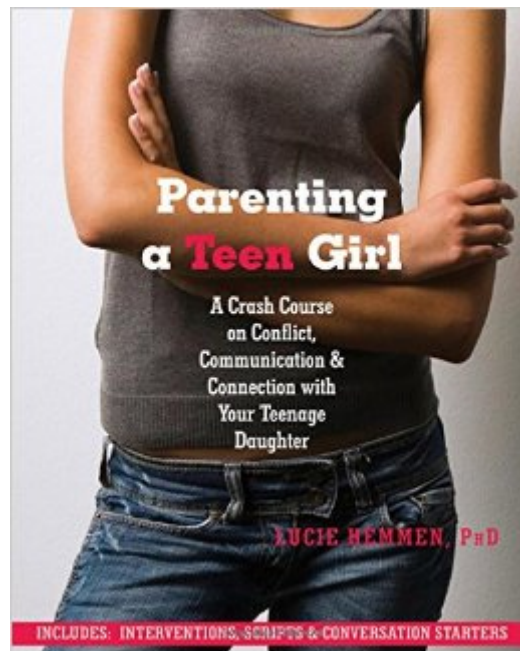


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# Parenting A Teen Girl: A Crash Course On Conflict, Communication And Connection With Your Teenage Daughter



## Synopsis

It's not easy to be a teen girl, and it's definitely not an easy parenting one. Parents everywhere struggle to respond appropriately to challenging behavior, hit-or-miss communication, and fluctuating moods commonly exhibited by teenage girls. More than previous generations, today's teen girls face a daunting range of stressors that put them at risk for a range of serious issues, including self-harming behaviors, substance abuse, eating disorders, anxiety, and depression. Is it any wonder that parents are overwhelmed? *Parenting a Teen Girl* is a guide for busy parents who want bottom-line information and tips that make sense and work. It also offers scripts to improve communication, and exercises to navigate stressful interactions with skill and compassion. Whether your teen girl is struggling with academic pressure, social difficulties, physical self-care, or technology overload, this book offers practical advice to help you connect with your teen girl. Parents and teens alike can enjoy a positive connection once common parent-teen pitfalls are replaced with solid understanding and strategies that work. In this book, you will learn how to:

- Maximize your teen's healthy development
- Understand what underlies her moods and behavior
- Implement strategies for positive results
- Communicate effectively about difficult issues
- Enjoy and appreciate time with your teen daughter

## Book Information

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## Customer Reviews

This author does make a lot of good points and really does help us to appreciate our girl's point of view. I've learned a lot! On the other hand, I felt it's teaching us to be a loving, well-disciplined, tongue-biting . . . doormat. The ultimate goal here is to be a safe person to come to - to go from

being an authority to being an adviser while our daughters do what they're going to do and trusting that ultimately they're going to ride out the storm and become respectable, responsible people. Yes - she does talk about saying, "No" and having rules, but to be honest, my stomach was churning when she cited an example of a mom who asked her daughter if she was having sex, and when the answer was "Yes, and I want birth-control pills" - this mom had the "audacity" of looking shocked. The example goes on to tell how the MOTHER had to come back and apologize for not being safe and accepting enough. They resolved things with the mom just standing by and letting her daughter engage in promiscuous behavior (helping get pills and keeping the house "off limits). Great . . . I'll be honest - I'm still reading, hoping perhaps that I'm going to find something in here that talks about making time to teach values, expecting responsible behavior, and holding our kids accountable to family rules since they are benefiting from parental sacrifices. I also haven't yet found anything about filling our daughter's lives with positive influences/people (church, good books, role models) that can help them start making and benefiting from positive choices sooner than later. I think sometimes it's just as important to set unpopular boundaries that protect our kids as it is to be "safe." It's a balancing act - and not an easy one.

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