos, anticipándose a sus deseos y resolviéndoles todos sus problemas. Un cóctel con ingredientes como la estimulación precoz, las agendas repletas, la tolerancia cero a la frustración y los enfrentamientos con los maestros que osen cuestionar las maravillas del niño o la niña. Aunque ejercida con la mejor intención, la hiperpaternidad se está llevando por delante aspectos tan vitales en el desarrollo de los hijos como la adquisición de autonomía, la capacidad de esfuerzo y el tiempo para jugar. También provoca familias estresadas y niños tan sobreprotegidos que, irónicamente, tienen más miedos que nunca.

Con rigor y un punto de humor, este libro analiza el fenómeno de los hiperpadres y da claves para la práctica del underparenting o la «sana desatención»: relajarse, confiar en los hijos y dejarlos más a su aire.

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