

Are We Overprotecting Our Kids | Dr Samir Dalwai

1 MIN • YOUTUBE • [HTTPS://WWW.YOUTUBE.COM/WATCH?V=2SJZSVGLXAM](https://www.youtube.com/watch?v=2SJZSVGLXAM)

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SUMMARY

The discussion focuses on the behavioral issues observed in children today, such as hyperactivity and aggression, and how these problems may stem from a lack of societal engagement and resilience development. The speaker emphasizes the importance of understanding human evolution and the need for children to learn resilience through practice and experience.

- Many children are exhibiting behavioral issues like aggression and anxiety without clear diagnoses such as autism or ADHD.*
- The evolution of Homo sapiens over 6 million years has shaped our social structures, including families and communities.*
- Engagement with society is crucial for children's development and resilience.*
- Resilience is a quality learned through practice and experience, not inherent.*
- Parents often find themselves reacting to behavioral issues instead of proactively fostering resilience.*
- Early childhood experiences significantly influence a child's ability to cope with pressures.*
- The lack of resilience in children today may be linked to a culture of judgment and binary thinking.*

So today I see a lot of children who come to me for behavioral issues, hyperactive, aggressive, anxious, fighting with others, pushing other children. Teacher named children to my child school is not ready. >> Yeah. Where do these come from? When we do an evaluation, they don't have autism or ADHD or whatever else. >> This comes from the fact that the real issue is man has evolved or as a species homo sapiens has evolved over 6 million years. And if you read this wonderful book Sapiens by Yuval Noah Harari, he has brought this about that our evolution has taken place over 6 million years. What is the biggest difference between animals and man? Now this gave rise to the concept of families, to the concept of societies, community, cities, regions, nations, religions, caste.

>> Yeah. You need engagement with society to >> time. You need to give that time. Is this the reason why we are not being able to raise resilient children? Why are these kids unable to take the pressures that we as millennials or even Gen Z today can take? >> Again, resilience is a quality that you learn by practice. I feel as parents we are always playing on the back foot. This actually starts in early childhood. Child does not develop resilience because he's seeing judgment right from day one. If this is missing in today's children, they grow up with this artificial binary thinking.