

# BOOKS FOR PARENTS AND ADOLESCENTS

## Teens—Growth and Development

Bingham, M, Edmondson, J, and Stryker, S. Challenges: A Young Man's Journal for Self-Awareness and Personal Planning.

Advocacy Press: CA, 1984; 240 pp.

*A workbook approach to helping mid and late adolescent boys "get their act together."*

Bingham, M, Edmondson, J, and Stryker, S. Choices: A Teen Woman's Journal for Self-Awareness and Personal Planning Advocacy

Press: CA, 1983; 240 pp.

*A workbook approach to helping mid and late adolescent girls "get their act together."*

Madaras, L, Madaras, A. My Body. My Self for Boys: The 'What's Happening to My Body?' Workbook for Boys, 1995.

Madaras, L, Madaras, A. My Body. My Self for Girls: The 'What's Happening to My Body?' Workbook, 1993.

Madaras, L. What's Happening to My Body? Book for Girls: A Growing Up Guide for Parents and Daughters, 1988.

Madaras, L. What's Happening to My Body? Book for Boys: A Growing Up Guide for Parents and Sons, 1987.

McCoy, K, and Wibbelsman, C. The New Teenage Body Book. The Body Press: CA, 1992; 286 pp.

*A handbook for older teens, discussing such topics as health, grooming, sexuality, emotions, eating disorders, drugs, sexually transmitted diseases.*

Pasick, P. Almost Grown. Launching Your Child From High School to College. W.W. Norton & Company, 1988; 244 pp.

Schaefer, VL. The Care & Keeping of You—The Body Book for Girls. Pleasant Company Publications, 1999.

Snyder, D. Teenage Survival Guide. Dolphin Doubleday, 1987; 240 pp.

*Advice to teenagers on friendships, self-esteem, parents, and sex co-authored by one of the lead singers and songwriter for Twisted Sister.*

McCoy, K. Growing and Changing: A Handbook for Preteens. 1987; 159 pp.

## Help for Parents

Greydanus, DE. Caring for Your Adolescent Ages 12 to 21. Bantam Books, 1991; 320 pp.

*Good general discussion of physical, psychological, sexual, and social growth and development, with advice on many common adolescent problems. The book was put together by the American Academy of Pediatrics.*

Kalergis, MM. Seen and Heard: Teenagers Talk About Their Lives. Stewart, Tabori & Chang, 1998; 128 pp.

Steinberg, L, and Levine, A. You and Your Adolescent: A Parent's Guide for Ages 10 to 20. Harper Collins, 1997; 448 pp.

McKay, GD. Parenting Teenagers: Systematic Training for Effective Parenting of Teens. 1998; 188 pp.

Packer, Alex J. Bringing Up Parents: The Teenagers Handbook. Free Spirit Publishing, 1992; 264 pp.

## Emotions

Bingham, M, Stryker, S, Neufeldt, S. Things Will Be Different for My Daughter: A Parental Guide to Building Her Self-Esteem and Self-Reliance, 1995; 494 pp.

Eagle, C, and Colman, C. All That She Can Be: Helping Your Daughter Maintain Her Self-Esteem. Fireside, 1994.

McCoy, K, and Wibbelsman, C. Life Happens: A Teenager's Guide to Friends, Failure, Sexuality, Love, Rejection, Addiction, Peer Pressure, Families, Loss, Depression, Change and Other Topics. Perigee, 1996.

McCoy, K. Understanding Your Teenager's Depression: Issues, Insights, and Practical Guidance for Parents. Perigee, 1994; 347 pp.  
*Helps parents recognize depression, with practical advice on communicating with a troubled teenager as well as specific advice for crisis situations, referral, and treatment.*

The Ms Foundation for Women. Girls Seen and Heard. Jeremy P. Tarcher/Putnam: New York, 1998; 239 pp.

Pipher, M. Reviving Ophelia: Saving the Selves of Adolescent Girls. Ballantine Books: New York, 1994; 304 pp.

Rosenberg, E. Growing Up Feeling Good. Beaufort: New York, 1996; 544 pp.

*Information for ages 9–12 on physical, emotional, and social changes—comprehensive and easy to read.*

## **Sexuality**

Bartle, N. Venus in Blue Jeans: Why Mothers & Daughters Need to Talk About Sex. Dell Publishing, 1998; 252 pp.

Bell, R. Changing Bodies, Changing Lives: A Book for Teens on Sex and Relationships. Times Books, 1998; 320 pp.

Cole, J. Asking About Sex and Growing Up: A Question and Answer Book for Boys and Girls. Morrow, 1988; 90 pp.

Harris, RH. It's Perfectly Normal: A Book About Changing Bodies, Growing Up, Sex & Sexual Health. Candlewick Press, 1994; 89 pp.

Johnson, EW. Love and Sex in Plain Language. Bantam: New York, 1988; 207 pp.

*The facts.*

Madaras, L. Lynda Madaras Talks to Teens About AIDS: An Essential Guide for Parents, Teachers, and Young People: An Essential Guide for Parents, Teachers, and You. Newmarket Press, 1998.

Mayle, P. Where Did I Come From? Lyle Stuart Inc: NJ, 2000; 43 pp.

*For young teens and children to explain the facts of life.*

Mayle, P. What's Happening to Me? Lyle Stuart Inc: NJ, 1981; 188 pp.

*For young adolescents—explains puberty in a fun manner.*

## **Nutrition**

Bailey, C. The Ultimate Fit or Fat: Get in Shape and Stay in Shape with America's Best-Loved and Most Effective Fitness Teacher Houghton Mifflin Company: Boston, 2000; 134 pp.

*An excellent discussion of the relationship between physical activity, fat metabolism, and weight. It includes good, sound nutritional advice upon which to build a good program for weight loss.*

Brody, J. Jane Brody's Nutrition Book. Bantam: New York, 1989; 552 pp.

*Sound nutritional information with detailed advice on diets, obesity, and special nutritional needs. A good chapter specifically for adolescents.*

Clark, Nancy, RD. Nancy Clark's Sports Nutrition Guidebook. Human Kinetics, 1996; 455 pp.

*All the latest information on what to eat to maximize athletic performance.*

Netzer, C. The Complete Book of Food Counts. Dell Publishing: New York, 2000; 839 pp.

*An inexpensive paperback book listing the calories, fat content, cholesterol, carbohydrate and protein and other nutritional information of 8,500 generic and brand name foods. This book is updated on a regular basis.*