

Not too much, not too little. The squaring the circle
of the parental task

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Abstract

Parenthood is considered in this paper in terms of an identity crisis, the resulting traumatism of the awareness of a baby's complete dependence on its parents. The parental psyche implies profound change. The baby's needs will be seen in light of the contradiction of being surrounded and closely monitored and at the same time allowed to have his or her own experiences and autonomy. This catch-22 or mission impossible will be explored both in terms of the trivial aspects of every parent's experience as well as in the pathology. The development of the capacity for attention facilitates access to possibilities for resolving this paradox, particularly useful as therapeutic tools.