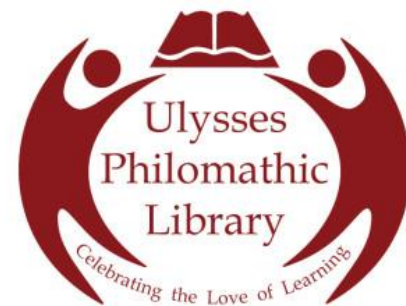


A Library Guide to Leveling Up Parenting a Tween or Teen



The Eating Disorders Sourcebook: A Comprehensive Guide to the Causes, Treatments, and Prevention of Eating Disorders

616.85 Costin

Anorexia, bulimia, binge eating, exercise addictions... Therapist Carolyn Costin, herself recovered from anorexia, brings three decades of experience and the newest research in the field together, providing readers with the latest treatments, from medication and behavioral therapy to alternative remedies.

Snooze- or Lose! 10 "No-War" Ways to Improve Your Teen's Sleep Habits

618.92 Emsellem

Aimed at parents, this guide to helping teens get better sleep explains their unique requirements and the effects of adolescent changes in brain function, and it offers tips on how to help them get more sleep.

When to Worry: How to tell if your teen needs help - and what to do about it

616.8900 Boesky

Parents of teenagers often wonder if the changes they see in their son or daughter's mood or behavior might indicate that something may be wrong. Compassionate and reassuring, this practical and user-friendly guide is invaluable to any parent concerned about their teenage child. Parents will learn how to recognize the warning signs of problems, which solutions work best for each one, and how and where to get help if needed.

Helping Your Anxious Teen: Positive Parenting Strategies to Help your Teen Beat Anxiety, Stress, and Worry

649.125 Villanueva

Parenting a teen isn't easy, but parenting an anxious teen is especially challenging. Written by a psychologist and expert on adolescent anxiety, this essential book will show you what really works to overcome all types of teen anxiety and how to apply specific skills to support your teen.

The Angst of Adolescence: How to Parent your Teen (and live to laugh about it)

649.125 Villanueva

The Angst of Adolescence promises to deliver trustworthy resource for parents of teens who are searching for answers and guidance about how to maneuver their way through this tricky developmental period. Dr. Sara Villanueva, a prominent psychologist specializing in the adolescent years, shares relevant research findings so that parents can be informed of the facts.

The Grown-up's Guide to Teenage Humans: How to Decode their Behavior, Develop Unshakable Trust, and Raise a Respectable Adult

306.874 Shipp

In *The Grown-Up's Guide to Teenage Humans*, Shipp shows us how to be that same sort of caring adult in a teenager's life. Stressing the need for mutual respect, trust, and encouragement, he identifies three key mindsets crucial to understanding teens. He breaks down the distinct phases of teenage life, examines the challenges at each phase, and offers revelatory stories that take us deep inside the teen brain.

When Dating Becomes Dangerous: a Parent's Guide to Preventing Relationship Abuse

362.88 Giggans

Here you'll discover how to give your teen the skills to encourage healthy relationships, why many teenagers hide their abusive relationship, how to recognize the warning signs of dating violence, including cyber abuse, and what to do if your teen is the abuser, or when girls are the perpetrators of abuse.

Got teens? : the doctor moms' guide to sexuality, social media and other adolescent realities

613.0433 Levkoff

The Doctor Moms combine their medical and psychological knowledge with their own personal experiences to help you decode your teens' questions and figure out what they really want to know. Topics include body development, emotional changes, bullying, social media, substance abuse, and more.

Other books are available in the young adult and adult collections (call numbers 306, 362, 616, and 649) and through request from other Finger Lakes Library Branches. Please ask at the desk for assistance and suggestions.