

## MEDIA RELEASE



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### VISITING EDUCATOR CALLS ON HELICOPTER PARENTS TO LET TEENAGERS FLY SOLO

Julie Lythcott-Haims wants to ground helicopter parents.

The American academic and author who has exhorted parents to stop mollicoddling their children and leaving them bereft of life skills, will be delivering this message at the Centre for Educational Enterprise (CEE) in May.

Ms Lythcott-Haims, was Dean of Freshmen at Stanford University, California for a decade, during which she oversaw the graduation of 20,000 students and observed an increasing number who were extremely bright yet unable to fend for themselves in a campus environment.

She also observed a greater number of parents willing to intervene on behalf of their children and suspected many had written their university applications.

The author of “How to Raise an Adult – Break free of the parenting trap and prepare your kid for success”, Lythcott-Haims draws on research, her own observations and those of others to warn against “over-parenting” and parents who live their lives vicariously through their children.

She argues it doesn’t help the children when they enter tertiary education or get their first job.

“The skills that young adults need to thrive in such environments, such as critical thinking, initiative, and resilience, are cultivated through the course of a childhood that is not overly-directed, nor overly-protected by parents.”

Melbourne Girls Grammar Principal, Catherine Misson said: “It is critical that, as parents, we are committed to preparing our children to navigate their future with confidence, resourcefulness and the ability to respond to complex situations.”

More information about Julie Lythcott-Haims:

<http://www.howtoraiseanadult.com/>

[http://www.nytimes.com/2015/06/21/books/review/how-to-raise-an-adult-by-julie-lythcott-haims.html?\\_r=0](http://www.nytimes.com/2015/06/21/books/review/how-to-raise-an-adult-by-julie-lythcott-haims.html?_r=0)

CEE will be hosting Julie Lythcott-Haims at a public event, at Deakin Edge Federation Square, on 24 May. Her presentation will be followed by a Q&A Panel Session facilitated by Margie Warrell and Julie will be joined by panellists; Paul Roos, Denice Scala and Margot Franklin-Hensler.

Tickets can be purchased via <http://bit.ly/1WDXcGx>

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For details of when she is available for interview contact: Francesca Conte 03 9862 9250

**LECTURE #2**

# HOW TO RAISE AN ADULT

WITH KEYNOTE SPEAKER  
**JULIE LYTHCOTT-HAIMS**

**24 MAY**  
6PM-8PM  
DEAKIN EDGE  
FED SQUARE  
MELBOURNE  
TICKETS \$60

FOLLOWED BY Q&A SESSION FEATURING  
MARGIE WARREL • PAUL ROOS • DENICE SCALA • MARGOT FRANKLIN-HENSLEY

