

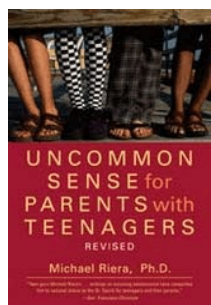
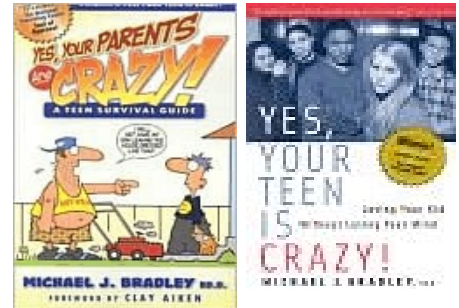
RECOMMENDED RESOURCES FOR PARENTS OF TEENAGERS

by Christine & Michael Way Skinner

Parenting teens can be a momentous task at the best of times. Attempting to raise them in the context of faith can really help - thought that, itself, is not without it's challenges.

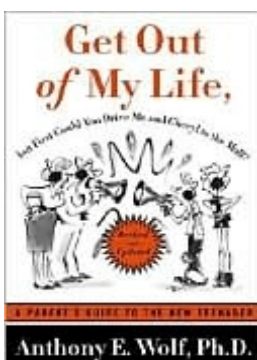
Here are a few books which we have found very helpful.

Yes, Your Teen is Crazy and the companion volume for your son or daughter, *Yes, Your Parents are Crazy* by Dr. Michael J. Bradley, are filled with information, wit and wisdom, based on the author's years of experience working as a therapist with teens and their families. His official website is www.yesyourteeniscrazy.com.



Uncommon Sense for Parents with Teenagers by Dr. Michael Reira is also very good. Reira helps parents understand the psychology of the teen and argues that we ought to consider ourselves “fired a managers” and fight like you-know-what to be “rehired as consultants.” The book was written in response to common questions that Dr. Reira was asked by parents in his practice as high school counsellor. He tackles pretty well every imaginable issue: the internet, dieting and eating disorders, alcohol and drugs, school, sex and dating, single parenting, divorce. His website is www.mikeriera.com.

In her book, *The Shelter of Each Other - Rebuilding our Families*, Mary Pipher argues for the importance of community and support systems in a culture of individualism. It has practical suggestions and, while critical of the problematic areas of our current culture, is hopeful. This is a wonderful, wise book as is her other book on raising girls in today's culture, *Reviving Ophelia*. Her website is www.marypipher.net/Home.html.



The title of Anthony Wolf's book, *Get out of My Life, But First Could You Drive Me and Cheryl to the Mall*, is a pretty good indication of the author's understanding of teenagers. An Amazon.com book reviewer calls the book, “a survival guide for parents who find themselves marooned among volatile and incomprehensible aliens on Planet Teen.” Wolf writes with wit, wisdom and lots of experience as a clinical psychologist.