



Recommended Summer Reading for Parents of Adolescents & Teens!

CHS 2011 Summer All Read: *The Glass Castle: A Memoir* by Jeannette Walls

Most of the books listed are a quick and easy read. Good information that might generate some good conversation!
Just reading the recommendations below is thought provoking.

The Second Family, by Dr. Ron Taffel

The “second family” is the immense collective power of the peer group and pop culture – a force so pervasive, it threatens to, and often succeeds in, overwhelming the first family of adults at home and in school. It is impossible to understand today’s teens or preteens without understanding the second. This book uses real-life, sometimes graphic examples to bare the truth about the world of adolescence today and to illuminate the new set of rules by which our kids operate.



Queen Bee Moms & Kingpin Dads, by Rosalind Wiseman (Author of *Queen Bees & Wannabes*)

A must read for parents who want to deal with the other adults in their children’s lives with skill and compassion, rather than wrath and confusion. Wise, yet practical and full of humor, the author will give you thoughtful suggestions that will spare parents endless conflicts and substitute creative interventions.

The Blessing of a Skinned Knee, by Wendy Mogel, PhD

Parents today find it harder than ever to uphold their own values within their families when they seem so at odds with those of our current culture. We seek security in a society that seems more and more dangerous, grace in a culture that thrives on competition, and gratitude in an age of ever-increasing materialism. Drawing on the wisdom of the Torah and important Jewish teachings, this book provides the answer by providing parents with a new set of priorities, helping to ease apprehension while creating a positive feeling about the future.

A Mind at a Time, by Mel Levine, M.D.

A Mind at a Time helps children find success, especially those children whose talents are not immediately recognized and valued by adults. Mel Levine, a pediatrician, has caused the medical textbooks to be rewritten and the educational curricula to be reformed. He shows parents and others who care for children how to identify individual learning patterns, and how parents and teachers can encourage a child’s strengths and bypass the child’s weaknesses. This type of teaching produces satisfaction and achievement instead of frustration and failure.

Your Erroneous Zones, by Dr. Wayne W. Dyer

If your child believes that they have no control over their feelings and reactions, Dyer reveals how they can take charge of and manage how much they let difficult situations affect them. From self-image problems to over-dependence upon others, this book offers high school children the tools to enjoy life to the fullest in an easy to read, step-by-step fashion.

Understanding Temperament (Strategies for Creating Family Harmony), by Lyndall Shick

This book helps parents understand their children’s unique, inborn temperament, and teaches you the specific skills your child needs to excel in the world. You can help your child break the cycle of negative behaviors that cause strife between parent and child. It is an investment in your family’s health and happiness by parenting with temperament in mind.

From Defiance to Cooperation, by John F. Taylor, PhD

What do you do if your child is oppositional, resentful, and constantly in trouble at school? Inside this book you will find hope and hundreds of specific, sensible, and easy-to-implement suggestions for improving life with a rebellious and argumentative child. Parents and teachers can learn how to tap the potential of these natural-born leaders, while teaching them constructive ways to channel their energies and determination.

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Real Boys, by William Pollack, PhD

This New York Times Bestseller explores why so many boys are sad, lonely, and confused although they may appear tough, cheerful, and confident. Pollack challenges conventional expectations about manhood and masculinity that encourage parents to treat boys as little men, raising them through a toughening process that drives their true emotions underground. Only when we understand what boys are really experiencing can parents and teachers help them develop more self-confidence and the emotional savvy they need to deal with issues such as depression and violence, drugs and alcohol, sexuality and love.



Odd Girl Out, by Rachel Simmons

If your daughter has ever come home from school upset because her friends didn't walk with her to lunch, if she has wanted to stay home or has run up to her room in tears and won't tell you why, this book is for you. These may seem like minor problems – who cares about notes passed behind your back, or a nasty look, or a party you're not invited to – but they aren't, and they can have a lasting effect on a girl's self-esteem. Every generation has struggled with this, and Odd Girl Out not only understands this struggle, but offers valuable advice on how to deal with it.

No Body's Perfect, by Kimberly Kirberger

These are stories by teens about body image, self-acceptance, and the search for identity that can help young women change the way they look at themselves, and more importantly, the way they treat themselves. The 24 steps in this book are designed to suggest goals and give kids the desire to change the way they treat themselves and the way they perceive the world around them.

Straight Talk about Psychological Testing for Kids, by Ellen Braaten, PhD, and Gretchen Felopulos PhD

The authors explain the role testing plays in diagnosing and devising treatment plans for dyslexia, ADHD, math and reading disorders, and other childhood problems, including Asperger syndrome, depression, and anxiety. You'll learn what to expect as testing unfolds, how to crack the code of numerical scores and jargon-filled reports, ways to make the process less stressful for children, and what your options are each step of the way.

The Truth about Guys, by Chad Eastham

This is an opportunity to learn about guys, from a guy! This book is an insider's take and offers faith-based answers on dating, commitment, sex, and all of the other secret guy stuff that girls are most curious about. Questions like what does a guy really want in a girl? Why are some guys such jerks? Why do guys care so much about what girls look like? Why don't guys like to talk about their feelings? Discover that the more guys and girls understand each other, the easier it is to make friendships and relationships work.

Previous titles highly recommended by ARCH include:

1. **Yes, Your Teen is Crazy!: Loving Your Kid Without Losing Your Mind** by Michael J. Bradley
2. **The Optimistic Child: Proven Program to Safeguard Children from Depression & Build Lifelong Resilience** by Martin E. Seligman
3. **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
4. **The Price of Privilege: How Parental Pressure and Material Advantage Are Creating a Generation of Disconnected and Unhappy Kids** by Madeline Levine
5. **How to Talk so Kids will Listen and Listen so Kids will Talk** by Elaine Mazlish
6. **How to Raise a Thinking Child** by Myrna Shure
7. **Queen Bees & Wannabes: Helping Your Daughter Survive Cliques, Gossip, Boyfriends & Other Realities of Adolescence** by Rosalind Wiseman
8. **Everyday Blessings: The Inner Work of Mindful Parenting** by Jon Kabat-Zinn (love this one)
9. **When Parents Love too Much** by Meyerson & Ashner
10. **1-2-3 Magic. Effective Discipline for Children 2-12** by Phelan
11. **Reviving Ophelia: Saving the Selves of Adolescent Girls** by Mary Pipher
12. **The 7 Habits of Highly Effective Teens Personal Workbook** by Sean Covey

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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).