

# Parenting Advice From ‘America’s Worst Mom’

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## ***The New York Times:***

Lenore Skenazy, a New York City mother of two, earned the sobriquet “America’s Worst Mom” after reporting in a newspaper column that she had allowed her younger son, then 9, to ride the subway alone.

The damning criticism she endured, including a threat of arrest for child endangerment, intensified her desire to encourage anxious parents to give their children the freedom they need to develop the self-confidence and resilience to cope effectively with life’s many challenges.

One result was the publication in 2009 of her book “Free Range Kids: How to Raise Safe, Self-Reliant Children (Without Going Nuts With Worry).” A second result is the Free Range Kids Project and a 13-part series, starting Thursday on Discovery Life Channel, called “World’s Worst Mom.” In it, Ms. Skenazy intervenes to rescue bubble-wrapped kids from their overprotective parents by guiding the children safely through a sequence of once-forbidden activities and showing their anxious parents how well the children perform and how proud they are of what they accomplished.

The term “helicopter parents” applies to far more than those who hover relentlessly over their children’s academic and musical development. As depicted in the first episode of the series, it applies to 10-year-old Sam’s very loving mother who wouldn’t let him ride a bike (“she’s afraid I’ll fall and get hurt”), cut up his own meat (“Mom thinks I’ll cut my fingers off”), or play “rough sports” like skating. The plea from a stressed-out, thwarted Sam: “I just want to do things by myself.”

Read the whole story: [\*The New York Times\*](#)