

Recommended Reading for Parents of Adolescents & Teens!

Hey mom and dad – the books below are parent approved!

Most are a quick and easy read. Good information that might generate some good conversation! Just reading the recommendations below is thought provoking. B&N is creating a display – check-out the Devon location!

Yes, Your Teen is Crazy!: Loving Your Kid Without Losing Your Mind by Michael J. Bradley

The Optimistic Child: Proven Program to Safeguard Children from Depression & Build Lifelong Resilience (Paperback) by Martin E. Seligman

☺ *An important book for all parents with children. Martin Seligman highlights the important differences between an optimistic versus a pessimistic mindset and depression. He offers parents a guide to help your child view the world in a more positive way so they are able to lead a more meaningful and fulfilling life*

Get Out of My Life, but First Could You Drive Me & Cheryl to the Mall: A Parent's Guide to the New Teenager, Revised and Updated by Anthony E. Wolf Ph.D. and Anthony E. Wolf

The Price of Privilege: How Parental Pressure and Material Advantage Are Creating a Generation of Disconnected and Unhappy Kids by Madeline Levine

☺ *I think the name is a misnomer and that the book was most helpful in giving me some information about how my adolescent is expected to behave – for example, this is a time for her to be independent and pull away from mom and dad. I highly recommend this book.*

Queen Bees & Wannabes: Helping Your Daughter Survive Cliques, Gossip, Boyfriends & Other Realities of Adolescence by Rosalind Wiseman

How to Raise a Thinking Child by Myrna Shure

☺ *Myra Shure believes that children have the natural ability to solve many of their own problems, however, parents intervene too early. This book guides parents to help their children access their natural abilities so that they can become resilient, problem solving adults.*

How to Talk so Kids will Listen and Listen so Kids will Talk by Elaine Mazlish

☺ *Great book with important communication and listening strategies that will enhance the dialogue between parents and their children.*

Everyday Blessings: The Inner Work of Mindful Parenting by Jon Kabat-Zinn (love this one)

☺ *A wonderful book that reminds parents with children of all ages to cherish the present moment, and appreciate your child for who they are – a true blessing!. One of my favorites!*

When Parents Love too Much by Meyerson & Ashner

☺ *Rescuing our children from making the same mistakes we did, saving them from getting their feelings hurt, shielding them from the negative things in life – all in the name of love, can actually hurt your child. This book helps parents realize that letting your children recognize their mistakes, accept the consequences of their actions, and dealing with unfairness, can increase their coping skills and make them resilient, mindful young adults.*

1-2-3 Magic. Effective Discipline for Children 2-12 by Phelan

☺ *Great book for raising young children up to age 12. Phelan delivers an approach to discipline that is kind, but effective. Great book to try if you are at your wits end!*

Reviving Ophelia: Saving the Selves of Adolescent Girls by Mary Pipher

☺ *Mary Pipher has an introspective and important analysis on how young girls today are forced to grow up before they are ready. This leads many of our young children feeling lost, scared, and looking for validation in all the wrong places*

The 7 Habits of Highly Effective Teens Personal Workbook by Sean Covey

ARCH... Area Residents Caring and Helping www.archcares.org

We are a coalition of parents, educators, and community members committed to promoting the well being of youth in Tredyffrin and Easttown Townships. We will serve as a resource to families as they help their children form a positive self-image, make healthy choices, and reduce the use of alcohol, tobacco and other drugs (ATOD).