



Paleo Parenting: The Many Myths of Childhood Mental Illness

Dr. Chris Morano

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Mental illness is a real, debilitating, painful and sometimes lifelong struggle for some individuals and families. Without caring, specific and thoughtful intervention, lives can be adversely affected- or lost. In the last few years there has been increased awareness of its prevalence and impact. Stigma has been reduced. Yet seems in vogue to say that kids these days are just not what they used to be, and to suggest they need as much help, often in the form of therapy or counseling, as we can make available to them. Common belief is that they perpetrate more crime, use more drugs, can't relate to others, drive distracted, communicate funny using technology, are completely self-consumed and selfie-crazed, have more mental health issues and therefore certainly need more psychiatric medication. Well, after 30 plus years as a mental health professional working with kids, and 25 plus as a parent, I disagree. Why is it, then, that we tend to look bleakly on the next generation, and always seem to weep for the future? Well, spoiler alert- we are the ones primarily- solely?- responsible for raising this next generation. And we better acknowledge this truth, stop putting the blame elsewhere, and cease ceding the locus for change to outsiders, professionals, teachers, medications, and a host of others. By putting younger and younger children on more and more medication, and increasingly looking outside the family for answers, we are robbing kids and family units of their potential, leaning on outside, and fabricated strategies, instead of more organic and enduring ones. And the sooner we recognize this, and take parenting back, the better our kids chances are of cleaning up the mess we will undoubtedly leave for them.



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