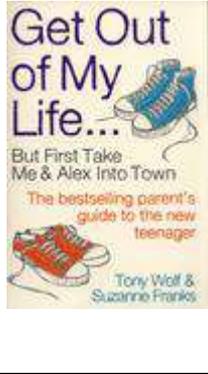
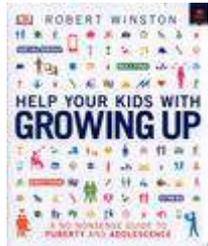
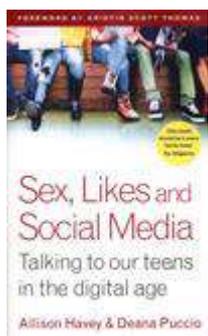
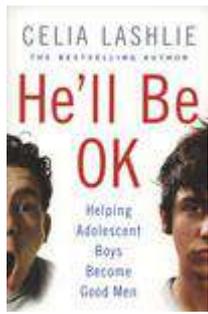
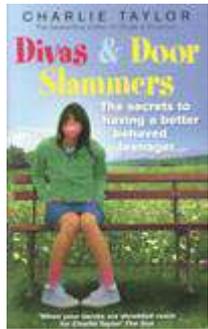
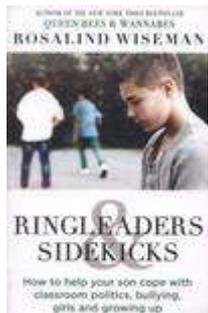
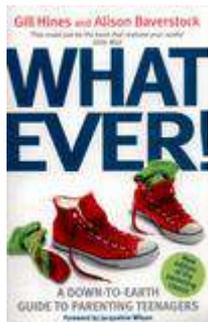
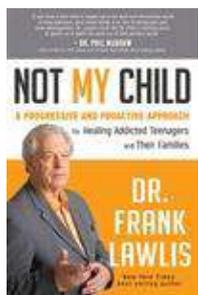


Understanding teenagers: Support for parents and carers

To reserve any of the below books from your nearest library please go to www.suffolklibraries.co.uk click on 'Search and Reserve' and type in the title of the book.

Cover	Title	Author	Description
	Get out of my life - but first take me & Alex into town	Anthony E. Wolf and Suzanne Franks	Teenagers are tough, and anyone who has their own, or must spend time with other peoples', often need help. Tony Wolf and Suzanne Franks have written a witty and helpful guide to living with teenagers. This edition has been updated with the latest developments in teenage life, including the iPod, chat rooms and new drugs.
	Help your kids with growing up: a no-nonsense guide to puberty and adolescence	Robert M. L. Winston	Covering everything from the menstrual cycle to sexting and even cyber-bullying, this visual guide to puberty and adolescence is a must-read for all parents and tweens embarking on those scary teenage years. It covers contemporary issues such as internet safety, whilst also tackling key topics such as sexuality and body image.
	Sex, likes and social media: talking to our teens in the digital age	Allison Havey and Deana Puccio	Today's teenagers are the first generation to go through adolescence online. The internet, social media and free online pornography have dramatically altered how young people interact with each other and learn about sex, yet parents have been offered little information about the new dating landscape. This book aims to fill that gap.
	He'll be OK: Helping adolescent boys become good men	Celia Lashlie	In this funny, honest, no-nonsense book, Celia Lashlie reveals what goes on in the world of boys, and with clarity and insight, she offers parents - especially mothers - practical and reassuring advice on raising their boys to become good, loving, articulate men.

	<p>Living with teenagers: one hell of a bumpy ride</p>	<p>Julie Myerson</p>	<p>This is the true story of what it's like to be an achingly careful parent, with hopes and dreams for your precious progeny, and what happens when those same bundles of joy grow up into adolescents stuffed full of angst, attitude, alcopops and amphetamines.</p>
	<p>Divas & door slammers: the secret to having a better behaved teenager</p>	<p>Charlie Taylor</p>	<p>Endless arguments? Communication by grunt? Seismic sulking? Lives ruled by FOMO (fear of missing out)? Sound like your teenager? Behavioural expert Charlie Taylor has the answers in this practical handbook which is full of simple, effective techniques for improving your teenager's behaviour. Charlie Taylor's straight-talking, no-nonsense approach guides you away from knee-jerk parenting towards a more proactive and positive relationship with your teenager.</p>
	<p>Ringleaders & sidekicks: how to help your son cope with classroom politics, bullying, girls and growing up</p>	<p>Rosalind Wiseman</p>	<p>Drawing on 20 years of work with boys and her own experience as a mother of two sons, Rosalind helps parents to understand their tween and teenage sons better.</p>
	<p>Whatever!: a down-to-earth guide to parenting teenagers</p>	<p>Jill Hines and Alison Baverstock</p>	<p>Raising teenagers can test parental love to breaking point, particularly if you have previously enjoyed a close and loving relationship. This practical guide aims to help teenagers, their parents and the rest of the family by providing workable strategies that can be put into practice immediately.</p>
	<p>Not my child: a progressive and proactive approach for healing addicted teenagers and their families</p>	<p>Frank Lawlis</p>	<p>'Not My Child' is an insightful, compassionate and encouraging guide for families dealing with an addicted teen or child at risk of becoming addicted to alcohol or drugs.</p>