

Teen Parenting- A book resource

Contributed by Laurie B. Freeman

The rules do change a bit with a teenager but the basics remain the same. For some insight in dealing with the surliness of the teenager along with some humor, read: *Get Out of My Life, but first could you drive me and Cheryl to the mall?* By Anthony E. Wolf, PhD. It provides an overview of adolescent behavior, which normalizes it and frames it in the realm of developmental tasks. It also does a nice job of identifying the hooks that teenagers consciously and unconsciously use to bait parents. It reminds parents of what they can and cannot control in their teens lives. When I first read this book, I thought the examples were extreme but as my own child grew into the teen years, they became more realistic.