



# Positive Parenting Strategies for The Teenage Years

# Positive Parenting Your Teens

**Bukky Ekine-Ogunlana**



## **Positive Parenting Your Teens:**

*Positive Discipline for Teenagers, Revised 2nd Edition* Jane Nelsen, Ed.D., Lynn Lott, 2010-12-29 Positive Parenting for Those Important Teen Years Adolescence is often a time of great stress and turmoil not only for kids going through it but for you their parents as well During the teen years kids aggressively begin to explore a new sense of freedom which often leads to feelings of resentment and powerlessness for parents who increasingly are excluded from their children's lives This revised edition of *Positive Discipline for Teenagers* shows you how to break the destructive cycle of guilt and blame and work toward greater understanding and communication with your adolescents Inside you'll find out how to encourage your teen and yourself Grow to understand how your teen still needs you but in different ways Learn how to get to know who your teen really is Discover how to develop sound judgment without being judgmental Learn how to use follow-through the only surefire way to get chores done Over the years millions of parents have come to trust the classic *Positive Discipline* series for its consistent commonsense approach to child rearing Inside you'll discover proven effective methods for working with your teens Over 1 million *Positive Discipline* books sold I highly recommend this book to parents teachers and all others who work with young people It is one of the best books I have seen on helping adults and adolescents turn their conflict into friendship Remarkably it shows how to accomplish this while helping young people develop courage confidence responsibility cooperation self respect and trust I urge you to read it H Stephen Glenn Ph D coauthor of *Raising Self Reliant Children in a Self Indulgent World*

**Positive Parenting Your Teens** Karen Renshaw Joslin, Mary Bunting Decher, 1997 Providing techniques that emphasize cooperation active listening and mutual respect this book includes problems examined in alphabetically arranged entries sample dialogue to guide anyone in talking through a problem preventive measures to incorporate into day to day parenting and advice about when to back off and how to seek outside help This volume offers parents quick clear workable strategies for enjoying the teenage years

**Positive Parenting for Teens: Empowering Your Teen to Thrive and Succeed** Amanda Fireball, As a parent of a teenager I know firsthand the challenges that come with parenting a teen It can be difficult to navigate the changing dynamics of our relationship with our children as they begin to assert their independence and push back against our authority But I also know that parenting a teenager can be incredibly rewarding as we watch them grow into confident capable young adults And that's why I wrote *Positive Parenting for Teens Empowering Your Teen to Thrive and Succeed* This book is a comprehensive guide to positive parenting for teens designed to help parents like me navigate the ups and downs of raising a teenager It covers everything from building a positive relationship with your teen to setting boundaries and consequences and from supporting your teen's emotional health to preparing them for independence and adulthood Throughout the book I draw on my own experiences as a parent as well as the latest research in adolescent development and positive psychology I also share stories and insights from other parents and teens offering a diverse range of perspectives on the challenges and joys of parenting a teenager One of the key themes

of the book is the importance of positive communication with your teen. As they begin to assert their independence it can be easy to fall into patterns of conflict and negativity. But by using positive communication strategies like active listening and empathy we can build a stronger, more trusting relationship with our teen. Another important aspect of positive parenting for teens is setting clear boundaries and consequences. This can be challenging as we want to give our teens the freedom to make their own choices and learn from their mistakes. But by establishing clear rules and consequences we can help our teens develop a sense of responsibility and accountability while also keeping them safe and healthy. In addition to these core themes, the book covers a wide range of topics related to parenting a teenager. This includes supporting your teen's academic success, navigating social challenges like peer pressure and bullying, and dealing with special circumstances like mental health challenges and disabilities. Throughout the book, I provide practical tips and strategies for applying positive parenting principles in real-life situations. I also include exercises and activities to help parents and teens work together to build stronger relationships and foster greater independence and responsibility. Ultimately, my goal with *Positive Parenting for Teens* is to empower parents to raise confident, capable, and resilient young adults. Parenting a teenager can be challenging, but it can also be incredibly rewarding. With the right strategies and mindset, we can help our teens thrive and succeed both now and in the years to come.

**Life Strategies for Teenagers: Positive Parenting Tips and Understanding Teens for Better Communication and a Happy** Bukky Ekine-Ogunlana, 2019-02-06. In *Life Strategies for Teens*, author Bukky Ekine Ogunlana draws on 14 years of experience working with teenagers and their parents to offer proven methods for improving family communication skills, learning positive parenting and positive discipline methods, and strategies for dealing with teen cell phone use and social media safety. In this book, you will learn valuable teen communication tips: How to understand teens, what teenage girls and boys really mean when they talk, and interpreting non-verbal communication. Your children's teenage years are when you should let them explore their growing teen independence yet gently reel them in once in a while to make behavior adjustments as needed. Think of it as parental product testing. That means a lot of trial and error, blanketed in love, before you proudly and confidently release your masterpiece into the world market.

*Positive Discipline for Teenagers* Jane Nelsen, Lynn Lott, 2000. *Positive Parenting for Those Important Teen Years*. Adolescence is often a time of great stress and turmoil, not only for kids going through it but for you, their parents, as well. During the teen years, kids aggressively begin to explore a new sense of freedom, which often leads to feelings of resentment and powerlessness for parents who increasingly are excluded from their children's lives. This revised edition of *Positive Discipline for Teenagers* shows you how to break the destructive cycle of guilt and blame and work toward greater understanding and communication with your adolescents. Inside you'll find out how to encourage your teen and yourself, grow to understand how your teen still needs you but in different ways, learn how to get to know who your teen really is, discover how to develop sound judgment without being judgmental, learn how to use follow-through, the only surefire way to get chores done. Over the years, millions of

parents have come to trust the classic Positive Discipline series for its consistent commonsense approach to child rearing. Inside you'll discover proven effective methods for working with your teens. Over 1 million Positive Discipline books sold. I highly recommend this book to parents, teachers, and all others who work with young people. It is one of the best books I have seen on helping adults and adolescents turn their conflict into friendship. Remarkably, it shows how to accomplish this while helping young people develop courage, confidence, responsibility, cooperation, self-respect, and trust. I urge you to read it. H. Stephen Glenn, Ph.D., coauthor of *Raising Self-Reliant Children in a Self-Indulgent World*.

**Positive Discipline for Teenagers, Revised 3rd Edition** Jane Nelsen, Lynn Lott, 2012-08-14. A Positive Approach To Raising Happy, Healthy, and Mature Teenagers. Adolescence can be a time of great stress and turmoil, not only for kids going through it but for their parents as well. It's normal for teens to explore a new sense of freedom and to redefine the ways in which they relate to their parents, and that process can sometimes leave parents feeling powerless, alienated, or excluded from their children's lives. These effects can be magnified even further in this modern age of social networks, cell phones, and constant digital distraction. This newly revised and updated edition of *Positive Discipline for Teenagers* shows parents how to build stronger bridges of communication with their children, break the destructive cycles of guilt and blame that occur in parent-teen power struggles, and work toward greater mutual respect with their adolescents. At the core of the Positive Discipline approach is the understanding that teens still need their parents, just in different ways, and by better understanding who their teens really are, parents can learn to encourage both their teens and themselves and instill good judgment without being judgmental. The methods in this book work to build vital social and life skills through encouragement and empowerment, not punishment. Truly effective parenting is about connection before correction. Over the years, millions of parents have come to trust Jane Nelsen's classic Positive Discipline series for its consistent commonsense approach to raising happy, responsible kids. This new edition is filled with proven effective methods for coping with such parenting challenges as: Fostering truly honest discussions with your teen; Helping your teen handle the online world; Turning mistakes into opportunities; Keeping your sanity while raising your teen and making sure your own teenage issues aren't weighing you down; Teaching your teen how to pursue the goal that makes them happy and a few that make you happy too, like chores; Making sure you're on your teen's side and that they know that; Avoiding the pitfalls of excessive control and excessive permissiveness.

**Life Strategies for Teenagers** Bukky Ekine-Ogunlana, 2019-06-25. Your teen is a child who is old enough to understand but is still young enough to be pliable. In *Life Strategies for Teens*, author Bukky Ekine Ogunlana draws on 14 years of experience working with teenagers and their parents to offer proven methods for improving family communication skills, learning positive parenting and positive discipline methods, and strategies for dealing with teen cell phone use and social media safety. In this book, you will learn valuable teen communication tips, how to understand teens, what teenage girls and boys really mean when they talk, and interpreting non-verbal communication. How to recognize teen depression and proven methods for dealing with it. Parenting skills for dealing

with disappointment and shortcomings Positive reinforcement practices for praising successes and encouraging growth How to monitor teenage cell phone video game and social media usage without causing a family meltdown How to curb nonchalance and defiant behavior with positive dialog and setting a good example How to raise a responsible moral and purpose driven teenager that you can be proud of Your children s teenage years are when you should let them explore their gr wing teen independence yet gently reel them in once in a while to make behavior adjustments as needed Think of it as parental product testing That means a lot of trial and error blanketed in love before you proudly and confidently release your masterpiece into the world market Page Up and Order Now      **Raising Teenagers** John S. Roberts,2018-01-08 Have you wondered if you re making the right decisions when it comes to raising your daughter Over the last years there has been a lot of confusion about the role of girls and boys in our society It s easy to see why parents are left with lots of unanswered questions when they re raising their children Raising girls the right way through positive parenting can help them become responsible and balanced teenagers and adults Here s some of what you can expect to learn inside the pages of this book Learn how to avoid common mistakes that parents make that can end up harming their daughter s development in the long term How to teach proper conduct at home the right way saving yourself from countless headaches Discover how to teach important values such as empathy and gratefulness Caring for your child s emotional and mental state The most common challenges when raising daughters and how to easily overcome them Would you like to enjoy going through every stage of your child s life without worrying if you re doing the right thing or not The earlier you manage to give proper guidance the easier it is for a child to grow into a healthier person However there is no such thing as being too late and even the most damaging of behaviors and habits can be helped Do not leave anything to chance Start by guiding your child towards the best possible path towards a healthy and responsible adulthood today      Parenting Teens Sofia Wilson,2020-10-15 55% OFF for Bookstores NOW at 14 39 instead of 31 97 LAST DAYS Your Customers Never Stop to Use this Awesome Book Do you want to learn how to help your child pursue his dreams Would you like to be a good and positive parent for your child If yes this collection is the right book for you You can help your child pursue his dreams without even understanding much of what he is up to Your role is to help him brainstorm solutions to the problems he encounters along the way Otherwise you must brainstorm ways to find help when he needs it For teens to accomplish the amazing feats that are sometimes described in magazines and newspapers requires passionate interest on the part of the teens that lasts long enough to make some actual accomplishments Parents encouragement and cooperation are essential as well What every parent must know is that there is no such thing as a perfect parent Sure there are model families that are so well put together Not only do these kids look good but they also perform well in school and are overall good kids Every parent knows how difficult parenting is and is just making things up as he or she goes along So stop trying to be perfect strive to be a great one instead Parenting struggles are universal No matter your parenting dilemma you will find the guidance you are looking for in this collection Teens are

capable of the same intense involvements and passionate pursuits as any other age group The problem is that very few have discovered what they care about or they aren't being helped to pursue their passion Some children discover whatever lights their fire on their own Most need a parent to help them find it So what are you waiting for This collection includes two indispensable books

**BOOK 1 Parenting Boys** This book covers Stages of Development in Boys Predictable Parenting The 7 Vital Parenting Skills to Understand Teenagers Communicating with Your Teen How to Start Talking About Sex And much more

**BOOK 2 Positive Parenting** This book covers What Is Positive Parenting Criteria for Positive Discipline Techniques And Tips To Positive Parenting Parenting Discipline Styles How To Achieve The Proactive Stance And much more Parenting is the greatest act of courage To have courage is to lead with your heart So parents buy this book and take heart What are you waiting for Buy Now Buy it NOW and let your customers get addicted to this amazing book

**7 Vital Skills for Parenting Teen Boys and Communicating with Your Teenage Son** Frank Dixon, 2020-07-06

*Decode Your Teenagers* Tamika Anderst, 2021-05-08 We want our children to make wise well reasoned decisions Our desire to keep them safe drives our need to shape those decisions How we talk to our tweens and teens can make the difference between whether they absorb our lessons or rebel against them In this book you will discover guides for parenting teenage boys and girls in today's challenging world Bulletproof strategies for managing your teenager during lockdown and helping them adjust to the changes the world is currently going through Techniques for handling anger both yours and your child's to help you resolve conflicts without raised voices An insight into your teenager's mind discover the mental and physical changes your children are going through and how to deal with them in a peaceful constructive manner How to recognize adolescent depression and anxiety and guide your teen through one of the most challenging phases of his life Tricks and methods for disciplining your children without turning the house into a battlefield Secret parenting techniques for fostering emotional and intellectual development and establishing a positive relationship that will benefit your child immensely And much more

**Life Strategies for Parenting Teenagers 4-in-1 Combo Pack** Bukky Ekine-Ogunlana, 2020-12-08 Decode Your Teenager Discover Secret Parenting Skills for Raising Happy Teens Without Power Struggles Do you remember what it was like being a teenager The awkwardness the drama not to mention hormonal mood swings and confusing physical changes In many aspects being a teenager is harder than being an adult It is that weird transitional period of life when you're supposed to take on a lot of grown up responsibilities without really being a grown up yourself And yet there's only one thing more challenging than being a teenager being a parent of one A lot of parents claim they would happily go back to the sleepless newborn phase and toddler tantrums rather than trying to navigate the perpetual moodiness and drama of puberty According to a 2004 Parent Teen Relationships study early adolescence often triggers family disruption that usually manifests through verbal conflicts and problem behaviors This is troublesome news considering that the same study offered strong evidence suggesting that the nature of a parent child relationship influences the child's life outcomes and affects their development In other words a

positive relationship between you and your child can determine whether they'll grow up to be a happy responsible individual or a troubled one. Establishing a positive relationship with your teen may be easier said than done but there are certain universal truths and secrets to relaxed successful parenting of teenagers even if they fall on the rebellious side. This and much more is what you'll discover in this comprehensive 4 in 1 bundle that promotes positive peaceful parenting and will help you establish a deep emotional connection with your teen. In *Life Strategies for Parenting Teenagers 4 in 1 Combo Pack* you will discover 4 detailed guides for parenting teenage boys and girls in today's challenging world. Bulletproof strategies for managing your teenager during lockdown and helping them adjust to the changes the world is currently going through. Techniques for handling anger both yours and your child's to help you resolve conflicts without raised voices. An insight into your teenager's mind discover the mental and physical changes your children are going through and how to deal with them in a peaceful constructive manner. How to recognize adolescent depression and anxiety and guide your teen through one of the most challenging phases of his life. Tricks and methods for disciplining your children without turning the house into a battlefield. Secret parenting techniques for fostering emotional and intellectual development and establishing a positive relationship that will benefit your child immensely. And much more. Even though some parts refer to parenting of a specific gender the strategies and techniques presented inside are gender neutral. In other words they will work regardless of whether you're raising a boy or a girl as they target an individual as such and not so much a particular gender. If you're ready to establish a happy positive relationship with your teen then scroll up and click the Add to Cart button right now.

**Parenting Teen Girls** Christina Trujillo Sieren, 2025-06-17. Raise a resilient daughter with positive parenting. Parenting a teen girl can keep you on your toes. Girls face a lot of unique struggles especially these days and figuring out how to guide them can sometimes be challenging. Enter *Parenting Teen Girls*. This book includes advice based on positive parenting principles that will help you support and connect with your daughter during this important time in your lives. What sets this book on parenting teens apart from other parenting books? Become a positive parent. Learn how to communicate with your daughter, let go of control and reframe challenges into opportunities for growth and acceptance. Learn all about teen girls. Read up on the history of teen girls and take a look at the challenges teen girls face today so you can understand what your daughter is going through. Be an emotion coach. Learn how to handle social or behavioral issues by truly understanding their root causes and helping your daughter navigate her feelings. Learn how to parent in a way that nourishes the relationship between you and your daughter with this book on raising teenage girls.

**Helping Your Anxious Teen** Sheila Josephs, 2017-12-13. Written by a psychologist and expert on adolescent anxiety, this book is an essential how-to guide for parents showing how their own behavior can either help or exacerbate their teen's symptoms and outlining specific skills parents can use to support their child. Readers will learn that when it comes to anxiety, simple interventions can make a big difference in how teens manage their feelings.

**Positive Parenting and Communication Skills (Ages 13-17)** Kate



Gildon,2022-07-06 Parent child communication 13 17 years old Does communicating with your teenage child seem like a mission impossible Do you feel tired and stressed by communication that results in arguments misunderstandings or long silences Phrases such as You just don t understand me and Today things are not like they were when you were young are part of the everyday life of many families and loving parents look for new ways to make their children feel less alone Adolescence is a complicated time for both parents and children we have to adapt to new challenges and new situations the Internet the pandemic global warming and all the events we have witnessed in recent decades have profoundly changed the way our children deal with life and look to the future For this very reason this guide aims to help parents speak the same language as their children to be valuable support in these crucial years of education and interaction in the outside world We will fully get to know the world as seen through the eyes of teens and address important topics such as social media and the distorted body image they present to us substance abuse the responsible use of smartphones and cyberbullying relationships with friends or partners the importance of music and musical idols mental health 8 strategies for helping a teen in crisis 6 things to know to understand and help a teenager who shuts down 7 strategies for practicing active listening topics to talk about with teens how to manage money how to manage relationships with friends and adults how to approach the topic of sex constructively the rules to be established in the home how to manage anxiety and depression in adolescents how not to transmit anxiety to your child And much more Now is the time to take action start this beautiful journey to teenage years of positive communication and growth Click on the buy now button and you won t regret it      Parenting Your Transgender Teen Andrew Maxwell Triska,2025-06-17 Love and support your transgender teen You re probably reading this because your teenager shared something important about themselves You want to be supportive but what does supportive mean to transgender nonbinary or gender nonconforming teens This parenting book provides positive parenting tools to support your teen on their journey of self discovery plus strategies to help you build a stronger relationship with them What sets this love centered parenting book apart from other books on parenting teens Learn Read about trans identity and learn how gender has been studied throughout history to help you put your child s gender identity into context Communicate Show your teen you care by learning the terms used to describe gender identity and how to talk to them about their experiences in accurate and affirming ways Support Discover ways you can support your teens gender expression like helping them find clothes that fit or taking them to a gender affirming salon Advocate Learn how to talk about your teen s gender to friends and family how to support your child in school and the laws that protect trans people from discrimination and harassment There s a world of information and support out there for you and your teen and by picking up this book you re taking the first step      Positive Parenting Susan Garcia,2020-10-29 Have you noticed that your sweet little son has become rebellious and impossible to manage Is it becoming increasingly difficult to reach an agreement and every misunderstanding turns into a fight Don t be scared your son is becoming a Teenager Like any parent you find it hard to accept that your baby is growing so fast Until a

few years ago you were able to keep him under control and he was the most obedient child in the world But lately you ve started to notice changes He has changed his way of dressing he wants to look bigger to impress his friends and he no longer respects the rules of the house I want to reassure you your child has no problem at all he is only undergoing a series of changes both physical and mental that can confuse him and find him unprepared His behavior is only his way of reacting to these changes Your role is essential at this stage in his life You have the task of guiding him and directing him to the right path otherwise it could assume attitudes that could create problems in the future The choices made during adolescence will affect his whole life If you now feel worried and bewildered this book is what you need In this book you will discover How to understand when your child is becoming a teenager How to change the attitude towards him How to continue to protect him but make him take its responsibilities How to connect with him and his new world The best way to teach your child about useful life skills How to raise a responsible teenager This is not only a theoretical book inside this book you will find practical situations of daily life with the right method to deal with them In this book I have collected both common problems such as poor academic performance bad relationships and situations that are more harmful and difficult to manage such as drug use or illegal and harmful behavior The advice contained in the book can be applied to both males and females and there are examples for both Stop hoping that things adjust themselves hope is not a strategy and without the right strategy what is now a small problem could turn into something much bigger and irreparable If you want to learn more about how to manage your teenager and how to make him a successful person then simply click the buy now button on this page to get started

**Helping Your Anxious Teen** Sheila Achar Josephs, 2017-01-02 thoughtful tools for helping young people help themselves Library Journal 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 Most parents find it frustrating when common sense and logical methods such as reassurance don t seem to work to allay their teen s anxiety They want to know Why is anxiety so hard to get rid of once it takes hold Why aren t my efforts to help working And how can I best help my teen break free from anxiety to become happy and resilient This powerful book based on cutting edge research and cognitive behavioral strategies will help you develop the know how to effectively manage teen anxiety You ll learn the best ways to support your teen in overcoming problematic thinking and fears discover what behaviors and coping strategies unwittingly make anxiety worse and understand how anxiety is best defeated with surprisingly counterintuitive methods Step by step guidance along with numerous real life examples and exercises will help you to Sensitively redirect your teen s worries when they intensify Reduce social anxiety perfectionism and panic attacks Proactively address common triggers of stress and anxiety Implement a proven approach for decreasing avoidance and facing fears From overcoming minor angst to defeating paralyzing fear you and your teen will feel empowered by radically new ways of responding to anxiety With **Helping Your Anxious Teen** you ll

have a wealth of research backed strategies to lead you in being an effective anxiety coach for your teen      **Bold Parents, Positive Teens** Karen Dockrey, 2011-03-30 Your Teenagers Are Under Attack Help Them Defend Themselves The world presents an unflattering one sided picture of teenagers rebellious alienated and hostile to adult guidance Sadly many Christian parents embrace this myth and refuse to provide the direction their teens hunger for We want our sons and daughters to make godly choices but we wrongly assume they have stopped listening to us It s hard to know how to lead our changeable and unpredictable teens or if we should even try Even well meaning parents believe the myth that teens do best when they experiment with life and learn from their mistakes No approach could be more destructive The stormy years of adolescence are the worst time for parents to back off This is the time when bad friends unharnessed emotions rebellion and a long list of irreparable mistakes could ruin your teen s life More than ever this is the time our sons and daughters need proactive and confident parents Don t Get Overwhelmed Get Involved No matter what your parenting history Bold Parents Positive Teens shows how you can get confidently back into the game and stay there Focusing on ten of the greatest challenges faced by teenagers today this invaluable guidebook provides the clear direction and commonsense wisdom every parent needs to love and guide their teenagers while effectively addressing their teens deepest needs      *Life Strategies for Teenagers* Bukky Ekine-Ogunlana, 2023-02-12 Your teen is a child who is old enough to understand but is still young enough to be pliable In Life Strategies for Teens author Bukky Ekine Ogunlana draws on 14 years of experience working with teenagers and their parents to offer proven methods for improving family communication skills learning positive parenting and positive discipline methods and strategies for dealing with teen cell phone use and social media safety In this book you will learn valuable teen communication tips How to understand teens what teenage girls and boys really mean when they talk and interpreting non verbal communication How to recognize teen depression and proven methods for dealing with it Parenting skills for dealing with disappointment and shortcomings Positive reinforcement practices for praising successes and encouraging growth How to monitor teenage cell phone video game and social media usage without causing a family meltdown How to curb nonchalance and defiant behavior with positive dialog and setting a good example How to raise a responsible moral and purpose driven teenager that you can be proud of Your children s teenage years are when you should let them explore their gr wing teen independence yet gently reel them in once in a while to make behavior adjustments as needed Think of it as parental product testing That means a lot of trial and error blanketed in love before you proudly and confidently release your masterpiece into the world market Page Up and Order Now

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