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One of the foremost authorities on adolescence provides parents with an authoritative, reassuring guidebook to this challenging period of development. " Relax! The horror stories you have heard about adolescence are false. " This is Dr. Laurence Steinberg ' s reassuring message to parents in this newly revised edition of his classic book You and Your Adolescent, which Publishers Weekly says is " filled with solid advice for the parents of adolescents. " Among the new topics in this updated edition: -An expanded definition of adolescence to age twenty-five, recognizing that college graduates often remain dependent on their parents for an extended period, creating a new parent-child dynamic -A discussion of social media that addresses whether parents of preteens and young teens should monitor use of these new communication tools -What new research into the adolescent brain tells us about teenage behavior As Dr. Steinberg writes, " Most books written for parents of teenagers were survival guides (many still are). Nowadays, adolescence is too long—fifteen years in some families—for mere survival. Knowledge, not fortitude, is what today ' s parents need. That ' s where this book comes in. "

Shares advice for parents on how to help children bolster their brain power while improving focus and attention, covering practical topics ranging from exercise and nutrition to sleep and play.

A leading expert on adolescence cites new research and describes how to raise happy, successful kids by helping parents navigate this challenging, but developmentally crucial, time through strategies that instill self-control during the teenage years. 25,000 first printing.

"Relax! The horror stories you have heard about adolescence are false." This is Dr. Laurence Steinberg's reassuring message to parents in this newly revised edition of his classic book "You and Your Adolescent," which "Publishers Weekly" says is "filled with solid advice for the parents of adolescents." Among the new topics in this updated edition: " An expanded definition of adolescence to age 25, recognizing that college graduates often remain dependent on their parents for an extended period, creating a new parent-child dynamic " A discussion of social media that addresses whether parents of preteens and young teens should monitor use of these new communication tools " What new research into the adolescent brain tells us about teenage behavior As Dr. Steinberg writes, "Most books written for parents of teenagers were survival guides (many still are). Nowadays, adolescence is too long--15 years in some families--for mere survival. Knowledge, not fortitude, is what today's parents need. That's where this book comes in."

Tells how to gain cooperation, recognize excessive rebellion, see one's child's point of view, and develop a teenager's sense of responsibility

A Positive Approach To Raising Happy, Healthy and Mature Teenagers Adolescence can be a time of great stress and turmoil—not only for kids going through it, but for their parents as well. It ' s normal for teens to explore a new sense of freedom and to redefine the ways in which they relate to their parents, and that process can sometimes leave parents feeling powerless, alienated, or excluded from their children ' s lives. These effects can be magnified even further in this modern age of social networks, cell phones, and constant digital distraction. This newly revised and updated edition of Positive Discipline for Teenagers shows parents how to build stronger bridges of communication with their children, break the destructive cycles of guilt and blame that occur in parent-teen power struggles, and work toward greater mutual respect with their adolescents. At the core of the Positive Discipline approach is the understanding that teens still need their parents, just in different ways—and by better understanding who their teens really are, parents can learn to encourage both their teens and themselves, and instill good judgment without being judgmental. The methods in this book work to build vital social and life skills through encouragement and empowerment—not punishment. Truly effective parenting is about connection before correction. Over the years, millions of parents have come to trust Jane Nelsen ' s classic Positive Discipline series for its consistent, commonsense approach to raising happy, responsible kids. This new edition is filled with proven, effective methods for coping with such parenting challenges as: -Fostering truly honest discussions with your teen -Helping your teen handle the online world -Turning mistakes into opportunities -Keeping your sanity while raising your teen—and making sure your own teenage issues aren ' t weighing you down -Teaching your teen how to pursue the goal that make them happy...and a few that make you happy too (like chores) -Making sure you ' re on your teen ' s side, and that they know that -Avoiding the pitfalls of excessive control and excessive permissiveness

This practical, accessible, science-based guide explores the natural developmental changes in the teen brain and how they affect behavior--and what parents and teachers can do about the challenging problems that arise as a result.

A lighthearted but insightful guide to raising adolescent children shows parents how to deal with teenagers living in a faster-paced, less morally certain world than the one they knew. Original. 50,000 first printing.

#1 Best Seller in Teen Health & Hyperactivity - A Guidebook for Parents Navigating the New Teen Years Learn about the " New Teen " and how to adjust your parenting approach. Kids are growing up with nearly unlimited access to social media and the internet, and unprecedented academic, social, and familial stressors. Starting as early as eight years old, children are exposed to information, thought, and emotion that they are developmentally unprepared to process. As a result, saving the typical " teen parenting " strategies for thirteen-year-olds is now years too late. Urgent advice for parents of teens. Dr. John Duffy ' s parenting book is a new and necessary guide that addresses this hidden phenomenon of the changing teenage brain. Dr. Duffy, a nationally recognized expert in parenting for nearly twenty-five years, offers this book as a guide for parents raising children who are growing up quickly and dealing with unresolved adolescent issues that can lead to anxiety and depression. Unprecedented psychological suffering among our young and why it is occurring. A shift has taken place in how and when children develop. Because of the exposure they face, kids are emotionally overwhelmed at a young age, often continuing to search for a sense of self well into their twenties. Paradoxically, Dr. Duffy recognizes the good that comes with these challenges, such as the sense of justice instilled in teenagers starting at a young age. Readers of this book will: Sort through the overwhelming circumstances of today ' s teens and better understand the changing landscape of adolescence Come away with a revised, conscious parenting plan more suited to addressing the current needs of the New Teen Discover the joy in parenting again by reclaiming the role of your teen ' s ally, guide, and consultant If you enjoyed parenting books such as The Yes Brain, How to Raise an Adult, The Deepest Well, and The Conscious Parent, then Parenting the New Teen in the Age of Anxiety should be next on your list!

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