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Parenting Teenagers: Systematic Training for Effective Parenting of Teens

Don Dinkmeyer Sr. PhD, Gary McKay PhD, Joyce L. McKay, Don Dinkmeyer Jr.

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Parents know the challenges of raising teenagers. This popular STEP (Systematic Training for Effective Parenting) guide is filled with easy-to-understand-and-apply skills that helps parents connect with teens and deal with their "issues." From the STEP/teen program, with practical guidance on social pressure, dating, grades, career plans, and alcohol, tobacco, and drug abuse prevention. This handbook is an excellent choice for parents who want to improve their relationship with teens.

The authors believe that the rewards of parenting teenagers can far outweigh the challenges. With skills and understanding, you can guide your teen to be responsible, cooperative and independent. In doing this, you build a strong, positive relationship with your teenager. Even parents facing serious problems with teens can find more effective ways to get along with and help their teenager.

In this handbook, you will learn how to:

- Identify the goals of teen misbehavior and how to respond
- Communicate respect and encouragement
- Encourage cooperation and solve problems
- Use consequences to build responsibility
- How to decide what to do
- Support for yourself as a parent and as a person

Even though many parents believe that because teens are practically adults, parents cannot influence them or improve family relationships. Taking the reasonable steps presented in *Parenting Teenagers* is the beginning of building a positive relationship with your teen.

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