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Online Exclusive: Quick Book Reviews for Busy Parents

A Parents' Guide to the Middle School Years

By Joe Bruzesse (TenSpeed Press, softcover, \$14.95)

Today's kids seem to grow up faster than ever, and middle school is quickly becoming the new high school. Homework, social issues, sexuality and technology are just some of the major themes that our children deal with on a daily basis, and parents might not yet feel equipped to deal with the issues with kids this young. A handy reference for parents to turn to when life with teens and tweens seems overwhelming.



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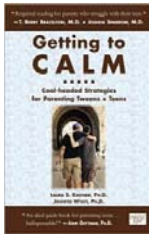
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Getting to Calm

By Laura S. Kastner, Ph.D. and Jennifer Wyatt, Ph.D. (Parent Map, softcover, \$19.95)

When you were pregnant, you might have read a guidebook such as the popular *What to Expect When You're Expecting*. As the parent of a teen, you might wonder-where can you find a guidebook to help you through these years? This book provides help. Organized by topical chapters (like "When Your Sweet Child Morphs into a Sassy Teen" and "When Teens are Mean"), this is an easy book to refer to when times get hard.



The Everything Parent's Guide to Dealing with Bullies

By Deborah Carpenter with Christopher J. Ferguson, PhD (Adams Media, softcover, \$14.95)

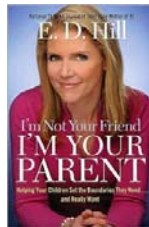
Bullying, unfortunately, affects us all. How do we deal with bullying? When our kids are bullied? When our kids are the bullies? Parents will learn the signs of bullying, the differences between boy and girl bullies, and how to find support for your bullied (or bullying) child. An eye-opening book for all parents.



I'm Not Your Friend, I'm Your Parent

By E. D. Hill (Thomas Nelson, hardcover, \$24.99)

As your children grow, it can be difficult to see them grow away from us. Those little children who needed snuggles before bed now can hardly stand to have a short conversation with their parent. Many parents put themselves into the role of "friend" rather than "parent" to combat this individuation that children must necessarily go through. This title guides parents through all stages of life, offering advice for everything from controlling tantrums in little ones to relating to teens on a parent/child level.

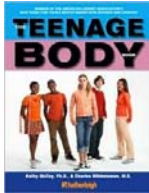


You Grow, Girl!

By Gina Scarano-Osika and Kim Dever-Johnson (Larson Publications, softcover, \$15.95)

This "self-empowering workbook for teens & tweens" includes exercises for girls to work on issues important to girls today, including self-esteem, thought patterns, eating habits, overall health and coping with stress and peer pressure. In one powerful section, before and after photos that show the power of airbrushing, a strong reminder that nobody is as perfect as they seem.





The Teenage Body Book

By Kathy McCoy, Ph.D., and Charles Wibbelsman, M. D. (Hatherleigh Press, softcover, \$17.95)

“Everything teenagers need to know about nutrition, health, fitness, emotions and sexuality.” This book lays it out in plain English, including chapters on female and male development, and tougher issues like drugs, drinking, smoking and pregnancy. This might be a good one for parents to keep on the shelf and use as a reference when talking with teens as the information provided might be seen as “too much information” by some parents.

Posted on Thursday, August 27, 2009 by M. Farthing filed under [Twens](#) [Book Reviews](#) [September 2009](#) [Teens](#)

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